

## Seeking Respite Care in Massachusetts (US) Individuals 55+

Entry point →	<b>Veteran</b>	<b>Hospice</b> (Medicare)	<b>MassHealth</b> (Medicaid) Largest Public Payer of Respite
<b>Overview/ Eligibility</b>	Veteran*  “Respite Care is part of the VHA Standard Medical Benefits Package all enrolled Veterans are eligible IF they meet the clinical need for the service. Services vary by location”	Qualify for hospice if have - - Medicare Part A, - Doctor certification of life expectancy of 6 months/less - Accept non curative care including signed statement  Respite included in Hospice Medicare Part A benefit	MassHealth - Income/Resource based  Resident of MA
<b>Home</b>	Home Health Agency comes to the Veteran’s home at 6 hours at a time. (30 times)	Hospice team comes over for several hours or overnight while care partner steps away briefly	May be eligible for A) HCBS Waiver: Home and Community Based Services 1. Frail Elder Waiver B) PACE: Program of All Inclusive Care for the Elderly C) Personal Care Attendant Program (paid family) D) Adult Family Care Program
<b>Center</b>	Veteran goes to adult day health program.	N/A	If in PACE program: Day PACE Centers
<b>In-patient</b>	Veteran goes to community living center, rehab, or nursing home. 10 day stays for 3X/year (30 days)	Patient goes to inpatient setting (SNF, hospital, hospice facility) 24 hr supervision	Varies by plan, Does not appear to cover
<b>Days</b>	30 days Can use combination of options above	Up to 5 days that can be repeated but not continuous, must approved by interdisciplinary team	Adult Family Care Program (home)—14 days of respite

<b>Policies</b>	<p>VA is funded by:</p> <ul style="list-style-type: none"> <li>*Annual appropriations &amp; mandatory spending</li> <li>*VA Mission Act 2018 (allows vets access outside VA/comm partners)</li> <li>*Veterans Health Care Eligibility Reform Act 1996 (extended health and LTC services incl. respite)</li> </ul>	<p>Medicare Hospice Benefit (1982)- defined respite as covered benefit</p> <p>Balanced Budget Act (1997)- allowed repeated stays</p>	<p>Medicaid Related policies such as the Social Security Act (1965) and Affordable Care Act (2010)</p> <p>And specific MA policies</p>
Cost	<p>Little to no cost</p> <p>VHA funds</p> <p>Little-no co-pay</p> <p>More 50% service connected possibly free)</p>	<p>Typically, Medicare pays for 95-100% hospice respite if hospice team arranges</p> <p>May pay 5% for inpatient respite- cannot exceed hospital deductible</p>	<p>Little to no cost if available</p>
How refer?	<p>Contact VA social worker to complete Application for Extended Care Benefits</p>	<p>Ask hospice Social Worker or anyone on hospice team</p>	<p>Contact Aging Service Access Points or MassHealth</p>
Website  /More info	<p>From ARCH ABC Respite: “A program administered by the Department of Veterans Affairs, the <b>Program of Comprehensive Assistance to Family Caregivers</b> is available to eligible Veterans who elect to receive their care in a home setting from a primary family caregiver. For more information, visit the VA Caregiver Support Program or call the VA Caregiver Support Line at 1-855-260-3274. See ARCH's Nine Steps to Respite for Military and Veteran Caregivers for more information and additional resources.”</p>	<p><a href="https://www.medicare.gov/coverage/hospice-care">https://www.medicare.gov/coverage/hospice-care</a></p> <p>Medicare Advantage may also cover respite up to 95%</p>	<p><a href="https://masshealthhelp.com/pdf/Summary_Medicaid_Community.pdf">https://masshealthhelp.com/pdf/Summary_Medicaid_Community.pdf</a></p> <p>If less than 55 may be eligible for other HCBS Waivers: Children Autism, Acquired Brain Injury Non-Resident Habilitation, Moving Forward Plan Community Living Waiver, Community Living (adults int. disability), Intensive Supports, Adult Supports</p>

\*“Veterans are men and women who have concluded a period of service in the armed forces; U.S. Army, Navy, Air Force, Marine Corps, or Coast Guard, Persons who served in the U.S. Merchant Marine during WWII and those who were ordered to active duty while in the National Guard or Reserves are also classified as Veterans.” ARCH Technical Assistance Center Fact Sheet #63, 2015

## Massachusetts

### Lifespan Respite Grantee - MA Department of Developmental Services

Amy Nazaire

Director of Family Support/Lifespan Respite Grant Project Director

(978) 774-5000 x386

[amy.nazaire@state.ma.us](mailto:amy.nazaire@state.ma.us)

### Massachusetts Respite Coalition

Lisa Marschke

[lisa.marschke@umassmed.edu](mailto:lisa.marschke@umassmed.edu)

To find a respite provider, visit [Rewarding Work](#) or visit the [MASS Options website](#) or call 800-243-4636.

Directly from ARCH Respite ABC Handbook:

**“Lifespan Respite Care Programs:** Not every state has a Lifespan Respite Care Program, but those that do often provide respite vouchers, grant or stipend programs to help families pay for respite through self-directed programs, especially for those caregivers who do not qualify for other publicly funded programs. They may also support volunteer or faith-based respite services that offer free or low-cost respite care. State Lifespan Respite Care programs often work in collaboration with a State Respite Coalition. Contact your State Lifespan Respite Care Program or State Respite Coalition for more information.

**Medicare Advantage:** These plans may now cover non-medical supplemental benefits such as adult day care services and respite. Other optional covered services that benefit the plan holder as well as their family caregivers may include home care, transportation to appointments, meal delivery and home modifications.

**National Family Caregiver Support Program:** Funding may be available through the National Family Caregiver Support Program, which is administered through your local Area Agency on Aging (AAA), if you are caring for someone over the age of 60 or someone of any age with Alzheimer’s or related dementias. Funding for respite may also be available if you are a grandparent or other relative age 55 or older caring for a grandchild or Visit the [Eldercare Locator](#) to contact your AAA about respite funding options.

**State Family Caregiver Support or Respite Programs:** If your state has a state-funded family caregiver support or respite program, respite funding may be available through these sources. Visit [Services by State](#) at the Family Caregiver Alliance for more information.

**Military Families:** Military families should look to **TRICARE's Extended Care Health Option (ECHO)** or the **Military Exceptional Family Member Program (EFMP)**, which offers respite care to anyone in the military who is enrolled in the EFMP and meets the criteria. See summary [table of federal respite funding](#) that may be available to military families for respite. The **Respite Relief** program from the Elizabeth Dole Foundation provides free in-home respite care for military and Veteran caregivers through CareLinx. [Read more and apply.](#)

**Funding for Adult Day Services:** Original Medicare does not cover adult day service costs but Medicaid can pay all the costs in a licensed day services center with a medical model or an Alzheimer’s environment, if the senior qualifies financially. Some centers offer need-based scholarships. Others may use a sliding fee scale based on income. Private medical insurance policies sometimes cover a portion of day service center costs when registered, licensed medical personnel are involved in the care. Long-term care insurance may also pay for adult day services, depending upon the policy. Dependent care tax credits may be available to the caregiver as well.

**Private Funding Sources for Caregivers of Persons with Dementia:** The following organizations may offer financial assistance for respite:

The **Association for Frontotemporal Degeneration** has a **Comstock Respite Grant Program**. [Read more and apply.](#)

The **HFC In-Home Care Grant Program** relieves caregivers, giving them time to rest, recharge and focus on their personal and professional life. Delivered with our partner, Home Instead, HFC's Care Grants provide 3-6 months of free, professional, in-home care.

Contact your **local Alzheimer's Association** or **Alzheimer's Foundation** members to learn what kind of financial assistance may be available for respite care.

**Private Funding Sources for Caregivers of People with Disabilities or Chronic Diseases:** Some local or state affiliates of organizations such as **Easterseals**, **The Arc**, **National Multiple Sclerosis Society**, and the **ALS Association** may offer respite funding assistance or services on a sliding fee scale.

**Faith-based Organizations:** Many faith-based organizations, such as **Lutheran Services in America**, provide a range of home and community-based services, including respite, for disabled people, older adults, and their family caregivers at no or low cost. Check with your local faith organization”

Information from: <https://archrespite.org/library/the-abcs-of-respite/>

**ABCs of Respite:**  
**A Consumer Guide for Family Caregivers**

