

**REPORT TO THE LEGISLATURE**

**Community Respite Services for Adults**

Engrossed Substitute Senate Bill 5092  
Chapter 334, Laws of 2021  
(partial veto)  
66th Legislature  
2021 Regular session, Section 203(1)(t)

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## Executive Summary

In the 2015-2017 biennial budget ([ESSB 6052](#)), the Washington State Legislature appropriated funds to the Department of Social and Health Services' Developmental Disabilities Administration (DDA) for the development and implementation of eight overnight planned respite beds for adults age 18 and older with developmental disabilities. In the 2017-2019 biennial budget, additional General Fund-State funds were appropriated to allow for full implementation of the eight respite beds, as this service does not receive Medicaid match. In the 2019-2021 biennial budget, funds were appropriated for five additional planned respite beds for a total of 13 beds in the program. In April 2022, Overnight Planned Respite Services implemented a 4% rate increase to attract and retain providers, prevent families from needing long-term residential programs and allow more individuals and families to utilize community respite services. DDA received feedback from providers that the 4% increase was not sufficient to operate their programs. DDA reviewed the budget for OPRS and reduced the capacity from 13 to 12 contracted beds allowing an additional 19% rate increase to OPRS providers. Effective July 1, 2022, rates were increased to maintain provider availability.



*One benefit of the Overnight Planned Respite Services was to allow more individuals and families to utilize community respite services.*

### Overnight Planned Respite Services Overview

Biennium	Legislative Action	Cumulative # of funded beds	# of beds contracted
2015-2017	Funded 8 OPRS beds	8	4
2017-2019	Carry forward capacity	8	8
2019-2021	Funded 5 additional OPRS beds	13	11
2021-2023	Carry forward capacity	13	11
2021-2023	19% rate increase – effective July 1, 2022	12	9

## Background and Context

### *Legislative Charge*

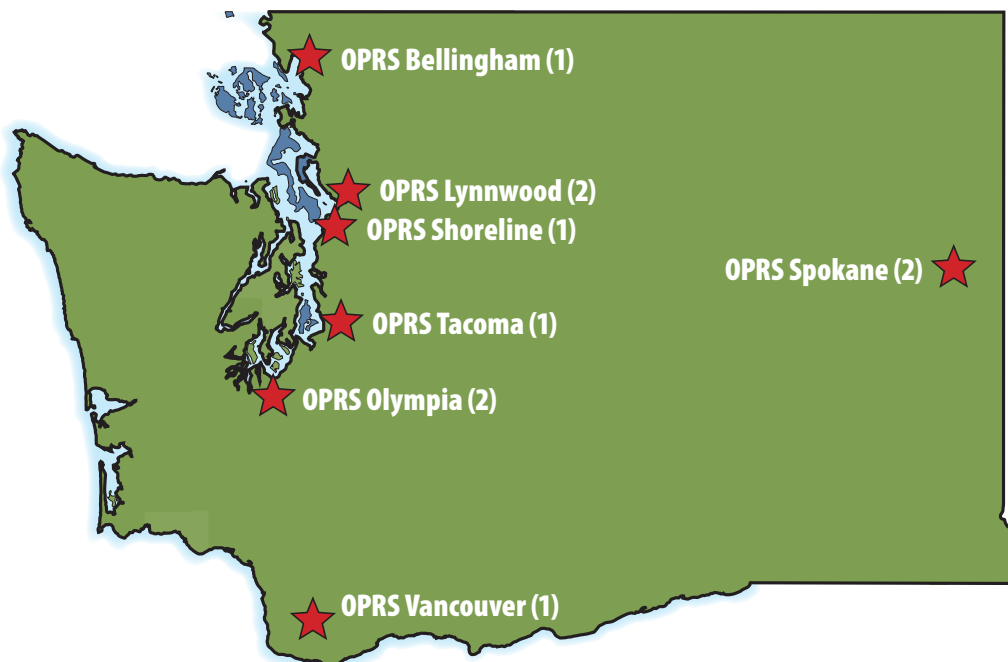
In 2015, the Washington State Legislature passed ESSB 6952 which funded eight community-based respite beds across the state. DDA began providing Overnight Planned Respite Services in January 2016. OPRS provides access to short-term respite by a DDA contracted and certified provider and is available to all eligible DDA clients over age 18. These services provide families and caregivers with relief from caregiving duties and create additional capacity to serve the short-term needs of adults with developmental disabilities.

ESSB 6052 required DDA to submit a respite utilization report annually. The report must include:

- 1) The number of individuals who have used community respite each fiscal year.
- 2) The location and number of days per month that each bed was occupied.

DDA recognizes the ongoing need for families to have access to overnight respite services in their communities where the majority of DDA clients live and are supported by their families. Some families utilize the Residential Habilitation Centers for respite care; however, the number of beds to provide respite in those settings is limited.

### OPRS Provider Locations



## Current Utilization

The table below illustrates OPRS utilization for fiscal year 2022. At the end of FY22, there were a total of 10 contracted respite beds. Agencies continued to suspend services based on their inability to maintain necessary staffing throughout FY22.

In the table below, "N/A" represents the quarter for which a respite bed was off-line and unavailable for utilization due to the COVID-19 pandemic's effect on the agency's ability to secure necessary staffing.

### Overnight Planned Respite Services 2022 Utilization

Location	Quarter 1	Quarter 2	Quarter 3	Quarter 4	# Days Available
Shoreline	15%	N/A	N/A	N/A	Q1: 62 of 92
Lynnwood A	57%	83%	55%	90%	Q1: 85 of 92 Q2: 89 of 92 Q3: 71 of 90 Q4: 61 of 91
Lynnwood B	82%	13%	67%	100%	Q1: 74 of 92 Q2: 23 of 92 Q3: 57 of 90 Q4: 44 of 91
Tacoma	66%	51%	54%	11%	Q3: 78 of 90
Bellingham B	22%	N/A	N/A	33%	Q1: 50 of 92 Q4: 7 of 91
Bellingham L	59%	N/A	N/A	N/A	Q1: 17 of 92 *Contract terminated by provider Feb 2022
Spokane B	19%	N/A	N/A	N/A	Q1: 30 of 92
Spokane L	74%	N/A	N/A	N/A	Q1: 43 of 92
Vancouver	87%	33%	6%	87%	Q2: 21 of 92 Q3: 31 of 90
Olympia A	78%	85%	52%	67%	Q1: 87 of 92 Q3: 40 of 90
Olympia B	86%	90%	47%	72%	Q1: 84 of 92 Q3: 32 of 90

Source: DDA Respite and Short-term Services Unit, September 08, 2022

*\*Note: During FY22, Overnight Planned Respite Services for adults had one contract termination due to the inability of the provider to staff multiple locations. The Bellingham location terminated their OPRS contract as of Feb. 28, 2022.*

## Overnight Planned Respite Services Client Count

	Quarter 1	Quarter 2	Quarter 3	Quarter 4	Total
FY20	96	99	71	0	*266
FY21	78	56	29	76	*239
FY22	84	52	36	49	*221

Source: DDA Respite and Short-term Services Unit, September 08, 2022

*\*Some clients may have utilized respite on more than one occasion.*

### Barriers to Accessing Overnight Planned Respite Services

- 1) Respite beds are reserved based on a family’s choice of dates; however, beds are not always available for the dates requested.
- 2) The current rates do not support 2:1 staffing when requested by the client’s guardian or recommended by the provider based upon the needs of the individual. There are clients whose behavioral support needs require more than one staff member to adequately meet their needs.



*“They did an excellent job and were very respectful of my son’s needs and concerns.”*

- 3) Some clients with high medical acuity are unable to be supported in the community-based respite setting when their medical needs exceed what can be delegated by a Registered Nurse under the nurse delegation rules.
- 4) The community-based respite programs are greatly impacted by the national workforce shortage, and the COVID-19 pandemic. Many providers suspended their services due to inadequate staffing to provide appropriate supports.
- 5) Several scheduled respite stays were canceled by families due to concerns related to the COVID-19 pandemic.

### Other Respite Services

The table below shows the number of clients who utilized planned respite at an RHC in Quarter 1 of FY22. The RHCs did not provide planned respite in Quarters 2 – 4 due to prioritization of staff to support residential clients and to limit exposure of those clients to COVID-19.

#### Utilization of RHC Planned Respite for FY22

RHC	Location	Utilization
Fircrest	Shoreline	1 client
Lakeland Village	Medical Lake	1 client
Rainier School	Buckley	0 clients
Yakima Valley School	Yakima	*36 clients

Source: CARE Database, August 02, 2022

\*Some clients may have utilized respite on more than one occasion.

### Survey Feedback – Overnight Planned Respite in the Community

From July 2021 through June 2022, 30 Overnight Planned Respite surveys were completed by clients and their families. Average scores and comments from clients and their families are included below. Scoring reflects satisfaction with the service and supports during the client's stay with "1" being low to "5" being high.

#### Overnight Planned Respite Survey Results for FY22

Survey Metrics	Average Scores
Rate how well were you/your family member treated.	3.47
Rate the comfort and cleanliness of the home.	3.73
Rate the provider/staff's understanding of your needs.	4.07
Rate the level of communication you received from the provider before and during the stay.	3.57
Rate the likelihood that you would use this provider again.	4.3
Rate the availability of activities in-home and in the surrounding community.	3.5
Do you feel the service met your needs?	73% - Yes 17% - Somewhat 7% - No 3% - N/A
Were appropriate medication and health care supports provided?	87% - Yes 3% - Somewhat 7% - No 3% - N/A
If you have accessibility needs, did the home meet your needs?	38% - Yes 3% - Somewhat 0% - No 59% - N/A

Source: Survey Monkey, September 13, 2022

## **Client and Family Testimonials**

- “[Client] really liked the caregivers. The provider was so helpful too. [Client] can’t wait to go back.”“My son loves showering and staff was very accommodating, think he spent good portion of stay in the bathroom!”
- “I was very impressed with this program!”“Nice and friendly, staff good with all the support we needed his needs”“It was good. Thanks.”“I felt like the staff heard our needs/wants for our son and make sure those things happened.”
- “My brother enjoys going to respite, were treated like family & they love my brother. The staff lets me know what they did & where they went.”
- “Hope to use again.”
- “We really appreciate that staff are really effective at planning and implementing activities based on a survey and personal interview of [Client’s] likes and needs. The overnight staff are up all night and able to assist [Client] to get up and use the restroom (amazing!).”
- “They did an excellent job and were very respectful of my son’s needs and concerns.”
- “Just wanted you to know you have an excellent team there in Tacoma. If there is any reason for an overnight stay, our first choice is there. I always know that [client] is well cared for when he is there. He even chuckles when we get there, glad to be there. For a non-verbal person it is SO important to look forward to a good, caring time away from family. He loves it there. They send me pictures of him doing activities as well. No other respite care facility does that, as far as I know!”

## **Summary**

Overall, feedback from families who utilized OPRS was positive, with a high rate of likelihood shown for families who desire to reuse this service. Families and caregivers who support individuals in their family homes continue to express an on-going need for overnight respite services. DSHS’ Developmental Disabilities Administration remains focused on expanding respite services in local communities statewide to the extent allocated by the Legislature.



*“We were treated with outstanding care and respect.”*