

Respite Resources

What is respite care?

Respite care is a temporary break from caregiving. It can be planned or provided in an emergency situation. Respite allows caregivers to have lunch with a friend or run errands while their loved one receives care in a safe environment. While it might be challenging for some caregivers, it is very important they take time for themselves so they can return rejuvenated and relaxed.

How do I get respite care?

If family or friends are not available, you may need to find paid caregivers. However, this does not necessarily mean you have to foot the bill. Many in-home care agencies, adult day health centers, nursing homes and assisted living facilities provide respite or short-stay options for families looking for safe, temporary care for their loved ones. Some government programs – such as those funded by Medicaid, Medicare, Veterans Affairs or the state of Texas – may provide free or low-cost respite care.

To find out if your loved one may qualify for federal or state respite care services, call **855-937-2372** to talk to a trained professional about your options.

Government

2-1-1 Texas

www.211texas.org

Free, anonymous social service resource hotline available 24 hours a day.

Area Agencies on Aging

800-252-9240

www.dads.state.tx.us/contact/aaa.cfm

Information and support to help people 60 and older and their caregivers locate and access community services.

Aging and Disability Resource Centers

855-937-2372

<https://hhs.texas.gov/services/aging/long-term-care/aging-disability-resource-center>

Navigation help for older adults and people with disabilities to find long-term care services.

Caregiver Support for Veterans

855-260-3274

www.caregiver.va.gov

Navigate Life

www.navigatelifetexas.org/en

Support for families and parents of children with disabilities or special health-care needs.

Parent Companion

www.parentcompanion.org

A guide for Texas parents and caregivers of children (birth - 5 years of age) with disabilities.

Texas A&M AgriLife Extension Service

<http://fcs.tamu.edu/families/aging/>

Educational resources to help caregivers plan and care for their loved ones.

Texas Health and Human Services Commission

Texas Lifespan Respite Care Program

800-458-9858

www.TakeTimeTexas.org

Short-term respite care services for caregivers to provide a brief period of relief or rest.

Nonprofit

AARP Caregiving Resources

888-333-5885

www.aarp.org

Support, education and connection with other caregivers through the AARP online caregiver resource center.

ARCH National Respite and Resource Center

www.archrespite.org

Services and supports to help locate local respite services and advocate for local respite policies and programs.

Caregiver Action Network

<http://caregiveraction.org/>

Free education, peer support, and resources for family caregivers across the country.

Consumer Voice for Quality Long-term Care

www.theconsumervoiced.org

Information and tools for consumers, families, caregivers, advocates and ombudsmen to help ensure quality of care.

Family Caregiver Alliance

800-445-8106

<https://www.caregiver.org/family-care-navigator>

Navigation help locating respite services (public, nonprofit, and private) for adults living at home or in a residential facility.

National Alliance for Caregiving

www.caregiving.org

Research, innovation, and advocacy for families and their care recipients.

Next Step in Care

www.nextstepincare.org

Advice and easy-to-use guides focusing on transitions between hospitals, rehabilitation facilities, nursing homes, and home.

Texas Kinicare Taskforce

866-979-4343

<http://www.tlsc.org/kinicare.html>

Free legal counseling, tools and advice to help caregivers navigate the healthcare, human services and school systems for minor children in their care.

Private

Care.com

www.care.com

An online service to hire a caregiver for companion or personal care.

Caring.com

www.caring.com

Personal guidance, educational tools and a comprehensive local directory to equip family caregivers to make decisions.

Caring Today

www.caringtoday.com

A digital magazine serving family caregivers.

eCare Diary

www.ecarediary.com

A centralized place to help families with care coordination by offering comprehensive online tools, expert content and resources.

Lotsa Helping Hands

www.lotsahelpinghands.com

An online tool to create a care community.

Today's Caregiver

www.caregiver.com

Articles and connections to local resources on caregiving issues.

Need more information about Respite Care? Visit Take Time Texas at www.TakeTimeTexas.org.