

MYCARE 101: AN OVERVIEW



MyCare Respite Voucher Program

June 2023 Update



Pony Bird

Welcome to the MyCare Information Series

Purpose:

- To provide a brief overview of Pony Bird's respite voucher program called MyCare.



The MyCare Team



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636-282-1414 or 636-933-3764

MyCare Basics

- Respite care is what you call the service where the goal is for you as the family caregiver to get relief from your role as caregiver while your family member receives care in your absence.
- MyCare is Pony Bird's respite voucher program.
- It is self-directed. You hire the person (or agency) you want to care for your family member, and you decide when to get a break.
- The person you hire is your employee so you will be responsible for paying him/her.



MyCare Basics continued



- Your employee must be screened on the MO Family Care Safety Registry.
- You will need to request a MyCare voucher each time you use respite, and you will request it **BEFORE** care takes place.
- Enrolled families can access at least \$500 a year. Amounts vary based on available funding; number of families sharing the MyCare funds; and the support needs of the family.
- There are maximum reimbursement rates in MyCare. In 2021 this is \$12/hour up to \$200/day.

Who is eligible?



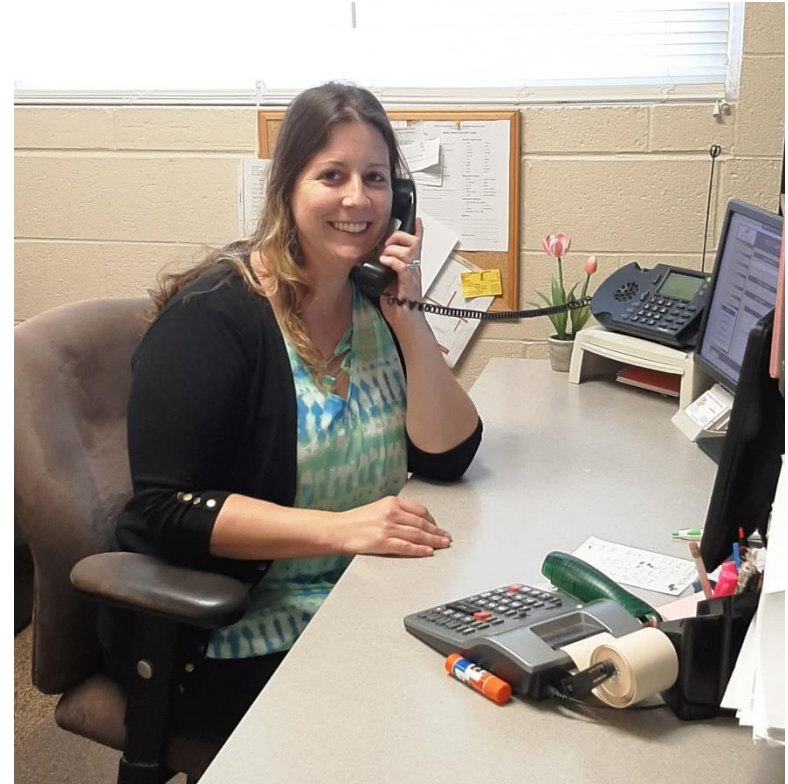
- Family must live in Jefferson County;
- Have a loved one in the home who has a developmental disability;
- Need a break from parent/family caregiving responsibilities and have a plan for how to make the most of this time;
- Need help with the cost of getting a break;
- Be able to hire and supervise their own individual respite provider or agency;
- Receiving Service Coordination from either St. Louis Regional Center (MO DMH) or Jefferson County Developmental Disability Advocates.

Welcome Call & Packet

When we receive a new referral:

- New families are contacted by phone to answer any questions and explain how to get started.
- A Welcome Packet with a Parent Guide and forms to submit to complete the enrollment is mailed to each new family following the Welcome Call.

NOTE: Enrollment is not complete until the required forms in the Welcome Packet are returned!



5 Easy Steps

1. Hire & screen the person who will take care of your family member.
2. Request a voucher by phone or email.
3. Enjoy your break! Relax & Recharge
4. Complete & sign the voucher with your provider.
5. Submit your voucher for payment.



Information and tips on hiring & screening someone is available.

A check will be issued to you. If you don't pay your provider at the time of respite, be sure to pay them after you receive the check. Starting in 2023, direct deposit is an option for receiving payments.



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Step by Step

- Every family using MyCare is sent the *Parent Guide to MyCare*.
- It contains a lot of details that families need to know.
- It also has tips on how to get the most out of your respite funding.
- If you don't have one, you can request one by calling or emailing.



Parent Guide to MyCare

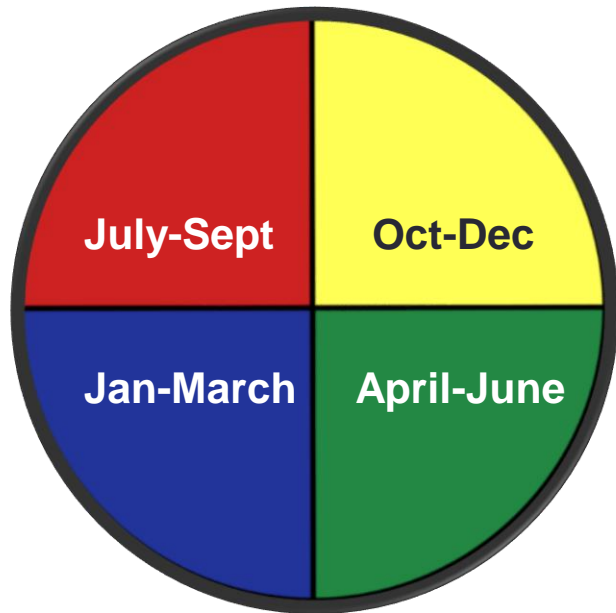
Pony Bird
Family Support
636-282-1414 | 636-933-3764
FamilySupports@ponybird.org

Keep this guide as a reference as you use MyCare.



This guide has been developed to help you make the most out of the MyCare funding you have available. If you need this or any materials in some alternate format (Ex. Large print, audio, etc.) contact the Pony Bird Family Support office with your request.

Request a voucher **BEFORE** you use respite



- The funding that is approved every year for MyCare payments to families is divided into 4 quarterly amounts.
- If all funds are spent in any given quarter, no MyCare vouchers can be issued until the next quarter begins.
- IF you use respite **BEFORE** you request a voucher and IF the funds for that quarter have all been spent, you will not be able to get reimbursed for what you have paid your provider.

How to submit forms or contact us

Mail:



Pony Bird Family Support
PO Box 190
Mapaville, MO 63065

Phone:



636-282-1414 or 636-933-3764

Fax:



636-282-1420 or 636-933-3420

Email:



FamilySupports@ponybird.org

Physical Location of Office:

3655 Baptist Park Rd, Festus, MO 63028



Some families have been able to
take a photo of completed forms
& submit to our email address.

ponybird.org

- There is more information available on the Pony Bird website.
- Look under “Our Programs” for “Family Supports & Leisure” and click on the “Family Support Resources” button.
- There is more information to help you get the most out of MyCare.



We hope this was helpful information!

- If you have any questions, feel free to call or email us.



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or

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