

Respite

Respite provides short-term relief for primary caregivers. It can be arranged for just an afternoon or several days and can be provided at home, in a healthcare facility, or day program. It is very important for care partners to take a break – and respite programs can help with this. This document provides information about several respite options available in Virginia.

- ARCH National Respite Network (Virginia) offers a searchable database of funding and programs: <https://archrespite.org/respite-locator-service-state-information/179-virginia-info>
- Virginia Lifespan Respite Program, administered by Virginia Department for the Aging and Rehabilitative Services, for Virginia caregivers who reside full-time, in the same household as the person receiving care. It provides reimbursement for the cost of temporary, short-term respite care provided to individuals, of any age, with a documented disability or special need: <https://www.vda.virginia.gov/vlrv.htm>
- Virginia Family Caregiver Solution Center: <https://vf.virginianavigator.org/>
- Resources for family caregivers supporting veterans: <https://www.caregiver.va.gov/>
- Resources for family caregivers supporting seniors 60+: <https://eldercare.acl.gov/Public/Resources/Topic/Caregiver.aspx>
- Medicaid Waivers that pay for respite: https://archrespite.org/images/state_pdf/medicaid/virginia.pdf
- BIAV offers up to 2 weeks of respite for family caregivers supporting an adult with a brain injury if eligible: <https://www.biav.net/camp/>

Content last reviewed: June 2021

This article is provided for informational and educational purposes only. The information is not intended as a substitute for professional advice, diagnosis or treatment, and you should not use the information in place of the advice of your medical, psychological, or legal providers.

This project is supported [in part] through state general funds (Contract #16-002A) administered by the Virginia Department for Aging and Rehabilitative Services (DARS).