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NASHP Report on Emerging Respite Care Strategies in Medicaid HCBS Waivers

[Emerging Respite Care Strategies in Medicaid Home and Community-Based Services Waivers for Older Adults, Adults with Physical Disabilities, and their Family Caregivers - NASHP](#)

[Respite care](#) is a service typically delivered in the home or a facility-based setting that provides short-term relief for caregivers. It is one of the [most desired caregiver services](#). Many states have not created new or updated old respite policies in years or decades.

Despite Medicaid's role as a [major payer](#) of long-term services and supports (LTSS), the amount that states estimated they will spend on respite care is a small [portion](#) compared to other waiver services.

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Trials have found that when older adults' caregivers receive supports that include respite, [caregiver outcomes improve, older adults' nursing home placement is delayed, and there is a decrease in hospital readmissions and emergency room expenditures](#).

In listening sessions with family caregivers, family caregivers expressed concerns and identified desired improvements in delivering the service of respite. For example, many found it difficult to trust unknown providers to provide care (especially in their homes) or, alternatively, to procure and pay for quality providers. They also wished for more flexibility in program policies, such as expanding the types of providers that could provide respite.

In late 2022, NASHP chose Medicaid HCBS waiver programs from seven states - Iowa, Kentucky, Louisiana, Missouri, Texas, Virginia, and Washington - due to their innovative approaches to administering respite care.

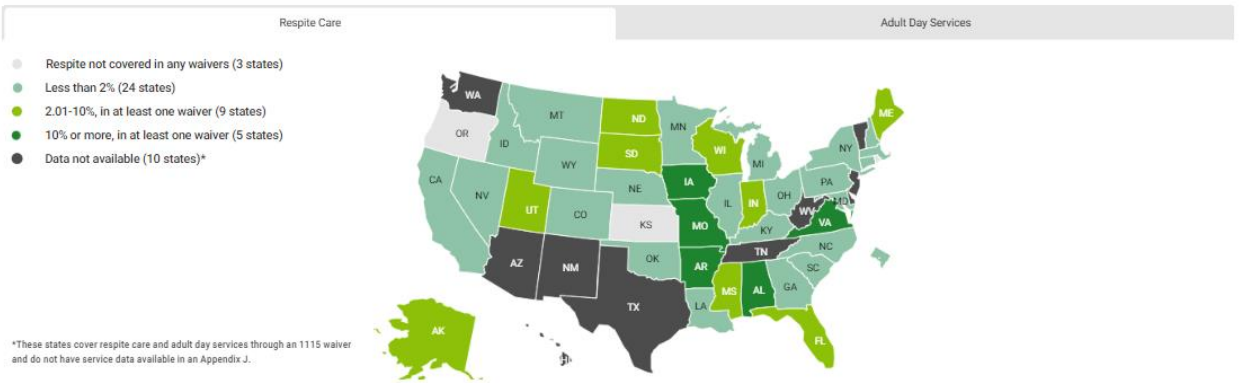
Emerging Strategies

Key themes and emerging strategies drawn from our seven state interviews include the following, with each examined in more detail below:

1. [Education](#): Recognizing that awareness and outreach are the first steps to access, study states developed strategies to ensure that caregivers and caseworkers understand respite's availability and importance.
2. [Types of Respite](#): Study states created multiple types of respite care based on the complexity of a member's needs.

3. **Flexibility:** To minimize disruptions in caregiving, study states' policies provided flexibility to meet month-to-month changes in individual participant's and family caregiver's respite service needs.
4. **Self-Direction:** Study states used self-direction programs to integrate family members and friends into the direct care workforce as respite care providers.
5. **Managed Care:** Study states leveraged the flexibilities offered by managed care to streamline and increase access to respite services.
6. **Payment:** Respite reimbursement rates can influence providers' willingness to provide respite, which in turn can affect respite access and utilization.

Percentage of 1915(c) Waiver Spent on Respite Care and Adult Day Services



State	Waiver Name	Respite Service	Unit	Respite Care		Adult Day Services					
				Year 1 - Percentage spent on respite	Year 1 - Total waiver cost	Year 1 - # of users	Year 5 - Percentage spent on respite	Year 5 - Respite waiver cost	Year 5 - Total waiver cost	Year 5 - # of users	
Nevada	NV Frail Elderly	Respite per unit	15 min	1.41%	\$289,853.70	\$20,538,436.66	183	1.41%	\$327,867.30	\$23,267,238.07	207
		Respite per diem	Daily		\$183.30		3		\$183.30		3
	NV HCBS for Persons w/Physical Disabilities	Respite	15 min	1.66%	\$135,268.32	\$8,162,292.42	136	1.58%	\$142,819.20	\$9,066,381.42	288
New Hampshire	NH Choices for Independence	Respite	15 min	0.24%	\$124,668.84	\$52,908,130.15	48	0.23%	\$140,252.44	\$62,204,423.75	54
New Jersey	No 1915(c) waiver for older adults and adults with physical disabilities										
New Mexico	No 1915(c) waiver for older adults and adults with physical disabilities										
New York	Nursing Home Transition & Diversion Medicaid Waiver	Respite	Daily	0.02%	\$33,437.00	\$138,384,733.24	20	0.02%	\$45,139.95	\$187,607,300.49	27

