

Family Caregiver Support Program Respite Services:

- **Personal Care through a home health agency (bath assistance, dressing, grooming).**
- **Adult Day Programs: Programs throughout the Multnomah County area that provide a variety of activities, an opportunity for socialization and care for elders.**
- **In-home respite by a home health agency. This service helps the family member get a break while their loved one is being cared for in the home by a trained caregiver.**
- **Home Health Agency to provide transportation and/or accompany a care recipient to appointments, grocery store, outings. An agency may also be hired to do errands for the family caregiver.**
- **Short term placement in a care facility to provide respite for the family caregiver. (Nursing facilities, adult care homes or assisted living).**
- **Homemaking services: laundry, house cleaning, etc. A family caregiver may also be able to arrange to leave the house while these services are provided.**
- **Childcare, afterschool activities, camps (for grandparents raising grandchildren)**

If you need help finding a provider or service, talk to your case manager for a list of options. Information can also be found at:

www.adrcforegon.org

All services must be provided by a licensed, bonded and insured agency.

Requests for these services will be made through your family caregiver case manager. Prior approval by the Program Coordinator must be made before these services are authorized. Once approved, you will receive a grant letter in the mail with details of authorized services and the amount of funds per service. The Program Coordinator will contact the provider with an authorization for payment and will be paid directly. Multnomah County cannot reimburse family caregivers for services already paid for.

