

FAMILY RESPITE NEEDS ASSESSMENT GUIDELINES
January 22, 2019

DEFINITION: Respite is the intermittent or regularly scheduled temporary care and/or supervision of an individual with a developmental disability whose needs exceed those of an individual of the same chronological age without developmental disabilities (Welfare and Institutions (W&I) Code 4686.5(l)).

In-home Respite (IHR) services are provided in the family home. *Out-of-home Respite* (OHR) services are provided in licensed residential facilities or other facilities vendored for OHR. Respite is not intended to provide for all supervised care needs of the family. It is a supplement to the family's responsibility for care. Respite is not daycare (W&I Code 4686.5(4)). Respite services are supportive services which may:

- Assist the family to enable the individual to remain in the family home
- Provide appropriate care and supervision to protect the person's safety in the absence of a family member
- Relieve family members from the constant demands of providing care
- Attend to the basic self-help needs and other activities that would ordinarily be performed by a family member
- Include the provision of incidental medical services once the respite worker has been trained in the designated protocol (W&I Code 4686).

These guidelines are designed to objectively evaluate the individual's current skill level, support needs and family dynamics. For each category, choose the most appropriate level. Transfer the value of that level to the Summary Sheet. **NOTE:** A reassessment of the family's respite needs should be conducted whenever significant changes occur in the individual's skills or functioning level, family dynamics or when alternative respite resources are identified.

I. AGE OF INDIVIDUAL

- 0 Birth – 3 years
- 2 4 – 7 years
- 4 8 - 11 years
- 6 12 – 15 years
- 8 14 – 18 years
- 10 18 year & older

II. ADAPTIVE SKILLS

- 1 Needs daily supervision with dressing, eating, grooming and toileting.
- 2 Is over age 8 and needs daily assistance with dressing, eating, grooming and toileting.
- 3 Is over age 4 and requires total care in some aspect of dressing, eating, grooming or toileting; lacks safety awareness requiring enhanced supervision to ensure safety, protection and well-being; is verbal but difficult to understand.
- 4 Is over age 4 and requires total care in all areas of daily living activities; is non-verbal, has difficulty making needs known.

III. MOBILITY

- 0 Individual is mobile.
- 1 May need some help or adaptive equipment (walker, crutches, braces, independently uses wheelchair). Can transfer from bed or toilet independently.
- 2 Is mobile only with assistance. Cannot transfer independently.
- 3 Is mobile only with assistance and requires a lift for transfers.
- 5 Is immobile and not capable of independent movement.

IV. DAYTIME ACTIVITY

- 0 Is under 5 years of age OR attends school or day services more than 20 hours/week OR an appropriate school or day services program is available and the individual/family chooses not to attend.
- 1 Attends school or day services 10-19 hours/week.
- 2 Attends school or day services less than 10 hours/week.
- 3 Has been suspended/expelled from school or day services and/or there is no appropriate school or day services available to meet the person's needs.

V. MEDICAL NEEDS

- 0 Requires only routine medical care.
- 1 Minimal health issues requiring little intervention, e.g. regular medication schedule, seizure disorder is under control (Note explanation on Summary Sheet).
- 3 Frequent illness OR a condition requiring medical appointments 3 or more times per month OR medical condition requires general oversight on a daily basis (Note explanation on Summary Sheet).
- 5 Requires almost constant attention to medical conditions or procedures, e.g. suctioning, apnea monitoring, uncontrolled seizures, complex medication management (Note explanation on Summary Sheet).

A score of 5 indicates active family participation in the care of the individual and follow-up on medical appointments.

VI. BEHAVIORAL NEEDS

- 0 Behavior is appropriate for age; behavioral excesses are infrequent.
- 2 Displays some behavioral excesses such as irritability, hyperactivity but is not aggressive or destructive with property.
- 4 Displays moderate levels of behavioral excesses on a daily basis; minor aggression; minor self-injurious behavior (SIB) that does not require medical attention; minor property destruction; lacks safety awareness; wanders or runs away. (**NOTE:** detail on Summary Sheet)
- 6 Displays severe behavioral excesses weekly e.g. aggression that may cause injury SIB requiring restraint or medical attention, serious property damage. (**NOTE:** detail on Summary Sheet).
- 8 Severe behavioral excesses occur daily and result in injury to self or others; may require medical attention or police intervention. (**NOTE:** detail on Summary Sheet). A ranking at this level will require an IPP Team discussion regarding behavioral intervention options.

VII. FAMILY SITUATION

- 1 Two parent household; individual is only person with a developmental disability in the home.
- 3 Two parent household with any of the following:
 - One parent has a developmental disability;
 - Primary caregiver is over age 60 and experiencing their own health issues;
 - Care is provided to more than one family member with a developmental disability.
- 4 Single parent/caregiver household.
- 5 Two parent household with any of the following:
 - Both parents have a developmental disability;
 - One parent in unavailable due to work schedule, hospitalization or incarceration;

One or both parents suffer from psychiatric, emotional or substance abuse issues or physical limitations that functionally impair their ability to meet the individual's care needs;

Family is experiencing stressors such as divorce, court involvement, domestic violence, care of extended family members or extreme poverty.

6 Single parent/caregiver household and:

The parent/caregiver has a developmental disability;

Is significantly impacted by physical disability, psychiatric/emotional disorder, substance abuse or other debilitating condition;

Has no local support system and/or significantly limited resources;

Care is provided to more than one family member with a developmental disability.

OTHER RESOURCES FOR CONSIDERATION

- In-home Support Services when parent/caregiver is able to leave the home
- Early Periodic Screening, Diagnosis and Treatment (EPSDT) for those under age 22 and on MediCal
- Nursing Facility (NF) Waiver