

Connect Nevada: Respite services

What is respite?

Respite is a service included in the Connect Nevada: Strengthening Youth, Empowering Families program. It gives temporary relief to parents/guardians and other unpaid caregivers of children/young adults living with mental health needs. These short-term breaks can be self-directed, or planned, or given in an emergency.

How respite works

Respite services offer safe, temporary care for children and young adults who cannot care for themselves while their caregivers are away. These services can be provided at home, someone else's home or another location in the community, such as a contracted respite provider facility. Families can use more than one person or organization for respite care.

Your care coordinator can talk with you about respite services to help you choose the amount and type of respite your family needs. You can find your respite plan located in your Plan of Care.

Self-directed respite

Self-directed respite allows the family to choose someone they trust to provide care for their child/young adult while they are away. Some examples include a:

- Grandparent
- Aunt
- Uncle
- Family member
- Friend
- Neighbor
- Community provider

The chosen person will receive compensation for the time they give care. The person you choose must pass a criminal background check before they are able to provide respite services.

Emergency respite

Emergency respite gives immediate short-term care for children/young adults when families are facing a crisis and have no other safe childcare options. Emergency respite:

- Gives parents, guardians and caregivers instant stress relief
- Helps prevent worsening crises
- Protects the physical and emotional well-being of the child/young adult and family

Emergency respite can take place in or outside of the home. These services can also link families to long-term community-based services and supports.

What is not covered under respite?

Services that help other household members are not covered under respite. This includes:

- Transportation to other appointments or meetings
- Doing laundry
- Cleaning
- Washing dishes
- Cooking meals

If you would like to learn more about respite services available to you within the Connect Nevada program, please:

- Reach out to your Care Coordinator
- Visit MagellanofNevada.com
- Call us at 1-833-396-4310 (TTY 711)