



Provide Adequate Respite for Live-In Caregivers

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Who is working on this issue?

No formal coalition but it aligns with
The Arc of Washington's platform

Advocacy areas

Community services and supports;
housing

What is the problem you are trying to solve?

- Live-in caregivers need adequate respite – whether or not they are family members. Restrictions and limitations on who can use respite make it difficult to attract and retain staff needed to make innovative housing options sustainable.



Shared living: In this low-cost model, a live-in caregiver supports 2-3 people who share expenses.

It is an option available people who do not qualify for community residential services but still need support to live independently. Caregivers offer that support and get a place to live. Currently, caregivers in shared living situations do not have access to respite.

Companion homes: This model is an option for people who are eligible for residential services. In companion homes, a person with IDD lives with a caregiver who provides comprehensive care and access to the community. Currently, caregivers in this model face challenges to accessing respite, including recruitment, insufficient hours, and inflexible regulations.



What is your proposed solution?

For shared living: Give legislative direction to change the Washington Administrative Code (WAC) to allow for live-in care providers outside the family home to receive respite.

For companion homes:

- Employ full-time state employees for respite support
- Increase respite provider rates for the companion home to attract caregivers
- Update companion home regulations (WACs) for flexibility

Why is this a good solution?



Live-in caregivers are vital for people with disabilities, offering both consistency and stability for the individual and a career path and a place to live for the caregiver. Care-giving is demanding, though, and adequate respite is essential for sustainability.

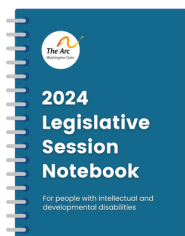
Adequate respite allows live-in caregivers to continue serving individuals with IDD for extended periods.

Respite offers caregivers a much-needed break and support to recharge and maintain their well-being, ultimately benefiting the care recipients.

Both shared living and companion homes are important options for people with IDD. Shared living offers the potential for live-in support to people on the Basic Plus waiver who otherwise do not get residential support. Companion homes offer an residential alternative to people on the Core waiver.

Please also see "[Housing Needs for Individuals with Intellectual and Developmental Disabilities in Washington State](#)"; "[Staff and family views of alternative respite services for adults with intellectual disabilities – aims, outcomes and experiences](#)" and "[The Effects of Respite Care on Care Providers of People with Disabilities.](#)"

What is the fiscal impact?	Is there a bill number?	Is there a legislator working on this issue?
Unknown	Not yet.	Not yet



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