



# DELAWARE HEALTH AND SOCIAL SERVICES

Division of Medicaid and Medical Assistance (DMMA)

Division of Developmental Disabilities Services (DDDS)

Division of Substance Abuse and Mental Health (DSAMH)

## Respite Programs available to Children in Delaware

### Frequently Asked Questions

Respite provides temporary, short-term relief from caregiving duties to a child's primary unpaid caregiver, parent, court-appointed guardian, or foster parent.

Respite services are not intended to replace routine care, nor before or after-school care.

Families can choose to self-direct respite care.

When self-directing a service, the family will need to coordinate with a Financial Management Services (FMS) provider. See below for details about FMS.

#### Types of Respite (All types of respite are determined based on a child's needs)

- **In-home unskilled respite** – provided in a child's place of residence, home of respite provider, or home of a friend or family member. Care needs are typically not complex and do not require a licensed professional.
- **In-home skilled respite** – provided in a child's place of residence or home of a friend or family member provided by a licensed professional.
- **Out-of-home respite** – provided outside of the child's place of residence. Please review details for each program below to understand which programs allow use of respite for summer camps.
- **Emergency respite** – short-term support when there is an unplanned and unavoidable circumstance, such as a family emergency. Families must ensure that all prospective respite providers are registered with FMS if they are self-directing respite.

#### Programs that offer Respite to Children

##### Pediatric Medicaid Respite

Age 0- up to age 21

[ACCESS NOW](#)

##### DDDS LifeSpan Medicaid Waiver Respite

Age 18+

[ACCESS NOW](#)

##### Diamond State Health Plan Plus Medicaid Respite (DSHP+)

Age 18+

[ACCESS NOW](#)

##### DDDS State Funded Respite

(Not Medicaid-Eligible)

Age 4+

[ACCESS NOW](#)

##### PROMISE State Funded Respite

Age 18+

[ACCESS NOW](#)

## Coordination between Programs

Children can only receive respite through one program at a time as Medicaid does not allow duplication of services.

## Providers

The individual directing the respite services cannot pay themselves or another legally responsible guardian to provide respite services.

## Background Checks

DMMA requires that an individual complete a background check in order to provide respite services. Please contact your FMS provider regarding criminal background check policies and procedures.

## Role of Financial Management Services (FMS)

FMS helps with activities such as:

- Timesheet receipt, approval, processing
- Payroll
- Background checks
- Onboarding
- Hiring, supervising, evaluating, discharging employees
- Initial/ongoing training of employer representatives



## Who to Contact for Questions

For individuals receiving respite through DSHP+ or Pediatric Respite, families may call their MCO Care Coordinator.

If you are unable to reach the Care Coordinator, call your MCO's member services line:



Member Services: 1-844-211-0966  
(TTD/TTY# 711 or  
1-855-349-6281 for hearing impaired)

AmeriHealth Member Services

For individuals receiving DDDS State Funded Respite, families may contact DDDS via email at [DHSS\\_DDDS\\_RespiteRequest@delaware.gov](mailto:DHSS_DDDS_RespiteRequest@delaware.gov).



Member Services: 1-844-325-6251  
(TTD/TTY# 711 or  
1-800-232-5460 for hearing impaired)

Highmark Member Services

For individuals receiving respite through the LifeSpan waiver, families may call their LifeSpan Case Manager.



Member Services: 1-877-236-1341  
(TTD/TTY# 711 for hearing impaired)

Delaware First Health Member Services

For individuals receiving respite through PROMISE, families may call their PROMISE Care Manager.



# ***DELAWARE HEALTH AND SOCIAL SERVICES***

## **Division of Medicaid and Medical Assistance (DMMA)**

### **What is Pediatric Medicaid Respite:**

Pediatric Medicaid Respite is offered through the Diamond State Health Plan, a managed care Medicaid program. Individuals from birth up to age 21 with complex medical condition(s), severe emotional disorders, and/or a dual diagnosis of mental health and intellectual disability or mental health and developmental disability can apply for this benefit.

### **How do I get Pediatric Medicaid Respite:**

There are three required steps:

- 1) Apply for Medicaid. Delaware ASSIST is the online application for Delawareans to apply for health and social service programs. You can access this application by clicking [here](#).
- 2) Call 1-800-996-9969 and speak to a Health Benefits Manager who will help you enroll with an MCO.
- 3) Contact your MCO Care Coordinator to request Pediatric Medicaid Respite services.

### **Important Things to Know:**

- 1) You must receive prior authorization for respite through the MCO.
- 2) A child enrolled in the LifeSpan waiver cannot receive respite services through the Pediatric Medicaid Respite program, DSHP+ or PROMISE.
- 3) Pediatric Medicaid respite can be used to support children to attend summer camp.



# ***DELAWARE HEALTH AND SOCIAL SERVICES***

## **Division of Developmental Disabilities Services (DDDS)**

### **What is the LifeSpan Waiver:**

The Lifespan Waiver provides services and supports as an alternative to institutional placement for individuals with intellectual developmental disabilities (IDD) (including brain injury), autism spectrum disorder or Prader-Willi Syndrome. Respite services through the LifeSpan waiver are for children age 18+.

### **How do I get the LifeSpan Waiver:**

There are two required steps:

- 1) Apply for services with DDDS. DDDS offers an online application process. You can find the instructions for the application by clicking [here](#).
- 2) If found eligible for DDDS services, DDDS will assign a case manager to assist you with further enrollment.

### **Important Things to Know:**

- 1) LifeSpan Respite can be used until a person is approved for LifeSpan Residential services. LifeSpan Respite can not be used once approved for and receiving LifeSpan Residential Habilitation services.
- 2) Additional questions about respite can be addressed by your DDDS case manager.



# ***DELAWARE HEALTH AND SOCIAL SERVICES***

## **Division of Medicaid and Medical Assistance (DMMA)**

### **What is Diamond State Health Plan Plus (DSHP+) Respite:**

The DSHP+ program is a managed care Medicaid program that provides long term care services and support for individuals who are physically disabled. Individuals may qualify if they are over the age of 18 with a physical disability or if they have a diagnosis of dementia.

### **How do I get DSHP+ Respite:**

There are three required steps:

- 1) Apply for Medicaid. Delaware ASSIST is the online application for Delawareans to apply for health and social service programs. You can access this application by clicking [here](#).
- 2) Call 1-800-996-9969 and speak to a Health Benefits Manager who will help you enroll with an MCO.
- 3) Contact your MCO Care Coordinator to request Respite services.

### **Important Things to Know:**

- 1) You must receive prior authorization for respite through the MCO.



# ***DELAWARE HEALTH AND SOCIAL SERVICES***

## **Division of Developmental Disabilities Services (DDDS)**

### **What is DDDS State Funded Respite:**

This is a service for individuals ages 4 and above who have been diagnosed with an intellectual and/or developmental disability and are not eligible for Medicaid.

### **How do I get DDDS State Funded Respite:**

- 1) Apply for services with DDDS. DDDS offers an online application process. You can find the instructions for the application by clicking [here](#).
- 2) Once approved for DDDS Services, then request respite service by phone in New Castle county by calling (302) 933-3145 or in Kent and Sussex counties by calling (302) 933-3156 or via email [DHSS\\_DDDS\\_RespiteRequest@delaware.gov](mailto:DHSS_DDDS_RespiteRequest@delaware.gov).

### **Important Things to Know:**

- 1) Parents pay for respite up front and then request reimbursement for the respite expenses through DDDS.
- 2) DDDS State Funded respite can be used to support children to attend summer camp.



# ***DELAWARE HEALTH AND SOCIAL SERVICES***

## **Division of Substance Abuse and Mental Health Services (DSAMH)**

### **What is PROMISE Respite:**

PROMISE is a program for individuals with behavioral health that supports recovery from severe and persistent mental illness. The PROMISE respite benefit is an out of home, facility-based benefit, most often used by individuals awaiting admission to a group home, supervised apartment, other community-based services follow a hospital stay or to prevent one. Individuals ages 18+ may apply.

### **How do I get PROMISE Respite:**

- 1) Apply for PROMISE by calling the Eligibility and Enrollment Unit (EEU) at 302-255-9460.
- 2) Complete an online application which can be accessed [here](#).
- 3) Contact your DSAMH Care Manager to request respite services.

### **Important Things to Know:**

- 1) You must receive prior authorization for respite from DSAMH.
- 2) PROMISE respite can not be used to support individuals to attend camps or other enrichment type programs.