

## Caregiver Respite

- Service Description:** Quality, in-home temporary relief for the primary caregiver in the provision of care to prevent caregiver stress, and burnout.. Service may be short or long term and may include homemaking, some personal care, light housekeeping meal preparation, supervision, and/or activation. The caregiver requiring relief can be any unpaid individual who provides direct, ongoing consistent care to the person served. The caregiver is not required to be living with the client to be eligible for the CHATS Caregiver Respite Program services.
- Service Provider(s):** Personal Support Workers with specialized competencies (skills, knowledge, and education) in senior care.
- Persons Served:** Older adults and persons with age-related conditions.
- Eligibility:**
- The care recipient/dependent person (person served) must be aged 55 or older or have an age-related condition and be unable to attend to daily needs without the assistance or supervision of a caregiver.
  - The caregiver must be willing to participate in an assessment visit and care plan.
  - The home environment must be safe to provide service.
  - Clients can access CHATS Caregiver Respite Program services in conjunction with Home and Community Care funded hours.
- Limitations:**
- The care recipient/dependent person (person served) must not demonstrate responsive (aggressive) behavior or defensive or protector behavior (known to inflict physical harm to caregivers).
  - The home environment must be safe to provide care.
- Program location(s):** In the home of persons served. CHATS services York Region, Bradford West Gwillimbury and New Tecumseth.
- Availability:**
- CHATS Caregiver Respite Program is available 24 hours a day, seven days a week.
  - Hours provided are based on assessed need and availability of staff.
  - Eligible persons can receive a maximum of 120 hours per month excluding any Home and Community Care hours. Exceptional circumstances requiring service in excess of these guidelines will be considered on a case by case basis (e.g. palliative care).
  - Crisis coverage can be provided as required, and as budget and staffing allows.
  - A two-hour minimum is required.
- Frequency of Service:** As required by person served/caregiver within service maximum.
- Cost:** Fees are \$17.25 per hour. Exceptional Subsidies are available based on a fee assessment.
- Contact:** CHATS office at (905)713-6596 or 1-877-452-4287
- Referral Source(s):** Self, family, physicians, Central LHIN Home and Community Care
- Funded by:** Central LHIN and co-payment by persons served
- Stakeholders:** Persons served and caregivers