

Respite Care Options in Idaho for Families Raising Children with Disabilities and Special Health Care Needs

Respite Care: Respite is a break from caregiving. Respite is time away if only for a few hours, to recharge your own batteries. Respite can be a walk in the park, lunch with a friend, or simply reading a book in another room without fear that you'll be interrupted. Respite can be planned – like a vacation – or can come up suddenly with an offer from a friend. ~Idaho Caregiver Alliance



For Children with Serious Emotional Disturbance (SED) BPA Voucher Program	For Children with Serious Emotional Disturbance (SED) Optum Idaho
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Voucher Respite

Managed by BPA Health on behalf of the Idaho Department of Health and Welfare.

The CMH Voucher Respite Care program provides vouchers to parents or caregivers of children with a Serious Emotional Disturbance (SED).

Short-term or temporary respite care is provided by friends, family, or other individuals in the family's support system.

Families pay an individual directly for respite services and are then reimbursed.

A single voucher is issued for up to six hundred dollars (\$600) for six (6) months per child.

The total vouchers issued per child per year cannot exceed two (2) vouchers.

Apply at: www.bpahealth.com/respitecareidaho/

Medicaid Respite

Any child or youth under the age of 18 who is eligible for Medicaid can access all Optum Idaho mental health services that are part of the YES system of care, except for Respite.

To use Respite services through Optum Idaho, a child or youth must be evaluated by the Independent Assessor.

The Medicaid YES Program offers increased household income eligibility limits for Idaho youth under the age of 18 with serious emotional disturbance (SED). Those who qualify for the YES Program are also able to receive Respite services through Optum Idaho.

Families on Medicaid are encouraged to contact Optum Idaho at 855-202-0973 or visit www.optumidaho.com

For Children with a Developmental Disability

Families of children who have a developmental disability who are Medicaid eligible, and who are receiving developmental disabilities services through either the traditional or family directed pathways, may be eligible for receiving respite care.

Traditional Pathway: The service may be provided in the child's home, in a Developmental Disability Agency (DDA) or in the community. Or, the service may be provided *Under an Independent Provider Agreement:* This can be a person of your choosing (family, neighbor etc.). They must complete the Medicaid Provider enrollment process. The service can be provided in the child's home, in the private home of the respite provider. The service can be in group only when individuals are siblings and provider is a relative of the siblings.

Family Directed Pathway: Can be a person of your choosing (family, neighbor etc.) The service only available one to one.

Learn more here: <https://healthandwelfare.idaho.gov/providers/childrens-developmental-disability->

The Lifespan Respite Project provides three-year respite grants to community-based organizations who provide various additional types of respite throughout Idaho. Currently (through August 2021) programs for children are housed at famielstogether.org (on the Palouse), raysforrare.org (medical complexities), <https://www.facebook.com/IdahoRelativesAsParents/>

For more information on these programs as well as additional resources or information for raising children with disabilities and special health care needs contact **Idaho Parents Unlimited** at: <https://ipulidaho.org> or call 208-342-5884.

