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## The Need for Respite

Respite care provides a break, or a time of caregiver relief, from the constant physical and emotional stress of caring for a person with Alzheimer's disease or a related dementia. The task of caring for a person with dementia is overwhelming. Family caregivers often develop stress-related illnesses such as heart disease, hypertension, or ulcers. An occasional break allows an exhausted caregiver to regroup, both physically and emotionally, and to find the strength to carry on.

Respite truly saves caregiver's lives. With financial assistance, many family caregivers who would not otherwise use this service will have the opportunity to obtain temporary relief for themselves. As a result, the individual with dementia may remain at home for much longer than would otherwise be possible.

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## Description of this Program

The Connecticut Statewide Respite Care Program is funded by the State Unit on Aging and is operated in partnership with the Connecticut Area Agencies on Aging and the Connecticut Chapter of The Alzheimer's Association.

The program offers families the opportunity to receive an assessment of services needed and have a care plan developed that includes the provision of services for the individual with dementia. Eligible families may apply for daytime or overnight respite care services that may include: Adult day care, cognitive fitness training, home health aide, homemaker, companion, personal care assistants, skilled nursing care or short-term nursing care.

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**Contact any of the agencies listed on the back of this brochure to request an application.**

**Return a completed application form and attachments as directed. A 20% co-payment of the cost of services is required.**

**A Care Manager from the local Area Agency on Aging (AAA) will contact the applicant and/or caregiver, assess the care needs of the person with dementia, and discuss whether traditional or self-directed services are appropriate.**

**A plan of care is set up that may include the services of an agency, (traditional), the provision of services by an individual the family selects (self-directed), or both and the respite service or services are arranged.**

## Program Eligibility:

### HEALTH STATUS:

The applicant or authorized agent must provide a Physician's Statement declaring that the patient has Alzheimer's Disease or related dementias resulting from causes such as: Multi-infarct dementia, Parkinson's Disease, Lewy Body Dementia, Huntington's Disease, Normal Pressure Hydrocephalus, or Pick's Disease.

### INCOME AND ASSETS:

The applicant cannot be covered by the CT Homecare Program for Elders. The applicant must have an income of no more than \$51,114 a year and liquid assets of \$135,892 or less.

## More Information:

### Area Agencies on Aging

Statewide Toll-free Phone:  
(800) 994-9422

Senior Resources  
Phone: (860) 887-3561

North Central Area Agency on Aging:  
Phone: (860) 724-6443

Agency on Aging of South-Central  
Connecticut  
Phone: (203) 785-8533

Southwestern Connecticut Agency  
on Aging  
Phone: (203) 333-9288

Western Connecticut Area Agency  
on Aging  
Phone: (203) 757-5449

**Connecticut Chapter  
Alzheimer's Association  
Phone: (800) 272-3900**

Connecticut State Unit on Aging

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# Connecticut Statewide Respite Care Program

Offering daytime or overnight relief  
for caregivers of individuals with  
Alzheimer's or related dementias