



NEW HAMPSHIRE  
**DHHS**  
DEPARTMENT OF  
**HEALTH & HUMAN SERVICES**

## **Respite**

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### **Service Options Waiver Training**

#### **Applicable to:**

- **Developmental Disability Waiver**
- **Acquired Brain Disorder Waiver**
- **In Home Supports Waiver**



## Waiver Definition



**Respite services consist of the provision of short-term assistance and care for individuals unable to care for themselves because of the absence or need for relief of the family who lives with and normally provide care for the individual.**

- Respite can be provided in or out of the individual's home.
- Respite can be family arranged or agency arranged.

## How Does This Help Me Achieve My Goals?



**Respite services provide short-term help and care for people who need support when their usual family caregivers need a break or are unavailable.**



## Respite Services Scenario



### Background

Maria is a 48-year-old woman with a developmental disability. She lives with her daughter, Ana, who is her primary caregiver. Ana works full-time and also takes care of her own children. Over time, Ana has found it increasingly challenging to balance her responsibilities, and she is feeling overwhelmed and exhausted.



### Accessing and Using the Service

Ana learns about respite services through a family advocacy group. She contacts the service provider and explains her situation. The provider arranges for a caregiver to come to their home for a few hours each week. This caregiver is trained to support the specific needs of Maria, ensuring Maria receives the right support and attention.



### Outcome of the Service

With the help of respite services, Ana is able to take some much-needed time for herself. She uses this time to rest, run errands, and spend quality time with her children. Maria enjoys the company of the new caregiver, who supports her in activities that she likes and keeps her comfortable. As a result, Ana feels less stressed and more capable of managing her caregiving duties, while Maria continues to receive the support she needs.

\*All examples are illustrative and not based on individuals supported.



# Service Limits and ISA Requirements

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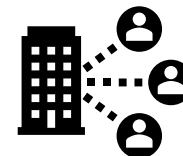
## Service Limit

**20% of overall PDMS budget, no service limit for traditional service delivery**

- **Available Remotely – No**
- **Acute Care - Yes**

## ISA Requirement(s)

**Description of respite services needs to be identified.**



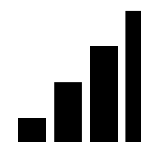
### Remote Services

When a service can be offered **remotely**, it means you don't have to be **physically present** at a specific location to use it.



### Acute Care

When services can be accessed in **acute care**, it means that individuals who are in a **hospital or another urgent care facility** can still **receive these important services**.



### Service Limits

When waived services have limits, it means there are **specific restrictions or caps** on the types, amounts, or costs of services that can be provided under a waiver program.

# Thank you!

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For additional questions please email – [BDS@dhhs.nh.gov](mailto:BDS@dhhs.nh.gov)

