Respite Care, Babysitting & Alternative Care

California Department of Social Services

Youth and Caregiver Support Bureau

Logistics

This webinar is being recorded and will be available at:

- CDSS-Caregiver Support Webinars
- CAC-Webinars

If you would like a certificate of attendance, please email your request to info@cacaregivers.org as listed in the chat.

Participants will not have the ability to speak. Please submit questions to the Q&A section of the toolbar. The icon with 3 dots should give you this option.

Agenda

Respite Care, Babysitting and Alternative Care

- Jaylena Miller, CDSS

The Caregiver Perspective

- Jennifer Rexroad, Executive Director of the California Alliance of Caregivers

Flexible Family Supports (FFS)

- Tremaine Palmer, CDSS

Question & Answers

- CDSS and CAC staff

Reasonable and Prudent Parent Standard (RPPS)

The standard used by a caregiver or licensee that is characterized by careful and sensible parental decisions that maintains the foster child's health, safety, and best interest. (Welfare & Institution Code Section 362.04 and 362.05)

Goal of the Reasonable and Prudent Parent Standard:

- Provide the youth with a "normal" life experience in out-of-home care.
- Empower the out-of-home caregiver to encourage youth to engage in extracurricular activities that promote child well-being.
- Allow for reasonable parenting decisions to be made by the out-of-home caregiver without waiting to obtain the social worker or Juvenile Court approval.
- Remove barriers to recruitment and retention of high-quality foster caregivers.
- Reduce the need for social workers to either give permission or to obtain Juvenile Court approval for reasonable care giving activities, should be care-giving.
- Respect the rights of youth in out-of-home care.

Responsibility for Providing Care and Supervision

(a) A Resource Family shall provide care and supervision that meets the needs of a child or nonminor dependent and ensures the health, safety, and well-being.

(1) If a Resource Family provides care for a minor or nonminor dependent parent and their child, the Resource Family shall work with the minor or nonminor dependent parent and a representative from the county child welfare agency or probation department to develop a shared responsibility plan as described in Welfare and Institutions Code sections 11465(d)(3) and 16501.25(b).

(b) A Resource Family shall provide care and supervision in accordance with the case plan of a child or nonminor dependent, the placement agreement, and transitional independent living plan, if applicable.

(c) A Resource Family may arrange for other care and supervision of a child that includes the following:

(1) respite care,

(2) babysitting, or

(3) alternative care.

What is Respite Care?

Respite care

(A) A Resource Family may use respite care approved by a county child welfare agency or probation department.

(B) A respite caregiver shall be an approved relative or nonrelative extended family member (NREFM), a licensed foster family home, a certified family home, Resource Family, or certified respite care provider.

(C) Respite care shall not be provided for the purpose of routine, ongoing childcare.

When to use Respite Care?

- Vacation
- Funeral
- Surgery
- Self-Care
- Extracurricular activities for other children
- Business trip
- Adult social gatherings

Benefits of Respite Care



Rest and relaxation



Maintain your own health



Engage with others



Maintain your Identity



Keeps things in perspective

What is Babysitting?

- If a Resource Family anticipates being absent from the home for less than 24 consecutive hours, on an occasional basis, the Resource Family is permitted to arrange for an occasional short-term babysitter to provide care and supervision to a child in the Resource Family's or short-term babysitter's home. The Resource Family shall use the Reasonable & Prudent Parent Standard (RPPS) when selecting a babysitter.
- The caregiver shall attempt to provide the babysitter with the following information before leaving the child for purposes of short-term care:
  - Information about the child's emotional, behavioral, medical or physical conditions, if any, necessary to provide care for the child during the time the foster child is being supervised by the babysitter.
  - Any medication that should be administered to the foster child during the time the foster child is being supervised by the babysitter.
  - Emergency contact information that is valid during the time the foster child is being supervised by the babysitter.
- Babysitters selected by the caregiver to provide occasional short-term care to a foster youth under the provisions of this section shall be exempt from any department regulation requiring health screening or cardiopulmonary resuscitation certification or training.

When to use Babysitting?

- When the foster parent has a medical or other health care appointment
- Grocery or other shopping
- Personal grooming appointments
- Foster parent training classes
- School-related meetings (such as parent-teacher conferences)
- Business meetings
- Adult social gatherings
- An occasional evening out by the foster parent

Tips to Remember about Babysitting



An occasional short-term babysitter may be under 18 years of age, but shall have the maturity, experience, and ability necessary to provide adequate care and supervision to a child.

A child in foster care may also act as an occasional short-term babysitter. The caregiver must apply the Reasonable and Prudent Parent Standard to determine whether the arrangement is appropriate. However, under no circumstances shall a child in foster care be required to babysit.

When a child is in the care of an occasional short-term babysitter, a Resource Family shall ensure that the babysitter knows how to contact the Resource Family in case of an emergency.

What is Alternative Care?

- When a Resource Family anticipates being absent from the home for longer than 24 hours up to 72 consecutive hours, on an occasional basis
- Care and supervision is provided in or out of the Resource Family's home
- Typically used as backup support in emergency situations

Who can be an Alternative Caregiver

- A trusted family member
- Close friend
- Neighbor
- Church member

Requirements to be an Alternative Caregiver

Must be 18 or older

Have the willingness and ability to comply with applicable laws and regulations

Have the willingness and ability to provide care and supervision to a child, taking into consideration the age, maturity, behavioral tendencies, mental and physical health, medications, abilities and limitations, developmental level of, and court orders for a child

What is needed to request Respite/Alternative Care?

- Prior to a Resource Family's absence from the home, the Resource Family shall provide verbal or written notification to the social worker or probation officer for a child as follows:
  - (i) The dates the Resource Family plans to be absent from the home.
  - (ii) The name, telephone number, and address, if applicable, of the alternative caregiver.
  - (iii) An emergency telephone number where the Resource Family can be contacted during their absence.
- A Resource Family shall obtain prior approval from the social worker or probation officer for a child for any absence that exceeds 72 consecutive hours.

What to provide the Respite/Alternative Caregiver

Before entrusting a child to an alternative caregiver, a Resource Family shall provide the alternative caregiver with the following:

- (i) Information about the emotional, behavioral, medical, or physical conditions of a child, if any.
- (ii) Any medication for which an alternative caregiver must assist a child with self-administration.
- (iii) The name and telephone number of the social worker or probation officer for a child and the Resource Family's 24-hour emergency contact information.

Respite Care, Babysitting, and Alternative Care Snapshot

	Babysitter (In or Out of home, up to 24 hours)	Alternative Care (In or Out of home, 24 to 72 hours)	Respite Care (In or Out of home, up to 14 days)
Individual (must be 18 or older)	No	Yes	Yes
Individual (need to be licensed)	No	No (criminal record clearance may be required. Ask Caseworker)	Yes
Caseworker Approval Required	No	*No	Yes

Leaving a Minor Child Alone

- A Resource Family must never leave a child under the age of ten (10) years old home alone. If the child is at least ten (10) years of age, and the Resource Family anticipates being absent from the home on an occasional basis, the Resource Family may leave the child home alone without adult supervision. The Resource Family shall use the RPPS to determine if the child is capable of being home alone for a limited amount of time

- A Resource Family must never leave a child under age 18 alone and unsupervised overnight. If a Resource Family is going to be away overnight, they must get a babysitter or alternative caregiver for the child

For additional information, please read RFA WD Section 11-13 and FFA ILS Section 88487.13

Leaving Nonminor Dependents Home Alone

- A nonminor dependent is a foster youth that is at least 18 years of age. A Resource Family may leave a nonminor dependent at home alone for up to three days (72 hours). The Resource Family must use the RPPS to determine if the youth is capable of being home alone. It is the Resource Family's responsibility to make sure the nonminor dependent is safe while they are away from home.

- A Resource Family must ensure the nonminor dependent knows their emergency procedures, where the emergency telephone numbers are, and how to contact the Resource Family while they are away.

- If a Resource Family intends to leave the nonminor dependent home alone for more than three days (72 hours), the Resource Family shall obtain prior approval from the youth's social worker.

- If the nonminor dependent is a parenting foster youth, it's the Resource Family's responsibility to ensure the nonminor dependent takes care of their child while the Resource Family is away.

For additional information, please read RFA W Ds Section 11-13, and FFA ILS Section 88487.13

The Caregiver Perspective

- Jennifer Rexroad, Executive Director of the California Alliance of Caregivers

The Caregiver Perspective: Maggie Santa Clara County Resource Parent



- Respite care has allowed us to go to weddings, funerals, have medical procedures, and attend to the needs of family members.
- We connected with our respite provider through our foster/kinship caregiver community.
- Our children were familiar with the respite provider.
- The respite provider was another resource parent and knew the unique needs and challenges of our children.
- We were able to use the same respite provider multiple times.
- I would recommend using respite care if it is available, so that you are connected with a respite provider when you need it. It prevents us from feeling overwhelmed

Flexible Family Supports and Home-Based Foster Care (FFS) Funding

Support for foster caregivers can reduce the need for changes in placements and increase life-long familial connections for children and youth in care. Flexible Family Supports and Home-Based Foster Care (FFS) funding is intended to increase the use of home-based family care and provide additional resources to foster children and their foster caregivers.

The AB 179 mandates the funds to be used for the following:

1. Respite care.
2. Costs to facilitate a foster caregiver and child's participation in child and youth enrichment activities that are not covered by the caregiver-specific rate and that would stabilize the placement or enhance the child's well-being.

Flexible Family Supports and Home-Based Foster Care (FFS) Funding part 2

* “Extracurricular and enrichment activities” are activities that are designed to enhance the foster child or nonminor dependent’s skills, abilities, self-esteem, relationships, and overall well-being and healing, and include, but are not limited to, the following: (A) Lessons or time spent engaging in music, dance, or drama. (B) Summer camp attendance (including travel and supplies or equipment). (C) Sports team or activity participation (including transportation and supplies or equipment). (D) Community activities. (E) Trips and excursions with or without peers, caregivers, and family. (F) Other age-appropriate activities, including hobbies and activities, chosen by the child or nonminor dependent that are provided in a formal or informal setting and provide healing and/or help the youth establish supportive relationships.

Flexible Family Supports and Home-Based Foster Care (FFS) Funding part 3

3. Supports to enable or continue a foster child's relative or nonrelative extended family member connections, which may include a child's tribe, tribal community, or tribal cultural events in the case of an Indian child.

* It is important to maintain social and cultural connections to family and community, both when a child is placed with a relative/NREFM and when they are placed in another home-based setting. For example, support provided under this category may include transportation to enable the child or family member/extended family member to visit and participate in activities together.

Flexible Family Supports and Home-Based Foster Care (FFS) Funding part 4

4. Concrete costs associated with facilitating a placement with a relative or nonrelative extended family member, or extended family member as defined in WIC Section 224.1 in the case of an Indian child, who otherwise would be unable to take the placement due to current housing arrangement limitations.

* Concrete costs include the provision of financial assistance, including assistance needed to expediently resolve a Corrective Action Plan or other home environment assessment issues (including, when necessary for the well-being of the child, moving costs when the caregiver needs to move to a larger home, e.g. to take in sibling sets).

Flexible Family Supports and Home-Based Foster Care (FFS) Funding part 5

5. For any other activities or direct supports and services that further the intent of this provision, as specified by the department in written instructions or as authorized by the department in response to a request for approval by the county.

* If a county intends to use the funding for anything other than the items stated, they must first submit a request to the CDSS via email to FFSFunding@dss.ca.gov and receive written authorization from CDSS prior to utilizing funds for their requested activity, support, or service.

- For additional information on FFS funding, please refer to ACL 23-02 or email: FFSFunding@dss.ca.gov.



Questions & Answers

Webinar Resource Materials

- Copy of this PowerPoint
- RFA Written Directives Version 8
  - -Reasonable and Prudent Parent Standard 11-12
  - -Responsibility for Providing Care and Supervision 11-13
- ACL 16-31 REASONABLE AND PRUDENT PARENT STANDARD
- ACIN I-28-15 QUALITY PARENTING INITIATIVE: PROMOTING NORMALCY AND ENSURING CARE AND SUPERVISION IN FOSTER CARE
- ACIN I-17-13 QUESTIONS AND ANSWERS (Q&A) REGARDING REASONABLE AND PRUDENT PARENT STANDARDS
- ACL 23-02 FLEXIBLE FAMILY SUPPORTS AND HOME-BASED FOSTER CARE FUNDING
- Caregiver FAQs
- Reasonable and Prudent Parent Standard Website
- Caregivers Website

Resources

Foster Youth Ombudsman

- https://fosteryouthhelp.ca.gov/youth-resources/

Legal Resource for Foster Youth and Families

- https://advokids.org/contact-us/

Free online therapy for current & former foster youth all ages

- https://www.ahomewithin.org/

Family Urgent Response System (FURS)

- https://www.cal-furs.org/

California Kinship Navigator

- https://www.getvirtualsupport.org/app/ca/



CAREGIVER PANDEMIC ASSISTANCE INFO

If you fostered youth between March 19, 2020-June 15, 2021, you should have received a Caregiver Pandemic Stipend. If you have not received your card, you may request a replacement card. Contact ***Blackhawk customer service at 833.683.4910*** which is available 24/7. When contacting Blackhawk, you will need to share the following information for verification: the first and last name of all caregivers in the home and the address you lived at between March 19, 2020-June 15, 2021, the eligibility period for the program.

If you have any questions, please do not hesitate to contact the Foster Caregiver Policy and Support unit at: CPApayments@dss.ca.gov

Caregiver Support Webinar Series

For specific Caregiver Support Webinar questions or to be added to future Caregiver Support Webinars, please contact:
Caregiver Support Webinar
CaregiverWebinar@dss.ca.gov

Caregiver Support Webinar Website: https://www.cdss.ca.gov/inforesources/cdss-programs/foster-care/caregiver-support-webinars-resources

For specific foster caregiver policy and support questions:
Foster Caregiver Policy and Support Unit
744 P Street, MS 8-13-78
Sacramento, CA 95814
(916) 651-7465
CaregiversForYouth@dss.ca.gov

Thank you for joining us today!

Next Caregiver Support Webinar
Tentative Date:
Thursday, August 24th, 2023
1:00pm – 3:00pm

Link to Register Coming Soon!