

# Exploring Oklahoma's Respite Options

**\*\*New Prescription  
NEEDED Now: Respite**

Respite is temporary care which is intended to provide time off for those who care for someone on a regular basis.

## Lifespan Respite Vouchers

Help caregivers hire temporary assistance or offset the cost of respite programs for their loved one, from infant to age 59, who requires assistance with activities of daily living or has a neurological condition and is ineligible for respite from other sources.

## National Family Caregiver Support Program

Helps caregivers of adults age 60 and older, those with Alzheimer's or related disorders, and grandparents raising children. It provides resources, training, and respite care for caregivers aged 18 and older.

## Oklahoma ABLE Tech

Offers assistive technology respite kits for Oklahoma family caregivers across the lifespan. Three respite kit options are available: Sensory, Safety, and Daily Living. Decisions about kit options are based on consultations with each individual caregiver.

**Warning:** Side effects of caregiving may include exhaustion and burnout. Ask your doctor (or [okcares.org](http://okcares.org)) about respite care.

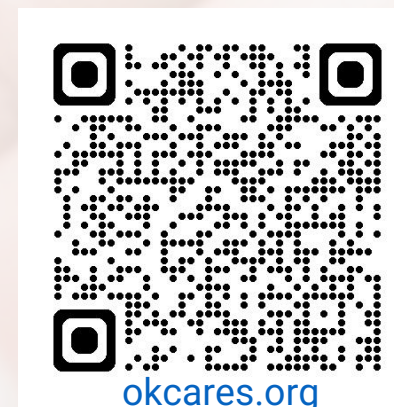




# Additional Support and Resources

## 1 Support for Various Families

- Adult-Day Health Centers
- Developmental Disabilities Services Vouchers
- Foster Care Respite Vouchers
- Medicaid Aging or Physical Disability Waiver Program (*ADvantage*)
- Medicaid Developmental Disability Community and In-Home Support Waivers
- Medically Fragile Waivers
- Post-adoption Respite Services
- Supplemental Security Income/Disabled Children's Program (SSI/DCP)
- Veteran's Caregiver Support Program



## 2 Learn More

For detailed program information and eligibility requirements, visit [okcares.org](https://okcares.org) or contact the Oklahoma Caregiver Coalition at 1-800-211-2116 for support. The Coalition's mission is to improve the experiences of family caregivers through education, advocacy, and access to resources. They offer resources, respite care information, and support groups to improve caregiver experiences