



# Respite

Respite offers support to maintain living in the family home, relief from daily stress, and care demands during times of unpaid care. This service is provided on a short-term, intermittent basis.

## What is expected of me?

- Utilize this time for caregiver relief and self-care
- Spend time with friends or other family members
- Report any concerns or areas of need

## What to expect from Respite?

- MCMHA staff will complete respite assessment
- MCMHA staff will send referrals to external qualified providers to search for staff and/or link you with a Self-Directed Service Agreement

## Who is eligible?

- Monroe County residents
- Meets medical necessity for service
- Child lives with parent/guardian

## Information & Assistance

For further information or for questions or concerns, please contact:

Customer Services:  
(734) 243-7340 TTD: 7-1-1

Suicide and Crisis Life Line: 9-8-8

Talk With Us.

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