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 **Arizona Department of Economic Security**

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### Additional Agencies and Respite Resources

Agency	Phone
Arizona Department of Health Services (ADHS)	602-542-1000
Arizona Health Care Cost Containment System(AHCCCS)	602-417-4000
Arizona Long Term Care System (ALTCS)	602-417-7000
Division of Developmentally Disabled (DDD)	602-542-6874
Division of Children, Youth and Families (DCYF)	602-542-3981
Arizona Chapter of Multiple Sclerosis Society	480-968-2488
Mental Health Association of Arizona	480-994-4407
American Heart / Stroke Association	480-414-5353
American Cancer Society	602-224-7463
American Parkinson Disease Association	800-541-4960

# LIFESPAN RESPITE CARE PROGRAM



## What is Lifespan Respite Care?

Lifespan Respite Care is a coordinated approach that offers community-based respite care services for family caregivers of adults or children with special needs. Respite care provides short-term care and a period of relief or rest for the caregiver. Services can be provided in the form of in-home respite care or appropriate daycare services when available.

## What are some of the benefits?

The Lifespan Respite Care Program is a supportive caregiver service that can help alleviate caregiver stress, helps caregivers to maintain their own identity by allowing them time to focus on themselves, and typically can prevent or delay expensive and unwanted out-of-home placement for care recipients. Lifespan Respite Care can also provide comfort to the care recipient, knowing that their caregiver can take a break when needed.

## Who can receive services?

The Lifespan Respite Care Program is caregiver-focused and directed to primary caregivers of individuals who do not currently qualify for other publicly funded respite services. The following are examples of who might qualify for services through the program:

- ✓ Caregivers of persons who are seriously or terminally ill, who do not currently qualify for hospice care.
- ✓ Caregivers of persons under 60 who have significant functional impairments, but are not eligible for disability services.
- ✓ Caregivers of persons with early cognitive deficit resulting in functional impairment, who have not yet received a “likely” diagnosis of dementia.
- ✓ Grandparents or relative caregivers less than 55 years of age caring for children 18 and younger.
- ✓ Caregivers of veterans not qualified for respite services from the Veteran’s Administration.

## Are services based on income?

Although income is not a disqualifying factor, services will be targeted to those individuals in greatest economic and social need. Because funding is limited and in order to offer respite to the maximum number of caregivers, cost sharing will be applied to available services. Cost sharing will be based on the care recipient’s household income, beginning at 250% above Federal Poverty Guidelines. Information about these federal guidelines is available at this website:

<http://aspe.hhs.gov/POVERTY/08poverty.shtml>

If you are the primary caregiver of a family member or loved one and you feel like you need a break and don’t know how to make it happen, the Lifespan Respite Care Program is there to assist you.

Caregivers should contact their local Area Agency on Aging for more information:

Agency, Phone	County
Area Agency on Aging, Region One, Inc. Phone: 602-264-4357	Maricopa
Pima Council on Aging Phone: 520-790-7262	Pima
Northern Arizona Council of Governments Phone: 928-213-5254 Toll Free: 877-521-3500	Apache, Coconino, Navajo, Yavapai
Western Arizona Council of Governments Phone: 928-782-1886 Toll Free: 800-782-1886	La Paz, Mohave, Yuma
Pinal/Gila Council for Senior Citizens Phone: 520-432-9600 Toll Free: 800-293-9393	Pinal, Gila
SEAGO/Cochise Aging and Social Services Phone: 520-432-9681	Cochise
Navajo Nation Phone: 928-871-6868	Navajo Tribal
Inter Tribal Council of Arizona Phone: 602-258-4822	Statewide

