

## Using Federal Funds for Respite: Select Examples from States and Community-based Programs

(From *Federal Funding and Support Opportunities for Respite*, January 2012,  
[http://www.lifespanrespite.memberlodge.org/Federal Funding Guide](http://www.lifespanrespite.memberlodge.org/Federal_Funding_Guide))

### Child Health Insurance Program

The **Child Health Insurance Program (CHIP)** was enacted into law in 1996, reauthorized by Congress in 2009 and strengthened in the Affordable Care Act in 2010. The purpose of the program is to provide health care coverage for low-income children who do not qualify for Medicaid and would otherwise be uninsured. States may elect to provide coverage to qualifying children by expanding their Medicaid programs or through a state-designed program separate from Medicaid.

**Example:** North Carolina CHIP, known as Health Choice, has a separate component for children with special health care needs. Services under this additional coverage include emergency respite for “unplanned situations in which family members temporarily do not have the capacity to safely care for their child or when changes in their child’s health, behavior, or development require in-home or out-of-home temporary support.”

### Community Development Block Grant

The purpose of the **Community Development Block Grant (CDBG)** administered by the Department of Housing and Urban Development (HUD) is to enable local governments to undertake a range of activities intended to create suitable living environments, provide affordable housing, and create economic opportunities, primarily for persons with low and moderate income.

**Example:** Give Me a Break (GAB) Community Respite, Inc., GAB provides respite care provider training, a 24-hour statewide respite information toll-free line, community respite program days, community service, and technical assistance and outreach. Until recently, GAB received annual funding from the City of Las Vegas CDBG program to support its respite services.

### Social Services Block Grant

The purpose of the Title XX **Social Services Block Grant (SSBG)** is to furnish social services best suited for meeting the needs of the individuals residing within each state. States have wide latitude in how they use the funds. Services provided may include, but are not limited to: daycare for children or adults, protective services for children or adults, special services for persons with disabilities, adoption, case management, health-related services, transportation, foster care for children or adults, or any other social services found necessary by the state for its population.

**Example:** In Delaware, the Community Companion Respite Program is funded with SSBG funds and provides respite outside the home. The goal is to provide opportunities to adults with physical disabilities for personal, social, and/or educational enrichment through access to community resources while simultaneously reducing stress and exhaustion for caregivers.

**Example:** The Mississippi Department of Human Services provides SSBG funds to the Division of Aging and Adult Services, which in turn subcontracts with Area Agencies on Aging (AAAs) to provide SSBG supported respite services at the regional level. Most AAAs subcontract with respite vendors to provide the service locally.

**Example:** Respite services are provided at the Missouri Disability Resource Association (Center for Independent Living) using SSBG funding. Clients must be at least 60 years of age or at least 18 years of age with a disability. The respite is intended to offer caregiver relief for longer episodes than usually available. Those who are eligible have yet to complete the Medicaid eligibility process; have low income but don't qualify for Medicaid; or receive home and community-based services, but have a short-term need because of health complications or caregiver issues.

## Senior Companion Program

The purpose of the **Senior Companion Program (SCP)** is to give older volunteers opportunities to provide critical support services, such as respite and companionship to adults at risk of institutionalization. The program is administered by the Corporation for National and Community Service (CNCS) and eligible entities are State and local government agencies and nonprofit organizations. Programs use SCP funds to pay volunteer stipends and transportation costs and to oversee the program.

**Example:** In South Carolina, the Senior Companion Program of the Midlands is sponsored by Senior Resources, Inc., a Senior Corps grantee. The program is funded 90% through CNCS. The remainder of the funding is local. Adults over the age of 21 who have special needs are eligible for respite. Clients are primarily homebound senior citizens who require assistance with activities of daily living. There are no income guidelines for clients, but the majority is low income. Respite volunteers are over the age of 55 and have incomes under 200% of the Federal poverty level.

**Example:** In North Carolina, a joint effort of the Family Caregiver Support Program and the SCP provides respite in four of five counties served by the program. The care recipient's situation is assessed by the Family Caregiver Resource Specialist and the SCP Director to make sure the SCP is an appropriate service. The client service plan encourages outings not only for the caregiver but also for the care recipient to promote peer socialization and a sense of independence.

## Community-based Child Abuse and Neglect Prevention Grants

States receive **Community-based Child Abuse and Neglect Prevention Grants (CBCAP)** funds via an annual formula grant and in turn fund community-based programs to provide abuse prevention services. Respite is considered a core prevention service that can be funded. States such as Illinois, Iowa, Alabama, Nevada, Wisconsin and others have received funding to support respite for children with disabilities, who are at higher risk of abuse, and for emergency respite for vulnerable families at risk of foster care placement.

*Prepared by the ARCH National Respite Network and Resource Center, August 2012. For more information, see ARCH website at [www.archrespite.org](http://www.archrespite.org) or contact Jill Kagan, ARCH Program Director at [jbkagan@verizon.net](mailto:jbkagan@verizon.net).*

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