

# What Are Respite Hours?



Respite care is temporary relief care designed for families of children or adults with special needs. Respite care provides short-term breaks that can relieve stress, restore energy, and promote balance in your life. Respite care can be utilized on a regular or as needed basis.

Respite Care differs with each individual, but care can include:

- Socialization and one-on-one interaction
- Recreational activities, exercise
- Developmental skills, daily life skills
- Safety and supervision
- Meal prep and planning
- Bathing/Personal Care
- Interactive Play & Reading



## Elder Options, Inc.

*"A Life Lived Fully Every Day"*

Since 1988

*"We found our caregiver to be outstanding. My child looks forward to her visits and I will always be grateful for the time she spends in our home."*

*-Family El Dorado County*

### Placerville Office:

82 Main Street, Placerville, CA

Phone: 530-626-6939

### South Lake Tahoe Office:

2074 Lake Tahoe Blvd., Ste 7

So. Lake Tahoe CA

Phone: 530-541-1812

### Folsom/Sacramento

Phone: 916-391-8083

[www.elderoptionsca.com](http://www.elderoptionsca.com)

[info@elderoptionsca.com](mailto:info@elderoptionsca.com)

# Respite Care Services



Services provided by  
**Elder Options, Inc.**  
in partnership with Alta Regional Center



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# Elder Options Respite Services through Alta California Regional Center

## Why Choose Respite Care?

As a parent/caregiver of a neuro diverse child/adult you may need longer or more frequent breaks than other parents. Sometimes when you are the only one who cares for your child, it is hard to turn that responsibility over to someone else. Certainly no one can care for your loved one the way that you do, but to keep up your loving care and attention, you need to take good care of yourself too.

***“It was such a good feeling to get some things done because I finally had a few uninterrupted hours where nobody needed me for something.”***

***- Mom, Shingle Springs***



## Why Choose Elder Options?

*We are part of your community! Our company has worked with Alta Regional client/families for more than 15 years and have been part of the community at large since 1988.*



## Elder Options' Care Providers

Elder Options employs only the best and most compassionate in-home care providers.

Our employees:

- Are carefully interviewed and screened, including a national background investigation, CPR, and First Aid certification
- Receive on-going training, including orientation, regular in-service and mentor training
- Are carefully matched to each client
- Are eligible for comprehensive company benefits
- Have a high level of commitment to the organization with a low turnover rate
- Are insured and bonded

**Please Note:** *With respite services, if you feel more secure remaining at home, you have the option of being in the house while the respite provider and your family member are getting to know each other.*

Contact your  
Service Coordinator through  
Alta California Regional Center:

(530) 626-1353  
344 Placerville Drive, Suite 1  
Placerville, CA 95667

## Scheduling Respite Services

Contact Alta California Regional Center to see if you are eligible for respite services.

If eligible, verify how much time has been authorized for care each quarter.

Request Elder Options to provide the respite care. We will be in touch with you as soon as we receive the voucher from Alta California Regional Center.

Elder Options will then set up a meeting with you to discuss and schedule time for respite care to best fit your needs:

On-going  
Monthly  
As-needed

We will help you keep track of hours to make sure you receive the respite time you deserve.



***“The women who provide respite for our family are amazing, kind, and care for my daughter like their own. They don't just sit her in front of the TV and ignore her, they engage and play with her. I don't think I could ever trust another agency to provide care to my daughter like Elder Options has.”-Mom, Placerville***