

ORRN

OKLAHOMA RESPITE
RESOURCE NETWORK

Providing the Gift of Time...



What Is Respite?

Respite is temporary relief for families or caregivers who are caring for other family members or friends of all ages.

Respite is time away from caring for those who are chronically ill, who have life-altering physical, mental or developmental disabilities, who are aging or who are raising a grandchild.

Respite can range from a few hours to a week or more, depending upon the needs and resources of the family. Respite can take place in a variety of settings, such as:

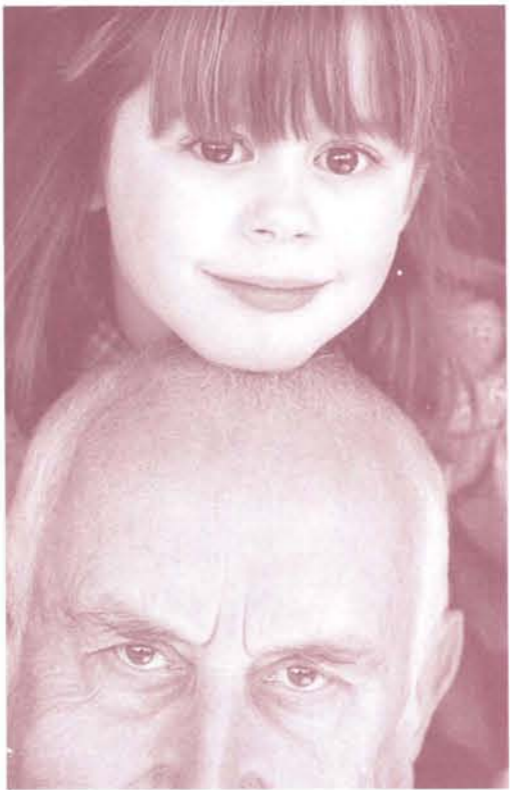
- The family's home
- The home of a friend or relative
- A child care center
- An adult day care services center serving older persons or adults with a mental or developmental disability
- In a nursing care facility
- Camps and other recreational programs

What is ORRN

The Oklahoma Respite Resource Network (ORRN) is a partnership of public and private agencies working to improve support for families and caregivers by increasing the availability of respite care for all ages.

ORRN supports the development of volunteer respite programs and the state Respite Voucher Program.

ORRN supports efforts to develop volunteer respite programs throughout the state, including those being formed by communities of faith and



other organizations. Many of these same groups have formed caregiver support groups, as well to provide support to families.

ORRN is also working to support state and national legislation to increase funding to meet the lifespan respite needs of Oklahomans. It seeks funding from foundations and through grants.

ORRN is coordinated through the Oklahoma Areawide Services Information System (OASIS), which provides a statewide toll-free information and referral system and can be contacted at 1-800-426-2747.

Why Use Respite?

Caregiver burn out is growing among persons who provide care to another on a long-term basis. It is widely recognized by medical professionals as a threat to the health and well being of caregivers. Respite can help alleviate some of the stressors that lead to caregiver burn out. Time for yourself, time with a spouse or other family member, freedom for family members to participate in community activities, to maintain usual routines are important. This time away can actually make the caregiver a better caregiver. As one caregiver put it, *"We must take time for ourselves in order to be more efficient for the person we take care of."*

The Respite Voucher Program

Oklahoma was one of the first states in the nation to develop a consumer-directed lifespan respite program. The voucher program is the cornerstone of Oklahoma's lifespan respite program. It is unique in that it allows families maximum control over who provides respite for their family member. It provides funding in the form of vouchers that can be used for the purchase of respite care in a setting of the family's choice. The respite voucher began in January 2000. The first vouchers were sent out in March of that year.

Who can get the vouchers?

Caregivers with an annual household income of less than \$60,000 may be eligible to receive vouchers for respite care. For caregivers applying for a family member age 60 or older, or grandparents over 60 raising grandchildren, there is no income limitation.

Vouchers are awarded based on the availability of funds. Some families may not be eligible for this program, and there are some restrictions. To see if you qualify, contact OASIS.

How Can Respite Time Be Used?

Caregivers can use respite hours in the manner that best meets personal needs and desires. It can be used to visit family or friends, to run errands, spend an evening at the movies, to take a vacation, to participate in recreational activities or to just catch up on much needed rest.



Caregiver Responsibilities include:

- Providing all necessary information for the voucher application
- Interviewing possible respite providers, discussing and setting an hourly rate and for selecting and hiring a respite provider
- Asking for and checking references
- Providing training to meet the specific needs of the care recipient
- Ensuring proper payment for services by keeping track of the amount claimed against the vouchers
- Notifying OASIS of changes in pertinent information such as address, telephone number or family status

Selection of Respite Providers

Caregivers may select a family member, neighbor, friend or other qualified individual to serve as a respite provider, as long as the person selected is 18 years of age or older and does not reside in the home of the caregiver or care receiver.

If families require assistance in finding a respite provider, OASIS may be able to assist in locating one.

For caregivers taking care of a family member age 60 or older and who need additional assistance, the local Area Agency on Aging can offer help. The closest office can be reached by calling the Senior Info-Line at 1-800-211-2116. Funding for the respite voucher program for aging population is provided through the National Family Caregiver Support Program funded by the Older Americans Act.

ORRN PARTNERS

Parents and Foster Parents

Oklahoma Areawide Services Information System (OASIS)

ABLE Tech, OSU Wellness Center

Alzheimer's Association

Association of Catholic Charities

Brain Injury Association of Oklahoma

Center for Children and Families

Center on Child Abuse and Neglect, OU

Department of Human Services

Aging Services Division

Children and Family Services

Developmental Disabilities Services

Family Support Services

Office of Field Operations

Office of Finance

Division of Child Care

Department of Health

SoonerStart

Maternal and Child Health

Office of Child Abuse Prevention

Department of Mental Health &
Substance Abuse Awareness

Developmental Disabilities Council

Exchange Parent-Child Center

Latino Community Development Agency

National Multiple Sclerosis Society

Mary Mahoney Memorial Health Center

Northern Oklahoma Youth Services

Kirkpatrick Family Fund

Oklahoma Area Agencies on Aging

OK Association of Community Action Agencies

Oklahoma Commission on Children and Youth

Oklahoma Health Care Authority

Autism Society of Central Oklahoma

Okmulgee Youth Services

Parent-Child Center of Tulsa

Oklahoma Parent Center

Partners in Policy Making

Partners in Prevention

Pottawatomie County Healthy Families

TARC

Tulsa Community College

Tulsa Senior Services

Center for Learning and Leadership

Washington County Health Department



Other major funding sources include the OKDHS Divisions of Developmental Disabilities Services, Family Support Services, and Children and Family Services.

To Apply for the Voucher

Application for the voucher program is made through the OASIS office by:

Calling: 1-800-426-2747 or 405-271-6302 (OKC Metro)

Writing: OASIS/ORRN,
P.O. Box 26901,
Oklahoma City, OK 73190

E-mailing: oasis@ouhsc.edu

Additional information is available at the OASIS website at <http://oasis.ouhsc.edu>

After contacting OASIS, staff will send an application with instructions and additional information. Upon request, staff will provide assistance in filling out the application.

