

## What is Respite Care?

Caring for a loved one at home can be stressful at times. “Respite” gives you, and your caregiver, a much-needed break. With Residential respite care, you can be cared for short periods in a licensed care facility.

## Who is eligible for Residential Respite?

Your VIHA Case Manager will let you know if you are eligible. In order to participate in the program, you must agree to pay the daily rate and arrange for drop-off and pick-up at the end of the agreed upon stay.

## How much does it cost?

There is a minimal daily cost. Your Case Manager can tell you the current rate. Arrangements for billing are made at the time of your admission to the facility.

## How long can you stay?

The stay is a minimum one week block. You can use up to 35 days in total per year based your needs and room availability. For example, you can book 5 one week bookings per year. You can learn more about the facilities here:

[http://www.viha.ca/hcc/services/respite\\_care.htm](http://www.viha.ca/hcc/services/respite_care.htm)

## How do I book a stay?

After your Case Manager has completed the assessment, allow one to two weeks for processing of your registration before booking a stay.

**1-866-977- 5778 Monday to Friday**

Bookings can be made up to 6 months in advance. Two weeks notice is required to cancel. If your last respite stay was more than one year ago, contact your Case Manager for a reassessment. **Note:** It can take several weeks to get an appointment for a reassessment.

## How do I prepare for the stay?

Before the respite stay:

- Cancel all community services (e.g. home supports, Adult Day Program) for the duration of your stay.
- Label all personal items taken to the facility.
- Pay for or provide all medications. The facility will provide you with instructions.

**Case Manager:**

**Phone Number:**