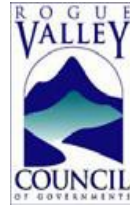


## Why Do I Need Respite Care?

**Nearly all caregivers struggle to care for themselves while caring for loved ones.**

- 17% of caregivers feel their health, in general, has gotten worse as a result of their caregiving responsibilities\*
- 40% to 70% of family caregivers have clinically significant symptoms of depression, with about a quarter to half of these caregivers meeting the diagnostic criteria for major depression\*
- Caring for persons with dementia is reported to impact a person's immune system for up to 3 years after their caregiving experience ends, thus increasing their chances of developing a chronic illness\*

\*Source: Aging Wisely



What is RVCOG SDS?

The Rogue Valley Council of Governments (RVCOG) is a voluntary association of local governments in Jackson and Josephine Counties. Through its Senior and Disability Services (SDS), it assists seniors and adults with disabilities. As the Area Agency on Aging and Disabilities for this district, the RVCOG has developed a network of services to help seniors and adults with disabilities live with dignity and independence.



SENIOR & DISABILITY  
SERVICES  
A Department of RVCOG

115 1<sup>st</sup> Street  
Central Point, OR 97502  
541-664-6674  
[www.rvcog.org](http://www.rvcog.org)

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## Family Caregiver Respite Program

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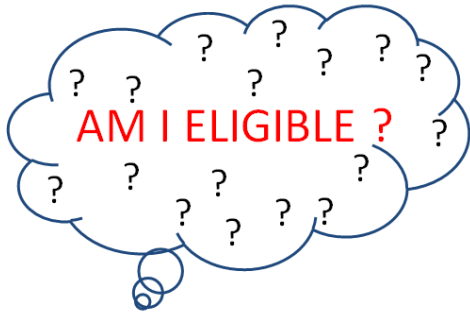


Are you a caregiver for a family member?

You may be eligible for our Family Caregiver Respite Program!

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## Respite Program Eligibility Criteria

Respite is for Caregivers who are usually considered full-time, and may live with or nearby the person being cared for.

- **Caregivers of any age:**  
caring for a dependent adult age 60 years or older
- **Caregivers who are over age 60:** caring for people with disabilities who are ages 18 – 59
- **Caregivers age 55 and older:**  
caring for a family relative age 18 and younger with disabilities.
- **Any primary caregiver:**  
caring for someone who has a diagnosis of dementia or Alzheimer's

Intakes offered as long as funds are available.

## Referral Process

**You can contact our  
Aging and Disability  
Resources Connection  
(ADRC) phone line @  
541-618-7572**

Our Lead Staff person who coordinates the Family Caregiver Program will respond to your referral by:

1. Calling the family within 1 – 3 days
2. Once the family has been reached by phone, an in-person assessment is scheduled as quickly as it is possible
3. During this meeting,  
demographic information is obtained
  - a. Family clarifies details of respite needs
  - b. Staff helps define respite requirements and can offer respite options if the family doesn't already have someone
4. The family requests using RVCOG contracted agencies (see right); **OR** the family hires the caregiver of their choice and pays up front, receiving reimbursement within two to three weeks.
5. Family caregivers will be reimbursed up to **\$599** per calendar year



**RVCOG contracts with  
two local caregiving  
agencies:**

- Addus Home Health
- All Care Home Health

RVCOG can invoice these agencies and send payment upfront. Therefore, the caregiver can avoid having to submit a form to RVCOG for a reimbursement check.

