

New Mexico Respite Fact Sheet



What is Respite?

Respite is a flexible family support service that provides short term, temporary care to people with disabilities or children who are at risk for developmental delay. This service allows families to take a break from the daily routine of care giving. Respite care providers assist the individual in activities of daily living, promote the individual's health and safety, as well as maintain a clean and safe environment. The family, in collaboration with the provider, will schedule respite services.

Respite services include:

- Assisting the individual to enhance self-help skills and carry out activities of daily living;
- Providing non-medical health care;
- Preparing or assisting the individual in activities of daily living including preparation of meals, eating, sleeping, washing etc.;
- Providing opportunities for community and neighborhood integration and involvement;
- Providing opportunities for leisure, play and other recreational activities;
- Providing opportunities and support to the individual to make choices in regard to daily activities depending on age and skill level.

What is the Eligibility?

- A child age 0 through 3 years must be eligible for Early Intervention Services and have Respite identified as a service in the Individualized Family Service Plan (IFSP).
- A child age 3 years through 21 must have been determined eligible, and/or have received Early Intervention Services, and met the established condition or the developmental delay eligibility criteria under the FIT Program. A child may also be determined eligible by being developmentally disabled in accordance with DDS Policy, and/or have been determined developmentally delayed or developmentally disabled by the Public School system. Children ages 3-21 who were formerly eligible for services through the FIT program under the medical, biological or environmental risk categories/definitions will need to meet Public Education Department (PED) special education requirements and be eligible for special education services in the preschool to high school grades in order to receive respite services.
- An adult age 22 or older must have been determined developmentally disabled in accordance with DDS Policy.

Where is Respite provided?

- The individual's/family's home,
- The respite care provider's home,
- A community setting of the family's choice (e.g. community center, swimming pool, park etc.),
- A center based setting, such as a respite home or provider location .

How often can I get respite and how much will it cost?

Respite hours are allocated up to a maximum of 200 hours per year per eligible recipient. While the 200 hour limit is a guide, the respite coordinator will meet with the family to determine each family's needs and how they will utilize respite.

There is no cost associated with Respite once eligibility is determined.

Where can I get more information?

You can go to www.fitprogram.com for more information on local respite providers or call 1-877-696-1472 to reach the Developmental Disabilities Supports Division.