

Respite Care

Minneapolis VA Health Care System

Respite Care gives the Veteran's Caregiver a short-term break from caregiving.

Respite Care is planned in advance. While the VA offers Respite Care, we are dependent on our community partners to provide the service. The availability of each type of respite may vary due to agency/nursing home staffing and other factors.

The VA provides eligible Veterans 30 days of Respite Care each calendar year.

Three Types of Respite Care

In Home:

A home health aide from a VA-contracted home care agency provides care in your home for up to 6 hours on a day of respite.

How to Request:

If you have VA-paid home care, contact the home care agency to request respite.

If you do not have an established VA-paid home care agency, call your VA Primary Care Provider at 612-467-1100 to request a referral for in home respite.

Community Adult Day Health Care (ADHC):

The Veteran attends an extra day of programming at their established ADHC program.

How to Request:

Contact the program coordinator of your ADHC program to request respite.

Nursing Home:

The Veteran receives care at a VA-contracted nursing home.

How to Request:

1. Call Social Work to discuss respite dates. Providing 3 weeks advanced notice is preferred.
2. Select at least three Minneapolis VA Community Nursing Home Program locations you would prefer. You may call and/or visit nursing homes before making your selection. Medicare provides its nursing home ratings at www.medicare.gov/nhcompare.
3. An appointment with the Veteran's Primary Care Provider may be needed to complete nursing home admission orders.
4. The Social Worker will try to secure nursing home respite for the dates you want in one of the locations you prefer. The nursing home may be unable to provide a decision until 1 or 2 days before the requested date.

Please note, we acknowledge this can be a stressful process; the Social Worker will provide updates as the referral process moves along to keep you informed.

Copayment

A long-term care copayment may apply for Respite Care. You will be informed if the Veteran is required to complete a long-term care copayment application (VA Form 10-10EC). If required, the completed application must be processed before respite care is approved.

You will be advised if you have a copayment and what the amount will be. The maximum in home respite and ADHC respite copayment is \$15 each day. The maximum nursing home respite copayment is \$97 each day

Eligibility

In order to be eligible for Respite Care, the Veteran must meet all of the criteria below:

- Have a diagnosed chronic disabling illness or condition **and**
- Live at home and need substantial help with activities of daily living (ADLs) to safely remain in the home **and**
- Have a caregiver who needs a break from day-to-day care **and**
- Be dependent in three or more ADLs (bathing, grooming, mobility, dressing, eating, toileting, continence) **or**

Have a significant cognitive impairment **and** meet two or more of these conditions:

- Dependent in two or more IADLs (shopping, cooking, cleaning, laundry, managing medication, managing finances, using the telephone)
 - 75 years old or older
 - Recent discharge from a nursing home
 - High user of medical services
 - Have a diagnosis of clinical depression
- The Veteran **must** have a VA Primary Care Provider before starting respite. Please call the Primary Care Call Center (612-467-1100) if you need to schedule an appointment to establish VA primary care.

Questions?

Call Primary Care Social Work at 612-467-2042.

If you have a Social Work Case Manager, please call them directly.