YOUTH RESPITE FAQ'S

What is Respite?

Respite is a break from the constant care of a family member with an illness or disability. Stress from constant care can affect caregivers' health and functioning and potentially harm the family unit. Getting respite allows time for caregivers to attend to their personal health and needs. When caregivers take care of themselves, they are better equipped to continue care for their loved one at home.

Respite Voucher (RV) (Ages 0-18)

Respite Voucher helps caregivers whose children are diagnosed with Serious Emotional Disturbance (SED) or with autism and SED pays for respite services. Families helped by the Respite Voucher program select and train their own respite providers. The respite voucher helps the family to pay that respite provider. This program is provided through the Tennessee Caregiver Coalition Call our Statewide Respite Helpline at (615) 269-8687. To anyone wanting to learn more visit https://tncaregiver.org.

Planned Respite (PR) (Ages 2-15)

Planned Respite is a program that helps enrolled caregivers of children with Serious Emotional Planned Respite teaches caregivers how to find respite providers and to train those providers on how to care for their children. Caregivers of children, ages 2-15, with Serious Emotional Disturbance (SED) are eligible to participate in Planned Respite. Planned Respite lasts about 3 months. Families may enroll once.

1 Who is eligible for Respite?

To qualify for a Respite Voucher, a caregiver and a care recipient must live in the home together. The caregiver is the person who is taking care of the care recipient full-time, 24/7. Caregivers of children, ages 2-15, with Serious Emotional Disturbance (SED) are eligible to participate in Planned Respite, which lasts about 3 months and families may enroll once.

2 How does a person apply for Respite?

Care coordination services are available to children and youth ages 0-18 experiencing emotional or behavioral concerns that affect their daily life.

3 Counties Covered:

Planned Respite Sites are Located in: Anderson, Carter, Knox, Madison, Rutherford, Shelby, Sullivan, Washington, and Unicoi Counties. Respite Voucher can be utilized for anyone living in the state of Tennessee.

4 Will the Respite agency assist me in finding a Respite Care provider?

Planned Respite teaches caregivers how to find respite providers and to train those providers on how to care for their children. Planned Respite also gives caregivers some immediately-needed respite. Respite Voucher does not provide respite resources directly but can offer reimbursement for respite services.

5 How much funding can I get?

Caregivers are eligible for $600 of respite per year for the entire household through the Respite Voucher Program.

6 Will I receive the same amount of money each year?

An individual/family has to reapply each year for respite voucher funding. Allocations each year are based on the availability of state funds, the needs of the individual/family, and eligibility.

7 What services are available through Respite?

PR services are designed to be flexible and responsive to individual or family needs. Services might include but are not limited to respite care, before/after care, daycare, nutrition/clothing/supplies, health-related costs, nursing, counseling, summer camp, and evaluation. RV funding can be used for paying for sitters, day centers, hospital stays, physical therapy for the care recipient, mental health therapy for the care recipient, summer camps, tutoring, school extracurriculars, etc.

8 In Crisis? Need Respite?

Crisis Respite Services provides short-term relief for a person experiencing a mental health emergency. The average length of stay is 48 hours or less. Crisis Respite Services can only be accessed by referral from Mobile Crisis Services or Crisis Walk-In Services. Call 855-CRISIS-1 (855-274-7471) and you will be routed to a trained crisis specialist in your area.

For more information please visit our website at https://www.tn.gov/behavioral-health/children-youth-young-adults-families/respite.html or scan the QR code below.

TN Department of Mental Health & Substance Abuse Services

Respite Services Tennessee | Youth.Respite@tn.gov

Scan QR Code for more information