



Family Caregiver Respite Fund

Sandwiched KC has received funds to help family caregivers take a needed break from caring for their loved ones.

Why We're doing this.

Family caregivers provide the majority of long-term care in the United States. We are in awe of the selfless care and sacrifices of countless daughters, sons, husbands, wives, grandchildren, and nieces & nephews here in Kansas City. We know that they make the world go 'round... and we believe that family caregivers need a break.

Family caregivers are often isolated and lack resources and support to plan and take meaningful short breaks. By offering small vouchers and coaching to plan meaningful respite (when needed), we hope to help local family caregivers achieve better physical and mental health outcomes and enhance their capacity to keep their loved ones at home.

What is respite?

Respite, simply defined, is taking a break from caregiving. Respite happens in many different ways, but one thing is for certain – the best kind of respite is when both care partners have a good time. The caregiver gets a break from their caregiving responsibilities, and the care recipient is able to spend time doing things they enjoy with someone who they also enjoy.

You can receive respite:

- from a caring relative, friend, neighbor, or a fellow member of your faith community
- purchasing in-home respite services privately—either hiring caregivers directly or working with an agency that provides care, or
- paying for respite in a facility—like a day program or a long-term stay at a nursing facility.

The 'Official' Definition

Formal and informal, in-home and out-of-home respite options may exist in your locality. Respite programs may utilize an available bed in a health care facility for families who require extended respite options and whose family member or friend requires skilled care; whereas, other respite programs may only offer time-limited (a few hours) services in the family's home. In addition, respite services may be available to families through formal programs that hire and train their staff or may be available to families through informal networks (e.g., volunteer or faith-based initiatives, parent cooperatives, or cash subsidies from states to purchase respite through relatives and friends).



Respite services are usually offered on a sliding fee schedule, or there may be a combination of family fees, state, and federal funding, including Medicaid waivers, and/or private insurance.

Source: ABCs of Respite: A Consumer Guide for Family Caregivers. ARCH National Respite Network and Resource Center. https://archrespite.org/images/docs/ABCs_of_Respite/ABCsofRespite.pdf

Eligibility for a Respite Voucher

A family caregiver is eligible for a respite voucher if:

- they reside in the Kansas City Metro (Jackson in Missouri; Johnson and Wyandotte in Kansas)
 - and provide the primary care for an older adult or family member with a disability (such as a parent, grandparent, sibling or other family member) who lives in the same home
 - OR they are full time employed and provide more than 25 hours a week of care.
- Their loved one has a documented chronic or terminal condition or disability.
- They provide justification of need.

How it Works

Family caregivers may submit an application online at sandwichedkc.com. Paper applications may be returned by mail to:

Sandwiched KC
2718 S Vermont Ave
Independence, MO 64052

When applications are received by Sandwiched KC, they will be reviewed for consideration.

Upon approval, the primary caregiver/guardian will receive a respite voucher, identifying the amount authorized. Services will not be reimbursed prior to authorization date. The primary caregiver/guardian will receive a liability document which should be read and signed.

Services may occur based upon the frequency the primary caregivers/care partners deems necessary. However, any services not utilized by the end of the plan year will not accrue to the next plan year. The maximum annual assistance for each eligible caregiver is \$500. There are no exceptions.

This is not an ongoing service. There is no guarantee of future funding. If funds are available, an application renewal will need to be completed yearly. There is no guarantee your application will be accepted and request for a voucher granted.

Respite Provider Eligibility

The person providing your respite must:

- Be 18 years or older with a valid state-issued ID or driver's license.
- NOT be a family member living in the home; and
- NOT be the primary caregiver, parent, or stepparent regardless of where they live.



Primary caregivers/care partners are responsible for selecting the respite provider, providing training on the specific needs of the individual and maintaining supervision of the respite provider. This includes CPR and First Aid, medication administration, and/or behavioral intervention techniques. All fees related to training are the responsibility of the primary caregiver/care partners or respite provider. It is the responsibility of the primary caregivers/care partners to ensure their provider(s) maintains any training and/or certifications they have determined necessary for the care of the person served.

Payment for services will be processed upon receipt of a properly completed respite voucher received from the primary caregiver/care partners. The primary caregivers/care partners are responsible for scheduling within their authorized voucher amount. Sandwiched KC will provide the voucher form to each approved participant.

The vouchers must identify date, rate of pay, hours worked and total paid to that worker. It will also require the workers signature on the voucher, confirming that they have provided the service. The caregiver will need to sign the voucher verifying that all the information provided is true and accurate.

The hourly payment to the respite provider should be negotiated between the primary primary caregivers/care partners and the respite worker. However, the minimum hourly payment to be paid to the respite provider is \$20.00.

Reimbursement to the primary caregivers/guardians will be mailed to the address on the voucher. Sandwiched KC shall maintain records for each program recipient, including documentation of services provided, picture ID and signatures. A new respite voucher indicating the amount remaining will be sent with each check for reimbursement. When the amount authorized has been utilized, no more vouchers will be sent out. Requests for reimbursement more than the amount authorized shall not be paid.

It is the responsibility of the primary caregiver to provide a copy of the photo ID for each person providing the service, in addition to their signature. A signature and picture identification of the provider(s) of service must be on record to receive reimbursement. It is the responsibility of the caregiver to ensure that required documentation is current and correct.

Disclaimer: This is not an ongoing service. There is no guarantee of future funding. If funds are available, an application renewal will need to be completed yearly. There is no guarantee your application will be accepted and request will be granted.

About Sandwiched KC

Sandwiched KC was launched in 2018 to welcome, embrace, and support family caregivers in the Kansas City metro area on their caregiving journeys. We offer support to those caring for their parents, grandparents, spouse, or anyone who they consider family and wants to connect with others who know what they're going through. We share tools and resources with each other to make our lives as caregivers easier and less stressful.



Family Caregiver Respite Fund Application

For questions, or if you need help with this form, please contact us at info@sandwichedkc.com at 816-472-9178.

First Name * Last Name *

Email Address * Phone *

Street Address *

City * ZIP Code *

Who are you caring for? *

Select all that apply

- An older relative
- A spouse or partner
- An adult child with disabilities
- A sibling

How long have you been caring for this person? *

Please share any additional information you think will help us in reviewing your request.

Feel free to add another page if you have more to say.

Consent *

- I understand that submitting this form does not guarantee my request for respite.
- I understand that I will be responsible for the training and supervision of the caregiver I choose to provide my respite and will be required to submit documentation of respite provided along with photo IDs of any respite providers.
- I understand that funds are not guaranteed and may not be available in the future.