

Overnight Planned Respite Services for Adults

Frequently asked questions and answers

What are Overnight Planned Respite Services?

Overnight Planned Respite Services are authorized by DSHS' Developmental Disabilities Administration with the intent to provide short-term relief for the primary caregiver who lives with an adult client of DDA (age 18 or older). This out-of-home service provides person-centered supports, including planned activities for the individual in a contracted and certified residential setting in the community.

Where are Overnight Planned Respite Services located?

Overnight Planned Respite Services are provided throughout the state, including the following locations:

- Spokane.
- Tacoma.
- Bellingham.
- Olympia.
- Lynnwood.
- Vancouver.

Who are the contracted providers for Overnight Planned Respite Services?

The Overnight Planned Respite Service providers are contracted with and certified by DDA:

- The Spokane programs are provided by The Arc of Spokane.
- The Bellingham programs are provided by Holly Community Services.
- The Lynnwood and Tacoma programs are provided by Service Alternatives.
- The Olympia and Vancouver programs are provided by Northwest Supported Living.

All direct support professionals are long-term care workers who are trained and experienced in working with individuals with intellectual and developmental disabilities.



Can I visit the home prior to being approved for Overnight Planned Respite Services?

Yes. Visits can be arranged for your preferred location by contacting the client's case resource manager.

What services can an individual expect to receive in Overnight Planned Respite Services?

- Support in desired activities within the home and community.
- Support with activities of daily living.
- Appropriate staffing and supervision to meet the individual's health and safety needs.



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What are my responsibilities as a primary caregiver while the individual accesses Overnight Planned Respite Services?

- Review the Individualized Respite Agreement with the provider prior to the scheduled respite dates. The Individualized Respite Agreement outlines the specific supports and services the individual will receive while in the Overnight Planned Respite Service.
- Sign the Individualized Respite Agreement three (3) days prior to the start of the service. An email approval is acceptable if the provider is unable to obtain a signature.
- Arrange transportation for the individual to and from the respite location on the scheduled dates.
- Provide a backup caregiver to respond in an emergency if you are unavailable.
- Complete an individual property inventory prior to the scheduled respite stay to account for the individual's personal belongings while accessing this service.

How will the individual be transported to and from the respite home?

The primary caregiver, or their designee, will be required to drop off and pick up the individual on the scheduled respite dates.

What are the Overnight Planned Respite Services homes like?

Each location offers a warm, home environment that includes:

- A minimum one-bedroom unit in an apartment or multi-plex, or a stand-alone home.
- Furnished unit with all furniture and supplies.
- Full size bed with bedding.
- Fully equipped kitchen and dining room with blenders for specialized diets.
- Washer and dryer.
- Shower and bathing accessories with supports as needed.

What should I help the individual pack for the Overnight Planned Respite stay?

Caregivers are encouraged to provide appropriate personal belongings such as those listed below and to make note of all property the individual will be bringing with them during the respite stay:

- Enough clothing for the scheduled length of the stay.
- All current prescription and over-the-counter medications, including clear directions for use (on label or from the prescribing professional).
- Toiletries.
- Incontinent products, if needed.
- Comforting personal possession. Please refrain from bringing items of great value.
- Provider One ID or copy of insurance card.
- Favorite games or other items to enjoy during the stay.



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Do I need to provide money for the individual to use during their respite stay?

Yes. The amount is determined by the provider and the primary caregiver when developing the Overnight Planned Respite Services Individualized Agreement. Money will be secured (if needed) and receipts provided for all purchases.

How often can we talk to each other?

The respite provider will not limit the contact an individual has with their primary caregiver, guardian or family. If you prefer you may arrange with the provider, prior to the scheduled visit, specific times to contact each other.

How much staffing will the individual receive while accessing Overnight Planned Respite Services?

Staffing will be provided based upon the individual needs. There may be times a person requires 1:1 staff and other times they will be able to share staff already working in nearby settings. Staffing will be discussed with the primary caregiver prior to the visit and outlined in the Individualized Respite Agreement.

Do Overnight Planned Respite Services count towards assessed respite hours in the annual assessment?

No. This service is provided in addition to the individual assessed respite hours and will not count toward your assessed hours. You do not need a DDA waiver to access OPRS.

How many days per year can a DDA client be approved to receive Overnight Planned Respite Services?

A DDA client can receive up to 14 days of Overnight Planned Respite Services in a calendar year.

How do I determine the number of days an individual has accessed Overnight Planned Respite Services?

The total number of days accessed is determined by the number of nights that the individual sleeps at the respite setting. The discharge day is not considered in the total number of days an individual accesses Overnight Planned Respite.