

Respite for family caregivers

WA CARES FUND

Respite for family caregivers is a service that gives your paid or unpaid family caregiver a temporary break by ensuring you receive care from someone else. Respite can be provided either at home or in a facility and you can decide which one best meets your needs.

THINGS TO CONSIDER

When selecting a respite provider, be aware that they may not be able to do all the things your family caregiver does for you. Make sure you are clear about what you need, and that you understand their limitations. If your respite caregiver can't do a task your family caregiver does, you may need to ask other family or friends to step in and help until your family caregiver returns.

By taking advantage of this service for your family caregiver, you may be extending their ability to care for you and themselves. Respite care helps relieve caregiver stress and reduce burnout. You can use this service multiple times to meet your needs.

PROVIDERS

Refer to the links below to understand what respite services they can offer as it will be the same as their standard services.

In-home options:

- Home care agencies
- Consumer Direct Care Network Washington

Facility-based options:

- Adult day care centers (cannot stay overnight)
- Adult family homes
- Assisted living facilities
- Nursing homes

You can choose any WA Cares provider who is registered to provide this service. We require all providers to meet minimum qualifications. You can find a provider at waclc.org/wacares.

RATES AND BILLING

Billing will vary depending on the provider type you select for your respite care needs. Most rates are hourly and billed in 15-minute increments, but some may be daily rates.

Cost of services may vary based on where you live and your care needs. You and your provider will agree on a rate. You can find maximum rates and typical costs at wacaresfund.wa.gov/rates.

CONTACT



Phone
844-CARE4WA (844-227-3492)



Email or chat
wacaresfund.wa.gov/contact

Language assistance is available.