

## REPORT TO THE LEGISLATURE

### Overnight Adult Planned Respite

Engrossed Substitute Senate Bill 6052  
Chapter 4, Laws of 2015, Section 205  
(Partial Veto)  
64<sup>th</sup> Legislature  
2015 3<sup>rd</sup> Special Session

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# Transforming Lives

## Table of Contents

EXECUTIVE SUMMARY .....	1
BACKGROUND AND CONTEXT .....	1
CURRENT UTILIZATION AND BARRIERS .....	1
SURVEY FEEDBACK RESULTS .....	3
SUMMARY .....	4

## **EXECUTIVE SUMMARY**

In the 2015-2017 biennial budget, the Washington State Legislature passed ESSB 6052 appropriating funds to the Developmental Disabilities Administration (DDA) for the development and implementation of eight planned respite beds for adults age 18 and older with developmental disabilities. The intent of this service is to provide short-term, community-based planned respite services across the state as an alternative to using services in a Residential Habilitation Center (RHC).

To comply with requirements from the Centers for Medicare and Medicaid Services (CMS), DDA must provide respite services in an integrated setting that supports client access to community activities.

## **BACKGROUND AND CONTEXT**

### **Legislative Charge**

DDA began providing Overnight Planned Respite Services (OPRS) in January 2016 after the legislature funded eight community respite beds for families across the state. OPRS provides access to short-term respite in a DDA contracted and certified residential setting and is available to eligible DDA clients. These services provide families and caregivers with a break in caregiving and create additional capacity to serve the short-term needs of adults with developmental disabilities.

ESSB 6052 requires DDA to develop a respite utilization report annually. The report must include:

- 1) The number of individuals who have used community respite in the fiscal year; and
- 2) The location and number of days per month that each bed was occupied

The majority of DDA clients with developmental disabilities are supported by their families in the community. DDA's mission is to provide services to individuals in the community and is prioritizing increasing statewide respite options for families who are in need of a break in caregiving. Some families utilize RHCs for respite care; however, the number of beds to provide respite in the RHC setting is limited and comes at a high cost. It is also very inconvenient for families to use who do not live in close proximity to one of the four RHCs.

## **CURRENT UTILIZATION AND BARRIERS**

The table below illustrates Overnight Planned Respite Services utilization during fiscal year 2018. At the end of FY18, there was a total of eight contracted respite beds.

<b>Respite Location</b>	<b>Quarter 1</b>	<b>Quarter 2</b>	<b>Quarter 3</b>	<b>Quarter 4</b>	<b>Comments</b>
Yakima	72%	75%	39%	47%	
Yakima	66%	75%	42%	56%	
Bellingham	76%	89%	42%	94%	
Shoreline	76%	82%	67%	69%	
Spokane	N/A	N/A	33%	19%	Services began 2/20/18
Olympia	N/A	N/A	47%	58%	Services began 3/15/18
Olympia	N/A	N/A	N/A	57%	Services began 5/15/18
Tacoma	N/A	N/A	N/A	47%	Services began 5/1/18

	<b>Quarter 1</b>	<b>Quarter 2</b>	<b>Quarter 3</b>	<b>Quarter 4</b>
Number of clients served in fiscal year 2018	42	53	36	64

### **CHALLENGES IMPLEMENTING OVERNIGHT PLANNED RESPITE SERVICES**

- 1) Providers challenged by locating affordable, accessible, and integrated housing within the funding provided. This has impacted the ability for providers to offer respite services.
- 2) Funding provided by the Legislature does not cover all expenses necessary to maintain a residence and provide staffing for 24-hour individualized respite services. This has resulted in limited service providers willing to contract with DDA.
- 3) Due to regional minimum wages and the current reimbursement rate, providers have difficulty hiring and retaining providers of overnight planned respite.

### **BARRIERS TO ACCESSING OVERNIGHT PLANNED RESPITE SERVICES**

- 1) Due to the services offered in few locations, some families have to travel a long distance to access this service, increasing the number of people accessing the institutional option.
- 2) Some families who have accessed respite in an RHC in the past are reluctant to change to a community-based service option.
- 3) Respite bed unavailable during the time-period requested by the families due to limited number of beds available and a high demand for the service.
- 4) Clients requiring more than one staff to meet their support needs presents as a barrier because the current rate structure does not support 2:1 staffing.

## OTHER RESPITE SERVICES

The table below shows the number of clients who utilized both planned and emergent respite at the various RHCs and the State-Operated Living Alternative (SOLA) program in Spokane in 2018. Rainier School RHC did not have capacity to provide respite during Fiscal Year 2018.

Utilization of Other Respite Services for FY 2018	
Location	Utilization
Fircrest RHC	15 clients
Lakeland Village RHC	23 clients
Rainier School RHC	0 clients
Yakima Valley School RHC	96 clients
SOLA respite bed - Spokane	12 clients

## SURVEY FEEDBACK RESULTS

### Survey Information - Overnight Planned Respite

Fifty-one Overnight Planned Respite surveys have been completed and returned to date. The survey asks clients and their families' three questions and asks them to respond using a scale of one to five, with five reflecting the highest positive score possible. Average scores and comments from clients and their families are included below.

Rate the way you / your family member were treated	4.85
Rate the comfort and cleanliness of the environment	4.78
Rate the availability of activities in-home and in the surrounding community	4.53

## CLIENT AND FAMILY TESTIMONIALS

- "This was our adult daughters first ever sleep away and the experience could not have been better for her or for us. So very thankful for this service you provide for families!"
- "Was so nice to have a rest we are grandparents, legal guardians."
- "Has stayed 4 other times in past 2 years; client reports this was best stay yet. As parent/caregiver, I was extremely impressed by intake process, workers & new admin. Huge & noticeable improvement for safety & welfare of clients."
- "This was a great all-around experience - our son was happy to see us when we got back, but he wasn't in a "[client] was happy, peaceful and calm when I picked him up. His experience at Holly House was wonderful, thanks to Josh Farmer. He made sure that [client] knew he was attentive. Thank you."
- "A great big 'THANKS!' for making [client's] birthday breakfast extra special w/ sprinkles, pancakes, and smiles."
- "I like the staff because they are very welcoming. I like that they had a television in the room. I like it because the bus stop is close by. I like that there are shopping centers nearby."

## **SUMMARY**

Overall, the feedback from families that have utilized the OPRS has been positive and families appear to find it a useful and desirable service. Use of this service is not yet at the desired utilization. More service providers are needed in a greater variety of locations. In order to recruit additional service providers, the legislature will have to fully fund both the 24-hour staffing expectation and the funds necessary to maintain the residence.