

# Alternate Sources of Respite

## Introduction

Home care workers (professional or not) are the first and foremost providers of respite care to our clients. They come to the home to provide service, thus giving the care recipients the comfort of staying in their own home rather than being uprooted for short and possibly traumatic periods. They may be a professional, hired through the Home Care Commission Registry and trained in numerous aspects of their work, or they can be a neighbor or relative volunteering to relieve a caregiver from the goodness of their hearts.

However, there are occasions when other options are required. Possibly no qualified provider is available at the time required, especially for overnight, week end or longer periods. Sometimes, the \$200 stipend provided by Lifespan Respite or National Family Caregiver Support is all the caregiver can afford to spend for respite, limiting the employment they can offer. Possibly the caregiver will be seeking a more stimulating environment for the care recipient than they can find at home. Whatever the reason, there are times when alternatives must be sought. The alternatives covered here are Day Care and other day programs, short term programs (such as summer camp), Adult Foster Homes, Assisted Living Facilities, Residential Care Facilities, and Nursing Homes. Many of these facilities are listed on or linked to the Washington County website.

Different restrictions and requirements may apply depending on the facility or program used. Respite clients should contact the facility in advance to find out about requirements and availability. Respite clients will usually need to provide the same information needed for long term stays or continuing programs. In residential facilities, respite is usually only offered if there are rooms available (very few facilities keep rooms set aside strictly for respite). Rates and policies listed are as of February 2009. This is an ongoing project and will be updated periodically.

### **Disclaimer**

This list of Respite Care Resources is being made available as a reference guide only. Inclusion of names on the list does not constitute a recommendation or endorsement by Washington County or Washington County Disabilities, Aging & Veterans Services, nor does the County participate in contacting or using these resources. These responsibilities belong completely to potential respite users. The County has not verified the resources' information and makes no express or implied guarantee regarding services. The responsibility for verification rests solely with individuals obtaining the services.

There are several sources to check for respite providers. For Home Care Workers, they include the Home Care Commissions' Registry website (<https://www.or-hcc.org>), as well as the list put out by Washington County Department of Health and Human Services (also available through Washington County Disability, Aging and Veterans Services). Home Care Workers can also be hired through several home care agencies in the county (see Network of Care, the Washington County Resource Directory, the phone book.) There are also referral services who will find just the right home for someone wishing or needing to move into a facility (although they are usually looking for the best long term placement, rather than finding a short term solution). Advertising and word of mouth might also lead to a source of respite, although there are always risks involved in either placing or answering ads.

No matter how the caregiver finds the respite provider, care must be taken in making a final selection and entrusting the health and safety of the care recipient to that provider. There are several booklets (on line or in hard copy) covering what to look for when either hiring a home care worker or placing someone in a facility. Call (503) 615-4676 for a copy of Legacy's *Hiring in Home Help*, Oregon State University's *Hiring & Working Successfully with In-Home Care Providers*, or Oregon Department of Human Services' *The Employers' Guide. A Guide to Oregon Adult Foster Homes* and *Oregon Consumer Guide to Assisted Living and Residential Care Facilities* are available at [www.co.washington.or.us/HHS/DAVS/HousingCare/care-facilities.cfm](http://www.co.washington.or.us/HHS/DAVS/HousingCare/care-facilities.cfm). A complaint history for various licensed facilities is available at [https://apps.dhs.state.or.us/cfm/spd/facility\\_complaints/](https://apps.dhs.state.or.us/cfm/spd/facility_complaints/).

All Oregon licensed facilities must provide:

- Three meals a day and snacks
- Housekeeping
- Laundry
- 24-hour supervision
- Planned activities
- Help with medications
- Help with dressing and personal grooming
- Help with bathing
- Help with toileting
- Help with walking

- Help with transferring from one place to another (such as from chair to bed)
- Help with confusion or forgetfulness
- Help with finding transportation
- Sufficient staff to meet resident's needs<sup>1</sup>

### **Children's Day Care (Special Needs)**

There are numerous Day Care Facilities in Washington County, both franchised and not. These facilities are listed in the phone book and on the internet. Parents can check out the complaint history of a licensed Day Care Facility on the internet at

<http://www.employment.oregon.gov/EMPLOY/CCD/complaints.shtml>.

Programs developed primarily for children with special needs are harder to find. Regular commercial Day Cares may be willing and able to provide for those special needs and should be approached individually to determine their suitability. Another source for after school or summer programs is the school the child attends. The program listed below is designed specifically for children with special needs.

<b><u>Facility</u></b>	<b><u>Cost</u></b>	<b><u>Other Information</u></b>
The Arc of Washington County – ASC 4450 SW 184 <sup>th</sup> Aloha 97007 (503) 649-6110 <a href="http://www.arcwash.org">www.arcwash.org</a>	Varies	After School Center Children 5 – 17 with mental retardation and related developmental disabilities 2:00 pm to 6:00 pm Mon – Fri Kids Summer Program Individuals 5 – 21 as above 8:00 am to 6:00 pm Mon - Fri
	Varies	

<sup>1</sup> [http://www.oregon.gov/DHS/spwpd/ltc/ltc\\_guide/comparison.shtml](http://www.oregon.gov/DHS/spwpd/ltc/ltc_guide/comparison.shtml)

## Other Programs

The following programs are available in or close to Washington County. These programs provide new experiences and social interaction for various age groups, as well as possible respite for a caregiver.

Rates and policies listed are as of February 2009. Contact organization for current rates and restrictions.

<u>Organization</u>	<u>Program</u>	<u>Information</u>
American Diabetes Association The Gales Creek Camp Foundation 6975 SW Sandburg St. Portland 97223 (503) 968-2267 <a href="http://www.galescreekcamp.org">www.galescreekcamp.org</a>	Gales Creek Camp	Children with Type I diabetes 6 day camp Sun - Fri Mid May to mid August \$350/camper* Also Preschool (w/family) \$250** Family camp***
Beaverton Four Square Church 13565 SW Walker Rd. Beaverton Contact Mary Lou & Lowell Slick at: <a href="mailto:Marlow48@verizon.net">Marlow48@verizon.net</a>	Foster Parents Night Out	For foster parents and relatives as parents. Held 3 to 4 times a year.
Cascade AIDS Project 620 SW Fifth Ave. Suite 300 Portland 97204 (503) 223-5907 <a href="http://www.cascadeaids.org">www.cascadeaids.org</a>	Camp Starlight	Children 5 – 17 affected by HIV/AIDS One week in August Free to campers.
City of Hillsboro Parks and Recreation Shute Park Aquatic and Recreation Center 953 SE Maple St. Hillsboro 97123 (503) 681-6127	Special Recreation Programs STAR  Senior Classes	For those 10 years & older with special needs. \$1/person per event – caregivers & guardians free Classes free w/visit fee or membership pass.
Easter Seals Oregon 5757 SW Macadam Ave. Portland 97239 (503) 228-5108 (800) 556-6020	Easter Seals Camp (Camp Stand By Me)	Anyone 7 and older with a disability 6 day camp Sun – Fri Mid July to August 1 \$660/camper*

Forest Grove Senior Center 2037 Douglas St. Forest Grove 97116 (503) 357-2021	Various Seniors Programs	Seniors
Hillsboro Community Senior Center 750 SE Eighth Ave. Hillsboro 97123 (503) 648-3823	Various Seniors Programs	Seniors
Lifespan Respite of Washington County (503) 615-4676	Parent's Night Out	Children 4 – 17 with developmental disabilities monthly
Meadowoods Springs Camp PO Box 1025 Pendleton OR (541) 276-2752	Camp for speech and hearing impaired children	Children 6 – 16 Two 10 day sessions in July \$1200/camper*
Michael's Place 20299 SW Scholls Ferry Rd. Beaverton (503) 475-5690 <a href="http://www.michaelsplace.org">www.michaelsplace.org</a>	Several programs including camps based on working with and caring for horses.	For developmental disabled, disadvantaged or special needs children and adults.
Mt. Hood Kiwanis Camp 83500 E. Kiwanis Camp Rd. Government Camp, OR (503) 452-7416 x 2 <a href="http://www.mhkc.org">www.mhkc.org</a>	Mt. Hood Kiwanis Camp	Children 9+ & Adults with disabilities 6 day camp (Sun – Fri) Mid June to mid August \$750 - \$800/camper*
North Plains Senior Center 31450 NW Commercial North Plains 97133 (503) 647-5666	Various Seniors Programs	Seniors
Providence Child Center Center for Medically Fragile Children 830 NE 47 <sup>th</sup> Ave. Portland 97213 (503) 215-2400	Respite and Short Term Stay Program	Ages: infants to 20 years old For children who require 24 hour care for profound disabilities and complex medical needs. 13 day minimum stay.

Sherwood Senior Center 21907 SW Sherwood Blvd. Sherwood 97140 (503) 625-5644	Various Seniors Programs	Seniors
Tigard Senior Center 8815 SW O'Mara Tigard 97223 (503) 620-4710	Various Seniors Programs	Seniors
Tualatin Hills Park & Recreation District The Jenkins Estate 8005 SW Grabhorn Rd. Aloha 97007 (503) 629-6355	Camp Rivendale	8 weekly sessions from late June to mid August Children 6 & above \$138.00/week ☐ Adult sessions late Aug. 8:45 – 3:15 Mon. – Fri.
Tualatin Hills Park & Recreation Elsie Stuhr Center 5550 SW Hall Blvd. Beaverton 97005 (503) 629-6342	Various Seniors Programs  Specialized Recreation Programs	Recreation, social and educational activities and programs for seniors Recreation, social and educational activities and programs for youth and adults with developmental disabilities
Tualatin/Durham Senior Center 8513 SW Tualatin Rd. Tualatin 97062 (503) 692-9720	Various Seniors Programs	Seniors
Tuesdays Treasures Quiet Waters Outreach Held at various locations (503) 620-8288	Church based programs	For people with developmental disabilities and their families and caregivers
Upward Bound Camp PO Box C Stayton OR 97383 (503) 897-2447 <a href="http://www.upwardboundcamp.org">www.upwardboundcamp.org</a>	Respite  Various camp sessions throughout the year	\$95.00/day \$115.00/night Cost depends on session Campers 13 years and older*

\*Scholarships (Camperships) available

\*\*2 days, \$250/family up to 4 member including camper

\*\*\*3 days, \$250/family of 2, \$400/family of 3-4 members

✧ Fee for residents of Tualatin Hills Parks and Recreation District. Non-residents have \$52.00 assessment fee and pay \$230.00/week.

### **Adult Day Care**

Adult Day Care provides opportunities for socialization, nutritious meals, exercise and activities designed for the abilities of participants, support groups and health monitoring. Adult Day Care Programs do not require an overnight stay away from home. Their cost is not usually significantly higher than the cost of an in-home Care Worker, and may even cost less.

Adult Day Care Programs will require the same documentation (Physicians' orders, etc.) as needed for longer stays in those facilities that are also residential. They may require 24 hour notice before dropping off the care recipient.

We asked these facilities the cost per hour and any other relevant information they thought important. Rates and policies listed are as of February 2009. Contact facility for current rates and restrictions.

<u>Facility</u>	<u>Cost</u>	<u>Other Information</u>
The Arc of Washington County – CAP 4450 SW 184 <sup>th</sup> Aloha 97007 (503) 649-6110 <a href="http://www.arcwash.org">www.arcwash.org</a>	Varies	18 and older with mental retardation and related developmental disabilities 2:00 pm – 6:00 pm Mon - Fri
Avamere at Bethany 16360 NW Avamere Ct. Portland 97229 (503) 690-2402	\$15/hr	4 hour minimum stay
Cedar Crest Alzheimer Special Care Center 18325 SW Pacific Highway Tualatin 97062 (503) 925-0544	\$50/6 hrs – half day \$75/12hrs – full day	
Cedar Sinai Park Adult Day Services 6125 SW Boundary St. Portland 97221 (503) 535-4403	\$56/6 hrs or less \$70/full day	8:30 am to 6:00 pm Scheduled – not drop in Long term program

Farmington Square – Tualatin 17950 SW 115 <sup>th</sup> Ave. Tualatin 97062 (503) 692-1748	\$35/1 <sup>st</sup> 4 hours Then \$10/hr after that.	7:30 am to 6:00 pm
Gentog 11535 SW Durham Suite C5 Tigard 97224 (503) 639-2600	\$12.50/hr 2 hr min. \$60/short day* \$75/regular day Weekly: \$275/short day* \$330/regular day	Combined child and adult day care 7:00 am to 6:00 pm
Lifeworks NW 14255 SW Brigadoon Ct. Beaverton 97005 (503) 641-1475	\$62/day Step by Step Program	7:30 am to 5:00 pm M – F Long term program
Quiet Waters Outreach Discovery Day Program at Martha's Place 16235 SW Woodcrest Ave. Tigard 97224 or Selah West 1550 NE Oleander Ln. Hillsboro 97124 (503) 620-8288	\$10.75/hr 6 hour minimum 1 or 2 days/week Lunch not included	9:00 am to 3:00 pm M – Th 3 month minimum commitment 21 and older with developmental disabilities
Regency Park Assisted Living 8300 SW Barnes Rd. Portland 97225 (503) 292-8444	\$60/4 hours \$100/day	
Rosewood Specialty Care 2550 SW 234 <sup>th</sup> Ave. Hillsboro 97123 (503) 259-8999	\$13/hour	3 hour minimum Open 7 days a week From 7 am to 6 pm
Silver Years Adult Day Care 9958 SW Arctic Dr. Beaverton 97005 (503) 641-1575	\$65/day	9:00 am to 3:00 pm Tues, Wed, Thur Breakfast & Lunch served

\*Short day - Under 6 hours

## Respite Care Facility

In a category of its own:

<u>Facility</u>	<u>Cost</u>	<u>Other Information</u>
Quiet Waters Outreach Martha's Place 16235 SW Woodcrest Ave. Tigard 97224 or Selah West 1550 SE Oleander Ln. Hillsboro 97124 (503) 630-8288	\$165/day	For people with developmental disabilities age 18 and older 6:00 pm Thurs. to 6:00 pm Sun.

### **Adult Foster Homes** (Serve adults of various ages, depending on home)

Adult Foster Homes (AFHs) are private homes that offer family-style living, with room, board and physical care for up to five people. The care provided can range from room, board and a minimum of assistance to full personal care and skilled nursing. Adult Foster Homes are licensed, inspected, and monitored by Washington County Disability, Aging & Veteran Services.

Adult Foster Homes have three levels of care. The providers for all three levels must complete a basic training course. Providers in Class 1 Homes have less than two years experience providing direct care and can take in residents who require assistance with up to four activities of daily living (ADLs). Providers in Class 2 Homes have two or more years of experience and may take in residents who require assistance in all ADLs but are dependent in no more than three. Providers in Class 3 Homes are either health care professionals or others with at least three years experience providing care to people who are dependent and may take in residents dependent in four or more ADLs as long as no more than one resident is completely dependent.

Adult Foster Homes are usually located in residential neighborhoods and are frequently indistinguishable from other private homes in the area. Cost can be less than those of Assisted Living Facilities, and the smaller size of the home usually means more personalized care. However, these Homes only offer respite when they have a vacant room. As well as the regular requirements, stays of 14 days or longer will require that a care plan be in place.

We asked Adult Foster Homes listed on the Washington County website the cost per day and the minimum duration of stay. There are

currently 244 Adult Foster Care Facilities in Washington County. Only those indicating a willingness to provide respite are listed below. Viewing the public disclosure files (available by appointment in the Hillsboro office of Washington County Disability Ageing and Veterans Services or at [https://apps.dhs.state.or.us/cfm/spd/facility\\_complaints/](https://apps.dhs.state.or.us/cfm/spd/facility_complaints/) ) and asking for references are recommended. Rates and policies listed are as of February 2009. Contact facility for current rates and restrictions.

<b><u>Facility</u></b>	<b><u>Cost</u></b>	<b><u>Level of Care</u></b>	<b><u>Minimum Stay</u></b>
Petra Badica 8760 NW Cornell Rd. Portland 97229 (503) 296-1084	Varies	2	Varies
Oltea Bahnean 5725 SW Glenbrook Rd. Beaverton 97007 (503) 646-8747	\$90 – \$100/day	2	Varies
Linda Beasley 7539 SW 157 <sup>th</sup> Ave. or 7555 SW 157 <sup>th</sup> Ave. Beaverton 97007 (503) 646-3534 or (503)747-6391 17650 SW Marty Ln. Beaverton 97006 (503) 941-5908	\$135/day	3	Varies
Dilcineia Bittar 10335 SW Crestwood Dr. Beaverton 97008 (503) 644-0463	Varies	2	1 week
Sunami Bjornson 4905 SW Filbert St. Beaverton 97005 (503) 626-1050	\$120/day	2	1 week
Sunami Bjornson 6968 SW 179 <sup>th</sup> Ave. Beaverton 97007 (503) 649-9451	\$120/day	2	1 week

Gabor Blazsovszky 21552 SW 91 <sup>st</sup> Ave. Tualatin 97062 (503) 482-5138	Varies	2	Varies
Carmen Bodea 15100 SW 98 <sup>th</sup> Ave. Tigard 97224 (503) 639-4632	\$150/day	2	Varies
Raluca Bogdan 9838 NW Leahy Rd. Portland 97229 (503) 297-3014	\$100- 130/day	2	1 week
Ruby Brazelton 11520 SW Bel Aire Ln. or 11450 SW Bel Aire Ln. Beaverton 97008 (503) 626-0422 or (503) 626-9620	Varies	3	1 day
Pamela Buckhannon 3107 SW 22 <sup>nd</sup> Ave. Forest Grove 97116 (503) 430-1581	Varies	3	Varies
Emilia Butnaru 2580 SW Gardenview Ave. Portland 97225 (503) 296-9860	Varies	2	Varies
Aurora Buturuga 9320 SW Davies Rd. Beaverton 97008 (503) 579-8880	\$150- 250/day	2	2 weeks
Veronica Canary 19690 SW Butternut St. Beaverton 97007 (503) 430-8320	Varies	3	Varies
Florina Capusan 2239 SE 74 <sup>th</sup> Ave Hillsboro 97123 (503) 642-2309	Varies	3	Varies

Enrique Carskadon 2745 NW Thatcher Rd. Forest Grove 97116 (503) 359-8405	Varies	2	Varies
Delia Cerbu 15105 SW 98 <sup>th</sup> Ave. Tigard 97224 (503) 670-4844	\$125- 175/day	2	Varies
Mihaela Ciupei 3155 SW 199 <sup>th</sup> Terr. Aloha 97006 (503) 941-5003	Varies	2	Varies
Emanuel Ciurar 2950 SE Minter Bridge Rd. Hillsboro 97123 (503) 336-0517	Varies	2	1 day
Sylvia Crisan 9776 SW Denney Rd. 9780 SW Denney Rd. Beaverton 97008 (503) 643-0509 or (503) 789-7055	\$100/day	2	Varies
Cecilla Daraban 5095 SW 184 <sup>th</sup> Ave. Aloha 97007 (503) 649-2259	Varies	3	Varies
Magdalena Davis 803 S. Palmetto St. Cornelius 97113 (503) 357-9699	\$150/day	2	Varies
Catherine Diaz-Arcos 2115 S. Dogwood St. Cornelius 97113 (503) 357-9349	Varies	2	Varies
Vasilica Dobrescu 10345 SW 107 <sup>th</sup> Ct. Tigard 97223 (503) 620-5740	\$100/day	3	Varies

Carmel Durano 20790 SW Parker Ct. or Aloha 97007 (503) 356-4988	\$77/day	3	5 days
Maria Fahnholz 677 S. 4 <sup>th</sup> Ave. or 629 S. 4 <sup>th</sup> Ave. Cornelius 97113 (503) 357-3102 or (503) 357-3488	Varies	2	1 day
Lawrence Farley 14845 NW Bonneville Loop Beaverton 97006 (503) 626-9446	Varies	2	Varies
Elma Flores 11400 SW Viewmount Ln. Tigard 97223 (503) 624-3960	Varies	2	Varies
Marie Francois-O'Ray 13620 SW Beef Bend #126 Tigard 97224 503-590-0295	\$50/day	2	1 week
Juanita Funkhouser 11925 SW Gaarde St. Tigard 97224 (503) 352-9907	Varies	2	Varies
Rafael Gamarra 13875 SW Stirrup St. Beaverton 97008 (503) 352-9490	\$120/day	3	Varies
Mirela Gavojdea 12625 SW Grant Ave. Tigard 97223 (503) 620-8425	Varies	2	Varies
Victor Gheorghita 1515 Filbert St. Forest Grove 97116	Varies	3	Varies

Lori Gunter 20085 SW Johnson St. 20038 SW Jann Pl. Aloha 97006 (503) 356-8375 or (503) 747-4233	\$125/day	2 3	Varies
Alina Hariga 13140 SW Del Mar Ct. Beaverton 97008 (503) 277-1497	Varies	2	Varies
Michelle Hasson 7585 SW 157 <sup>th</sup> Ave. or 4548 SW 191 <sup>st</sup> St. Beaverton 97007 (503) 644-7730 or (503) 848-5768	\$85/day	3	2 weeks
Nola Henderson 8580 SW Turquoise Loop Beaverton 97007 (503) 590-8990	\$125/day	2	3 weeks
Adriana Ionescu 19615 SW Jaylee St. Aloha 97007 (503) 642-5701	Varies	2	Varies
Corrine Isom 13090 SW Laurmont Dr. Tigard 97223 (503) 579-1632	\$85/day	3	Varies
Adriana Janta 20150 SW Jette Ln. Aloha 97006 (503) 997-7258	Varies	3	Varies
Nick Kelton 1326 SE 29 <sup>th</sup> Ct. Hillsboro 97123 (503) 648-9908	Varies	2	1 day

Elisabeta Kiss-Racasan 19280 SW Pecan Ct. Aloha 97006 (503) 591-1323	Varies	3	Varies
Kristy Lambert 4022 NE Laura St. Hillsboro 97124 (503) 615-5709	Varies	3	Varies
Alta Litvinenko 17545 NW Fieldstone Dr. Beaverton 97006 (503) 466-0873 8925 SW Davies Rd. Beaverton 97008 (503) 579-4214	Varies	2	Varies
Audrey Lloyd 13798 SW Benchview Pl. Tigard 97223 (503) 579-2670	\$100/day	2	Varies
Ethel Lupuleasa 17745 NW Parkview Blvd. Portland 97229 (503) 645-7622	Varies	2	1 month
Trinidad Martinez 18740 SW Lisa Ct. Aloha 97006 (503) 439-9775	Varies	3	Varies
Donnelly Menguita 14950 SW Daphne Ct. Beaverton 97007 (503) 747-2700	Varies	2	Varies
Ronela Mitar 10310 SW Kable St. Tigard 97224 (503) 430-8911	Varies	2	Varies
Monica Mocutiu 7695 SW Leslie St. Portland 97223 (503) 206-6314	Varies	2	Varies

Chistian Morariu 3834 E. Main St. Hillsboro 97123 (503) 681-2742	Varies	2	Varies
Debra Moseley 3256 NE Olympic St. Hillsboro 97124 (503) 352-5123	Varies	2	Varies
Persida Myers 11216 NW Blackhawk Dr. Portland 97229 (503) 644-4038	Varies	2	Varies
Joel Nepomuceno 345 SW Devon Ln. Beaverton 97006 (503) 626-5720	Varies	2	Varies
Sofia Niga 8620 SW Cortez Ct. Beaverton 97008 (503) 524-8872	\$100/day	2	Varies
Ioana Olaru 7450 SW Alpine Dr. Beaverton 97008 (503) 646-9068 6760 SW Griffin Rd Portland 97223 (503) 892-6373	\$135/day	3	Varies
Daniela Onufrei 7900 SW Scholls Ferry Rd. Beaverton 97008 (503) 641-0501	Varies	2	Varies
Iosif Oros 18965 SW Heightsview Ct. Aloha 97007 (503) 591-9684	Varies	3	Varies
Darlene Otta 130 NE 12 <sup>th</sup> Ave. Hillsboro 97124 (503) 648-0261	\$125/day	2	Varies

Tihilita Palomo 8787 SW Spruce Tigard 97223 (503) 477-6194	Varies	2	Varies
Ramona Paul 17900 NW Fieldstone Dr. Beaverton 97006 (503) 629-7290	Varies	2	Varies
Grant Paulsen 7027 SW Rice Ct. Portland 97223 (503) 246-1682	Varies	3	Varies
Shannon Petrey 982 NE Naomi Ct. Hillsboro 97124 (503) 640-1835	Varies	3	Varies
Claudiu Pop 7698 SW Leslie St. Portland 97223 (503) 452-0601	\$85/day	2	Varies
Susan Porter 1085 SW 178 <sup>th</sup> Pl. Aloha 97006 (503) 716-8680	Varies	3	Varies
Emilian Radut 11310 SW 90 <sup>th</sup> Ave Tigard 97223 (503) 620-0105	Varies	3	Varies
Tanisha Ramos 20080 SW Jann Pl. Aloha 97006 (503) 747-0654	Varies	2	Varies
Gail Rengel 2785 SW Roxbury Portland 97225 (503) 644-5770	Varies	2	Varies

Donie Roberson 1875 NE 9 <sup>th</sup> Pl. Hillsboro 97124 (503) 693-8124	Varies	2	Varies
Thelma Rodriguez 7400 SW 172 <sup>nd</sup> Ave. Beaverton 97007 (503) 356-0796	Varies	2	Varies
Anamaria Sevedean 9950 SW Thurlow Dr. Portland 97225 (503) 706-0169	Varies	2	Varies
Ligia Sima 12845 SW Katherine St. Tigard 97223 (503) 579-0121	\$130/day	2	Varies
Tudora Smyth 3455 SW 100 <sup>th</sup> Pl. 9765 SW Vista Pl. Portland 97225 (503) 292-7841 or (503) 297-1244	Varies	3 2	Varies
Peggy Spaulding 863 SW Century Blvd. Hillsboro 97123 (503) 259-8700	\$150 - \$200/day	3	Varies
Velma Stubblefield 971 SW 174 <sup>th</sup> Pl. Aloha 97006 (503) 629-9229	Varies	2	Varies
Katrina Stull 7430 SW 172 <sup>nd</sup> Ave. Beaverton 97007 (503) 848-7398	\$125/day	2	Varies
Magdalena Sumandea 8340 SW Monticello Ct. Beaverton 97008 (503) 626-6311	Varies	2	Varies

Marcella Tanase 9970 SW Cynthia St. Beaverton 97008 (503) 644-3307	Varies	3	Varies
Ligia Teodosiu 1026 NE Jackson School Rd. Hillsboro 97124 (503) 693-1099	Varies	3	Varies
Christine Thornock 2935 SE Forest Gale Dr. Forest Grove 97116 (503) 357-7973	\$100/day	3	Varies
Carmen Turian 12954 SW Bradley Ln. Tigard 97224 (503) 968-2521	Varies	2	Varies
Liviu Voinea 11333 SW 91 <sup>st</sup> Ct. Portland 97223 (503) 639-8102	Varies	2	Varies
Ioana Waite 11233 SW 175 <sup>th</sup> Ave. or 16584 SW Hart Rd. Beaverton 97007 (503) 336-0417 or (503) 641-1167	Varies	2	Varies
Eileen Welch 19568 SW Stacey St. 19536 SW Stacey St. Aloha 97006 (503) 372-9523 or (503) 747-2880	Varies	3	Varies
Lorraine Wheeler 11000 SW 121 <sup>st</sup> Ave. Tigard 97223 (503) 524-9550	Varies	3	Varies

Barbara Wright 6375 SW 124 <sup>th</sup> Ave. Beaverton 97008 (503) 627-0604	Varies	3	Varies
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### Residential Care Facilities

Residential Care Facilities (RCFs) are homes for six or more people and offer room, board, 24-hour supervision, and assistance with physical care, medication, and transportation. There are planned activities and some registered nurse consultation services. Residential care facilities are inspected, monitored and licensed by the State of Oregon Seniors and People with Disabilities Services Division of the Department of Human Services.

Some of these facilities are attached to or associated with Assisted Living Facilities. Some may specialize in Memory Care or Alzheimer’s Care. If the care recipient has Alzheimer’s or other related dementia, these facilities offer programs designed to care for these needs.

We asked Residential Care Facilities listed on the Washington County website the cost per day and the minimum duration of stay. Rates and policies listed are as of February 2009. Contact facility for current rates and restrictions. . A complaint history for various licensed facilities is available at [https://apps.dhs.state.or.us/cfm/spd/facility\\_complaints/](https://apps.dhs.state.or.us/cfm/spd/facility_complaints/) .

<u>Facility</u>	<u>Cost</u>	<u>Minimum Stay</u>
Avamere at Bethany 16360 NW Avamere Ct. Portland 97229 (503) 690-2402	\$175/day (Memory Care)	2 days
Avamere at Hillsboro 2000 SE 30 <sup>th</sup> Ave. Hillsboro 97123 (503) 693-9944	\$140/day* (Alzheimer’s)	7 days
Cedar Crest Alzheimer Special Care Center 18325 SW Pacific Hwy. Tualatin 97062 (503) 925-0544	\$135/day	No minimum

Clare Bridge – Beaverton 16655 NW Walker Rd. Beaverton 97006 (503) 439-1653	\$165/day	7 days
Elderly Care Home 12345 SW 121 <sup>st</sup> Ave. Tigard 97223 (503) 590-9854	\$100/day	3 days
Farmington Square – Beaverton 14420 SW Farmington Rd. Beaverton 97005 (503) 626-2273	\$125 to \$150/day** on assisted side \$150/day on memory care side	3 days
Farmington Square – Tualatin 17950 SW 115 <sup>th</sup> Ave. Tualatin 97062 (503) 692-1748	\$150/day	2 days to 30 days
Marquis Care At Autumn Hills 6630 SW Beaverton-Hillsdale Hwy. Portland 97225 (503) 292-7874	\$139/day Semi- Private \$160/day Private	3 days
Regency Park Alzheimer’s Care (Kingswood) 8300 SW Barnes Rd. Portland 97225 (503) 292-8444	\$175/day	2 days
Rosewood Specialty Care 2550 SW 234 <sup>th</sup> Ave. Hillsboro 97123 (503) 259-8999	\$130/day	No minimum
Wynwood of Forest Grove 3110 19 <sup>th</sup> Ave. Forest Grove 97116 (503) 357-3288	\$75 - \$125/day**	7 days

\*Room and board. Services are extra.

\*\*Depending on care required.

## Assisted Living Facilities

Assisted Living Facilities (ALFs) are homes with six or more private apartments, either studio, one bedroom or, rarely, two bedroom. They are fully wheelchair accessible, have full service dining rooms, housekeeping and call systems for emergency help. Registered nurse consultations are available. Physical care and additional health care supervision and assistance can be provided in the care recipient's apartment. If minimal or no supervision is required but the caregiver wants help or assistance within call, a short stay at an ALF might be the answer.

Assisted Living Facilities are inspected, monitored and licensed by the State of Oregon Senior and Disabled Services Division of the Department of Human Services.

The information given was usually provided by the marketing director or administrator. We asked Assisted Living Facilities listed on the Washington County website the cost per day and the minimum duration of stay. Rates and policies listed are as of February 2009. Contact facility for current rates and restrictions. . A complaint history for various licensed facilities is available at

[https://apps.dhs.state.or.us/cfm/spd/facility\\_complaints/](https://apps.dhs.state.or.us/cfm/spd/facility_complaints/).

<u>Facility</u>	<u>Cost</u>	<u>Minimum Stay</u>
Avamere at Bethany 16360 NW Avamere Ct. Portland 97229 (503) 690-2402	\$175/day	2 days
Avamere at Hillsboro 2000 SE 30 <sup>th</sup> Ave. Hillsboro 97123 (503) 693-9944	\$100/day Studio apt.* \$112/day 1 Bedroom apt.*	7 days
Beaverton Hills Assisted Living Residence 4525 SW 99 <sup>th</sup> Ave. Beaverton 97005 (503) 520-1350	\$125/day	No minimum**
Canfield Place Retirement Community 14570 SW Hart Rd. Beaverton 97007 (503) 626-5100	\$125/day	7 days

Cedar Creek Assisted Living Community 15677 SW Oregon Sherwood 97140 (503) 625-9481	\$100/day Level 1 \$110/day Level 2 \$120/day Level 3	7 days
Edgewood Point Assisted Living 7733 SW Scholls Ferry Rd. Beaverton 97008 (503) 671-9474	\$112/day Level 0 \$122/day Level 1 \$132/day Level 2 \$142/day Level 3 \$152/day Level 4 \$162/day Level 5	No minimum**
Hearthstone of Beaverton 12520 SW Hart Rd. Beaverton 97008 (503) 641-1118	\$150 - \$165/day	2 weeks
Jennings-McCall Center 2221 Oak St. Forest Grove 97116 (503) 359-4465 or (503) 357-4133	\$100/day	2 days
Marquis Vintage Suites of Forest Grove 3336 19 <sup>th</sup> Ave. Forest Grove 97116 (503) 359-1129	\$120/day* ☆	3 days
Park Place Assisted Living Community 8445 SW Hemlock St. Portland 97223 (503) 245-8985	\$130/day (First 5 days Free)	Not given
Regency Park Assisted Living 8300 SW Barnes Rd. Portland 97225 (503) 292-8444	\$150/day	2 days
Riverwood Assisted Living 18321 SW Pacific Hwy. Tualatin 97062 (503) 925-9310	\$100/day (First 5 days Free)	3 days

Rosewood Park Retirement & Assisted Living Residence 2405 SE Century Blvd. Hillsboro 97123 (503) 642-2100	\$140/day	1 day
The Springs at Tanasbourne 1950 NW 192 <sup>nd</sup> Ave. Hillsboro 97124 (503) 629-5500	\$950/week	1 week
Woodland Heights 9355 SW McDonald St. Tigard 97223 (503) 684-9696	\$100/day to \$120/day	2 weeks

\*Room and board. Other services are extra.

\*\*Charges are listed per day - at least one day is required (not hourly).

✧ Stays of one month or more at lower regular monthly rate.

## Nursing Homes

Nursing Facilities provide nursing care on a 24-hour basis in a hospital-like setting. They provide skilled care for those whose needs cannot be met in other facilities.

Oregon requires that all residents be screened before they enter a nursing facility. Nursing facilities are inspected, licensed and monitored by the State of Oregon Seniors and People with Disabilities Services Division of the Department of Human Services in compliance with both state and federal regulations.

All surveyed Nursing Homes required current medical histories and physicals, as well as Physician's orders. Rates listed do not include additional services such as wound care, IV's, etc. which would cost more. The information given was usually provided by the admissions person for each facility.

While providing complete hospital-like care, Nursing Homes cost more than other facilities and such complete care may not be required. However, if it is required, Nursing homes can be the appropriate alternate choice for respite.

We asked Nursing Homes listed on the Washington County website the cost per day and the minimum duration of stay. Rates and policies listed are as of February 2009. Contact facility for current rates and restrictions. . A complaint history for various licensed facilities is available at [https://apps.dhs.state.or.us/cfm/spd/facility\\_complaints/](https://apps.dhs.state.or.us/cfm/spd/facility_complaints/) .

<b><u>Facility</u></b>	<b><u>Cost</u></b>	<b><u>Minimum Stay</u></b>
Avamere Rehabilitation of Beaverton 11850 SW Allen Blvd. Beaverton 97008 (503) 646-7164	\$225/day Semi-private \$245/day Private	4 days
Camelot Care Center 3900 Pacific Ave. Forest Grove 97116 (503) 359-0449	\$195/day Semi-private \$226/day Private	5 days
Evergreen Hillsboro Health & Rehabilitation 1778 NE Cornell Rd. Hillsboro 97124 (503) 648-6621	\$203.60/day Semi-private \$228/day Private Private for Hospice only	3 days
Hillsboro Rehabilitation & Specialty Care 650 SE Oak Hillsboro 97123 (503) 648-8588	\$210/day Semi-private \$230/day Private	5 days
King City Rehabilitation & Living Center 16485 SW Pacific Hwy. Tigard 97224 (503) 620-5141	\$220/day	2 days
Marquis Care At Autumn Hills 6630 SW Beaverton-Hillsdale Hwy. Portland 97225 (503) 292-7874	Alzheimer's \$193/day Semi-private \$199/day Private Regular \$189/day Semi-private \$194/day Private	5 days
Marquis Care At Forest Grove 3300 19 <sup>th</sup> Ave. Forest Grove 97116 (503) 357-7119	\$190/day	No minimum*
Pacific Gardens Care Center 14145 SW 105 <sup>th</sup> St. Tigard 97224 (503) 639-1144	\$200/day	No minimum*

\*Charges are listed per day - at least one day is required (not hourly).

## **Comparisons of Facilities**

### Services

Services range from care in the home-like environment of the Adult Foster Home to care in the hospital-like setting of the Nursing facility, from the informality of a boarding house to the structured environment of 24-hour nursing care. The more specialized the care required, the more the services cost. All facilities, from Adult Day Care to Nursing Home, require the same documentation for respite care as they do for long term residents (i.e. Physicians' orders, recent physical exams, etc.)

### Costs

Costs range from approximately \$10.20/hour (the amount the state pays Home Care Workers) to \$230/day. Extra services will increase the costs. When care is only required for some hours of the day (especially if care consists of nothing more than checking in on the care receiver and possibly performing a few chores, the home care worker is frequently the best and most economical solution. However, when 24-hour supervision is required, especially if no specialized services are needed, Assisted Living or Residential Care, or even Nursing Home, rates might be the best choice.

Home Care Workers are paid \$10.20/hr. when they work for the state. When working for private pay clients, however, their wages vary depending on services required and other variables and are negotiated between employer and employee. Home Care Agencies charge approximately \$19/hr. and up. Adult Day Care rates run from \$10/hr to \$13/hr. Day programs vary widely, and camps run from free to \$1200. Adult Foster Homes range from \$50/day to \$135/day; Residential Care Facilities from \$75/day to \$175/day; Assisted Living Facilities from \$100/day to \$175/day; and Nursing Homes from \$189/day to \$230.00/day.

### Other Factors

There are, of course, other factors to look at beyond cost and a list of services provided or needed. Location might play a part in making a decision to use one facility or another. Is the facility near the care recipient's or caregiver's home? Is the facility attractive and in a nice neighborhood or run-down and located in a busy commercial area?

Personal relations can also make the difference between a pleasant stay and a miserable experience. Are the staff caring and friendly? Do they 'click' with the care recipient or do they clash? Will the recipient look

forward to another visit or fight the suggestion of trying again any way he/she can? All of these reasons, and more, can play a part in choosing the right alternate respite provider.

**Sources of Funding for Respite**

Government Sources

Those who qualify for Medicaid In-Home Services or Oregon Project Independence (OPI), or care for someone who qualifies, can receive some hours of respite if needed. Such need would be determined by the assigned case manager or case worker.

Family Caregiver Support (FCGS) in Washington County can provide either 15 hours of respite through Home Instead Senior Care, or a \$200.00 stipend in some cases, once in a twelve month period. Eligibility restrictions may apply. Lifespan Respite (LSR) offers a once yearly stipend of \$200.00 as well as sponsoring a Parents Night Out. For more information about either program, call (503) 615-4676.

Private Sources

Insurance coverage may provide respite, either in a facility or with home health care. Discuss this with your insurance agent or benefits coordinator.

Various organizations and associations may provide or direct caregivers to resources for respite. Some provide grants or other financial help. Others offer programs or help accessing programs for those who live with the conditions they advocate for. Contact the following organizations to see what help they have to offer:

<b>Organization</b>	<b>Phone</b>	<b>Website</b>
Administration for Children and Families Regional Office - Seattle	1 (206) 615-2547	<a href="http://www.acf.hhs.gov/">www.acf.hhs.gov/</a>
The ALS Association Oregon & SW Washington Chapter	1 (800) 681-9851	<a href="http://www.alsa-or.org">www.alsa-or.org</a>
Alzheimer's Association	(503) 413-7114 (503) 733-0402	<a href="http://www.alz.org/oregon/">www.alz.org/oregon/</a>
American Cancer Society	(503) 295-6422	<a href="http://www.cancer.org">www.cancer.org</a>

American Diabetes Association	(503) 736-2770	<a href="http://www.diabetes.org">www.diabetes.org</a>
Attention Deficit Disorder Association	1 (484) 945-2101	<a href="http://www.add.org">www.add.org</a>
Autism Society of America	1 (800) 328-8476	<a href="http://www.autism-society.org">www.autism-society.org</a>
Autism Society of Oregon	1 (888) 288-4761	<a href="http://www.oregonautism.com">www.oregonautism.com</a>
Community Action Child Care Resource and Referral of Washington County	(503) 693-3236	<a href="http://www.caowash.org/ccrr/">www.caowash.org/ccrr/</a>
Cystic Fibrosis Foundation – Oregon	(503) 226-3435	<a href="http://www.cff.org">www.cff.org</a>
Disability Compass	(503) 292-4964 x 107	<a href="http://www.disabilitycompass.org">www.disabilitycompass.org</a>
Easter Seals Oregon	(503) 228-5108	<a href="http://www.or.easterseals.com">www.or.easterseals.com</a>
Multiple Sclerosis Foundation	(800) 225-6495	<a href="http://www.msfacts.org">www.msfacts.org</a>
Muscular Dystrophy Association (summer camp)	(503) 223-3177	<a href="http://www.mda.org">www.mda.org</a>
NAMI (National Alliance on Mental Illness) Washington County	(503) 356-6835	<a href="http://www.namiwash.org">www.namiwash.org</a>
Network of Care	1 (415) 458-5900	<a href="http://www.oregon.networkofcare.org">www.oregon.networkofcare.org</a>
Northwest Down Syndrome Association	(503) 238-0522	<a href="http://www.nwdsa.org">www.nwdsa.org</a>
Oregon Ability	1 (888) 505-2673	<a href="http://www.oregonability.com">www.oregonability.com</a>
Oregon Counsel on Developmental Disabilities (subsidy for children’s day care)	1 (866) 837-0250	<a href="http://www.ocdd.org/inclusive_child_eng.htm">www.ocdd.org/inclusive_child_eng.htm</a>
Oregon Family Support Network	1 (800) 323-8521	<a href="http://www.ofsn.org">www.ofsn.org</a>
Ride Connection (transportation for elders & disabled)	(503) 226-0700	<a href="http://www.rideconnection.org">www.rideconnection.org</a>

Sherwood Faith in Action (Sherwood & Tigard area)	(503) 925-0585	<a href="http://www.faithinactionsherwood.org">www.faithinactionsherwood.org</a>
United Cerebral Palsy Association of Oregon & Southwest Washington	(503) 777-4166 1 (800) 473-4581	<a href="http://www.ucpaorwa.org">www.ucpaorwa.org</a>
Washington County Hospice Foundation	(503) 648-9565	<a href="http://www.hospicewc.org">www.hospicewc.org</a>

This guide will be updated as new or changed information is received. If you know of any other respite resources that can be included in this guide, or of any changes in the information listed, please contact Debbie Croft at (503) 615-4676 or [debbie.s.croft@state.or.us](mailto:debbie.s.croft@state.or.us).