

# CAREBREAKS

## FREQUENTLY ASKED QUESTIONS

### 1. WHAT IS A CareBreak?

A CareBreak is a short time of rest or relief for the caregivers of a disabled child, adult, or frail elder (called the care recipient). Care recipients may be persons of any age.

*CareBreaks* allows the unpaid caregiver some down time while the person they are caring for continues to receive care from qualified individuals. *CareBreaks* can provide peace of mind knowing that during the caregiver's absence their loved one is in a safe, supportive environment.

*CareBreaks* may be used occasionally or at regularly scheduled times.

Care recipients may be individuals who require help with daily tasks (for example dressing, bathing, and eating) or require the supervision of a caregiver in order to ensure their safety.

### 2. WHO IS A CAREGIVER?

Someone who has been caring for the care recipient on a day-to day basis and has taken responsibility to provide or arrange for necessary care. This caregiver may or may not reside in the home of the care recipient and is not paid for the care they provide.

### 3. WHAT ARE THE TYPES OF SERVICES CAREBREAKS CAN PROVIDE?

There are a number of ways that CareBreaks can be provided. The following are descriptions of three common types. These services can be used alone or, may be used in combination.

- **IN-HOME RESPITE CARE**  
In-home aides are employed by home health agencies (vendors). They are trained and are licensed through the Rhode Island Department of Health. They provide personal care, supervision and housekeeping.
- **ADULT DAY CENTERS**  
An adult day center provides care outside the home and is designed to meet individual needs while supporting strengths, abilities and independence. Participants have the opportunity to interact with others while being part of a structured environment.
- **RESIDENTIAL RESPITE CARE**  
Another respite care option is a short term day or overnight placement in a licensed residential facility overnight, or for a few days. These facilities may be a Nursing Home or Assisted Living facility. Overnight care allows caregivers to take an extended break while the person stays in a supervised, safe environment.

- **NURSING STUDENT PROGRAM**  
The Rhode Island Office of Healthy Aging, in collaboration with Rhode Island College, University of Rhode Island, Salve Regina University, and the Community College of Rhode Island's nursing programs coordinated a pilot respite program. Services are provided free of charge by junior and senior level nursing students under the supervision of nursing program faculty. Please note that hours are limited and may not be available for everyone who requests this program.
- **OTHER**  
Sometimes, especially for younger care recipients, the above services are not a good fit. The CareBreaks Program will work with specialized programs that provide a break to caregivers to meet unique needs. Talk with someone in the CareBreaks Program for these options.

#### **4. WHAT ARE THE COSTS OF MY FAMILY?**

The care recipient and the *CareBreaks* program share in the cost of care. The participant's income and the type of service provided determine their respective share amounts. (Refer to the *CareBreaks Annual Cost Share Chart*)

- If the care recipient is 18 years old or older, the cost of services is based upon care recipient's (and spouse) income and varies based on a sliding scale.
- If the care recipient is under the age of 18 years old, the cost share is determined by their household income.
- *The CareBreaks* program pays its share of the cost directly to the vendor of service. **CareBreaks funds are not paid directly to individuals or families.**

When respite breaks are supported with federal funds, service is not denied based on either income or ability to pay a cost share.

#### **5. WHO QUALIFIES FOR HELP UNDER THIS PROGRAM?**

- Any caregiver who is caring for a disabled child, adult or frail elder
- Person requiring assistance has primary caregiver
- Care recipient must be a non-institutionalized resident of Rhode Island
- Services are available regardless of church affiliation

#### **6. HOW ARE SERVICES AUTHORIZED?**

- CareBreaks recipients are given a quarterly service allocation, paid to the provider(s) of their choice, based upon income
- This amount must be used within the quarter
- Unused funds cannot be rolled over into the next quarter or the next year

## 7. HOW IS A PROVIDER SELECTED?

- The *CareBreaks* program maintains and will provide to the family a list of participating vendors/providers from which they may choose.
- The care recipient and the caregiver select the type of service needed and the vendor to provide this service.
- If an individual wishes to use a vendor that is not on the list, the caregiver should contact *CareBreaks* to determine if it is possible to use this vendor.
- All vendors must meet the appropriate licensing by the State of RI prior to obtaining an authorization from the *CareBreaks* program, and before providing any respite services.

## 8. IS THERE A WAITING LIST?

From time to time the *CareBreaks* program has gone to a waiting list situation. Demand for service may exceed available resources. All allocations are contingent upon the availability of funds. Applicants on a waiting list are added when families leave the program.

## 9. IS MY INFORMATION KEPT CONFIDENTIAL?

Applicants and *CareBreaks* recipients may be assured of the confidentiality of all respite care information. Records are kept in accordance with federal and state laws and regulations. No individual or identifying information is disclosed. Information is used only to arrange for and monitor services provided and to provide non identifying statistics to regarding the program. Any further disclosures would require informed specific written consent from the care recipient/caregiver.

## 10. WHAT IF I AM FOUND INELIGIBLE FOR THE PROGRAM?

Applicants or *CareBreaks* recipients who are dissatisfied with decisions made by the *CareBreaks* program have the right to appeal this decision. Appeals may be filed by the care recipient, the caregiver or a designated representative by mailing a written request for an appeal to: James Jahnz, Secretary for Catholic Charities & Social Services, One Cathedral Square, Providence RI 02903

## 11. HOW DO I APPLY FOR CAREBREAKS?

- Call our office at (401) 421-7833 x 212/202 Monday - Friday, 8:30 a.m. - 4:30 pm
- Mail completed application with required documentation to:

**CAREBREAKS PROGRAM**  
**CATHOLIC SOCIAL SERVICES OF RI**  
**ONE CATHEDRAL SQUARE**  
**PROVIDENCE, RHODE ISLAND 02903**

# CAREBREAKS

## ANNUAL INCOME COST SHARE CHART

	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
<b>YEARLY ALLOCATION</b>	3,000	\$3,000	\$2,500	\$2,000	\$500.00
<b>FAMILY SIZE</b>	Up To:	Up to:	Up to:	Up to:	Over:
1	\$13,590	\$16,988	\$27,180	\$40,770	\$40,770
2	\$18,310	\$22,888	\$36,620	\$54,930	\$54,930
3	\$23,030	\$28,788	\$46,060	\$69,090	\$69,090
4	\$27,750	\$34,688	\$55,500	\$83,250	\$83,250
5	\$32,470	\$40,588	\$64,940	\$97,410	\$97,410
6	\$37,190	\$46,488	\$74,380	\$111,570	\$111,570
FAMILY SHARE					
<b>TYPE OF RESPITE</b>	Level 0	Level 1	Level 2	Level 3	Level 4
<b>HOME CARE</b>	\$0	\$4.50/hr.	\$7.50/hr.	\$9.00/hr.	\$10.00/\$11.00
<b>ADULT DAY CARE</b>	\$0	\$7.00/day	\$15.00/day	Center rate minus \$30/day	Center rate minus \$25/day
<i>For services below, family pays facility rate minus CareBreaks contribution</i>					
<b>NURSING FACILITY</b>	\$0	Facility rate minus Up to \$175/day	Facility rate minus Up to \$150/day	Facility rate minus Up to \$125/day	50% of daily rate up to \$100/day
<b>ASSISTED LIVING FACILITY</b>	\$0	Facility rate minus Up \$100/day	Facility rate minus Up to \$100/day	Facility rate minus Up to \$100/day	50% of daily rate up to \$100/day

- Adult Day Centers, Nursing Facilities and Assisted Living Facilities each have their own rates per day. For these vendors, the recipient or caregiver pays the rate set by the provider minus the listed payment made by the CareBreaks program.
- CareBreaks will pay the full cost for Level Zero participants and up to 75% of the daily rate at nursing facilities for Levels 1-3  
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