

Does your family meet medical necessity for respite care?

Complete this short survey to find out!

Please Ask yourself the following questions:	Yes	No
1. Does your child(ren) have a behavioral health diagnosis?		
2. Does your child require medications to assist with behavior management?		
3. Does your home environment feel stressful or chaotic?		
4. Does your child(ren) struggle to make friends or socialize appropriately?		
5. Is finding temporary care for your child(ren) a problem?		
6. Have you noticed that your own relationships with friends and/or family have become more distant?		
7. Have you noticed signs of caregiver burnout (mood swings, inability to relax, anxiety, and/or strained relationship with others)?		
8. Is it important that you and your spouse enjoy an evening alone together, or with friends, without the children?		
9. Do you feel that your other children are not getting enough time with you due to your child with special needs?		
10. If you had appropriate care for your child with special needs, would you use the time for a special activity with your other children?		
11. Do you think that you would be a better parent if you had a break every now and then?		
12. Are you concerned that in the event of a family emergency there is no one with whom you would feel secure about leaving your child?		
13. Would you be comfortable going to a trained and reputable respite provider?		
14. Do you think respite services would be a benefit to you and your family?		
15. Would you utilize respite services to provide yourself an opportunity to 'recharge your battery'?		

*****If you answered “yes” to several of these questions, you and your family likely meet medical necessity requirements and are eligible for respite services.**

Talk with your Child and Family Team about adding this service to your treatment plan.

Signs & Symptoms of Caregiver Burnout

- Mood swings, short temperedness
- Changes in eating, weight loss or gain
- Altered sleeping patterns, inability to rest or relax
- Disinterest in social activities
- Consistent problems with relationships
- Hopelessness & guilt, anxiety & fear

Ways to Prevent Caregiver Burnout

- Recognize the signs of stress and exhaustion
- Schedule personal time regularly
- Maintain good health habits
- Seek respite care for loved ones
- Join a caregiver support network
- Identify a confidant or speak with a therapist

Respite: *noun* | 'res-pit | an interval of rest or relief.

What is respite care?

- Respite provides a temporary break for families and children to rest and recharge
- Respite decreases emotional, physical, and financial stress caregivers often experience
- Respite gives families time to handle their needs and outside obligations with freedom
- Respite is proven to help families meet their service plan goals
- Respite care provides additional support for caregivers granting much needed relief

What benefits does respite care provide?

- Respite decreases negative behaviors by focusing on the child's strengths and positive behaviors
- Respite combined with support services improves family unity and can prevent abuse
- Respite drastically reduces out of home placements
- Respite care lowers hospitalizations, improves optimism, decreases stress, and helps caregivers succeed
- Respite increases positive social skills and enables more participation in natural community supports

What is stopping you from starting respite services?

If you're hesitant to start respite services; let us put some of your fears to rest!

- Our team is highly trained in behavior management and redirection techniques
- All team members complete background checks and obtain a Fingerprint Clearance Card
- Our team members are required to remain current on CPR and First Aid certification
- All team members are tested annually and found clear of Tuberculosis
- All of our respite facilities are licensed by the Bureau of Residential Facilities in the state of Arizona
- Zarephath exceeds the state requirements for staff to client ratio to ensure safety and quality of our care
- Zarephath focuses on healthy eating habits, appropriate socialization skills, and character qualities

