

NOTICE: Appropriate Use of Respite Services

February 9, 2026

Provider Reminder & Guidance

What Is Respite?

- Unskilled respite care is short-term behavioral health support that provides rest or relief for caregivers.
- Services must follow AHCCCS policy and the Section 1115 Demonstration Waiver.
- Providers must meet requirements outlined in A.A.C. R9-10-1025 and A.A.C. R9-10-1600
- Respite prescribed outside of defined guidelines is **not eligible for reimbursement**.

Key Facts About Respite Services

- Available **24/7, year-round** (365 days per year).
- Members may receive **up to 600 hours per benefit year** (Oct 1 – Sept 30) for behavioral health respite.
- Hours may carry over **month-to-month, but not across benefit years**.
 - Member service plans must define: Goals, Setting, Frequency, Duration and Intensity of respite services

Types of Respite Services

- **In-Home Respite**
 - Trained individuals provide respite in the home.
- **Out-of-Home Respite**
 - Care provided in a supervised setting outside the home.
- **Family/Community-Based Respite**
 - Services delivered in a licensed provider's home for a familiar, natural environment.
- **Facility-Based Respite**
 - Day and night supervision by trained staff, including scheduled activities and possible community outings.
- **Emergency Respite** (used when):
 - A caregiver becomes ill
 - A caregiver cannot continue providing care
 - A crisis is worsening
 - A child is discharged without a safe setting

Emergency Respite allows time for stabilization and outside intervention planning.

References:

- [RespiteServicesAMPM310B1250-D.pdf](#)
- [AMPM EXHIBIT 300-2A](#)
- [BehavioralHealthRespite.pdf](#)
- [AHCCSCoveredBHServicesManual.pdf](#)

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