

Idaho Vouchered Respite Care Program Training

Provided by the Idaho Dept. of Health and
Welfare in partnership with BPA Health



Learning Objective 1: About Idaho Vouchered Respite Care

- Understand what respite care is
- Understand the basics of how the program works
- Understanding the orientation process



What is Respite Care?

- For the purposes of the Idaho Vouchered Respite Care Program, “respite care” is defined as short-term care for children with Serious Emotional Disturbance (SED) and is provided by someone other than the parent or legal guardian of the child.
- Respite care services may be part of a support package based on the needs of individual children and their families.



What is the Idaho Vouchered Respite Care Program?

- The Idaho Vouchered Respite Care program is a voluntary program that provides vouchers to parents / legal guardians of children with SED to help pay for childcare used as respite to give the parents / legal guardians a break so that they may decompress and / or tend to other important matters
- The program provides up to two \$600 vouchers per year
- Each voucher is valid for six months

Who is eligible for the Idaho Vouchered Respite Care Program?

To be eligible for this program, the youth must:

- be under the age 18
- be a resident of Idaho
- have a mental health diagnosis and a functional impairment (Level of Care as a 1, 2, or 3 on the CANS Assessment); and
- have "Access to Childcare/Respite" be identified as a need (i.e., a 2 or a 3) on the CANS "Caregiver Resources and Needs Domain."

Respite Benefits for Parents / Legal Guardians

- Reduces familial stress by providing an opportunity to receive trusted help
- Improves and supports family relationships
- Allows time for parents or legal guardians to engage in important self-care activities
- Provides parents or legal guardians the opportunity to complete errands, hobbies, or appointments
- Provides an opportunity for parents or legal guardians to focus on other children or family members

Who can provide respite care?



A respite caregiver can be:

- Family member
- Friend
- Neighbor
- Extracurricular coach, mentor, or a teacher of enrichment lessons such as music, dance, sports, etc.
- Any trusted adult in the family's natural support system who the family feels is appropriate to care for the child

Respite Caregiver Selection Process

The parent / legal guardian determines the best person to provide care for their child.

Together, the parent / legal guardian & the respite caregiver coordinate:

- Duration of care
- Activities
- Schedule



How to get started:

To access respite care vouchers:

1. Obtain a copy of your child's CANS tool from their mental health provider
2. Fill out the [Respite Care Voucher Application](#)
3. Once approved, coordinate care with your chosen respite caregiver

The parent / legal guardian is encouraged to complete an orientation with the respite caregiver. The more information that can be gathered before providing respite care increases the likelihood that all parties will receive the maximum benefit.



Parent / Legal Guardian Orientation: Information for the Respite Caregiver

The parent / legal guardian orientation is to provide the respite caregiver important information such as:

- Emergency Contact Information
- List of any medications the child is currently taking along with specific dosing
- Instructions and any specialized storage needs
- List of any known food and non-food allergies

Parent / Legal Guardian Orientation: Information for the Respite Caregiver continued:

- Typical daily schedule (wake-up, medication times, mealtimes, activities, transportation needs, and bedtime routines)
- Any behavioral concerns
- Effective techniques used to de-escalate behaviors

Respite Caregiver Orientation: Information for the Parent / Legal Guardian

The respite caregiver orientation is to provide the parent / legal guardian important information such as:

- Contact Information
- Related experience and training
- Certifications (CPR, first-aid, etc.)
- Religious, cultural, or ethnic practices
- Safety information on the home
- Adult backup in case of emergencies
- Questions or concerns

Orientation, continued

The orientation forms can be found here:

- Form to be completed by the parent / legal guardian:
[Respite Care - Parent / Legal Guardian Orientation Form](#)
- Form to be completed by the respite caregiver:
[Respite Caregiver Orientation](#)

Thank you!



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