

Caregiver & Respite Support

Clatsop & Tillamook Counties, Oregon

What Is Respite Care?

Respite care is **temporary** support that allows a caregiver to rest, step away, or tend to their own needs while someone else safely cares for the person they support. It can take place in the home, in a care setting, and for a few hours or a few days. At its core, respite care is about giving the caregiver a break.

What Respite Care Is Not

Respite care is not ongoing, full-time caregiving or a permanent replacement for the primary caregiver. It is not emergency or crisis intervention, and it may not be immediately available when needs are urgent. It also does not typically include skilled medical treatment unless provided in a licensed facility setting.

State Agencies

- ⇒ [Northwest Senior and Disability Services](#)
Astoria: (503) 861-4200
Tillamook: (503) 842-2062
- ⇒ [Family Caregiver Support Program](#)
- ⇒ [Aging and Disability Resource Connection](#)
Phone: 855-673-2372

In-Home Care (Private Pay Options)

- ⇒ [Clatsop Care In-Home Services](#)
Phone: (503) 325-0313
- ⇒ [Caring for the Coast](#)
Phone: (503) 738-6033
- ⇒ [New Horizons In-Home Care Solutions](#)
Phone: (877)-642-2737
- ⇒ [Carina \(Medicaid Clients/Medicaid-Medicare Only\)](#)
Phone: (855)-796-0605
- ⇒ **Private Word of Mouth Caregivers**

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Short-Term Stay (Respite Outside the Home)

⇒ **Clatsop Care Health District**

Phone: (503) 325-0313

- Clatsop Care Health and Rehabilitation
- Clatsop Care In-Home Services
- Clatsop Care Retirement Village
- Clatsop Care Memory Community

⇒ **Nehalem Valley Care Center**

Phone: (503)-436-3450

Note: Hospice covers 5 days of respite. Private pay is \$525/day.

Mental Health Respite

⇒ **Clatsop Behavioral Healthcare**

Phone: (503) 325-5722

End-of-Life Support (Hospice)

⇒ **Columbia Memorial Hospice and Palliative Care**

Phone: (503) 338-6230

⇒ **Adventist Home Health & Hospice**

Phone: (503) 815-2273

EOL/Death Doulas

⇒ **International End of Life Doula Association (INELDA)**

⇒ **National End of Life Doula Association (NEDA)**

⇒ **Oregon Network for Community Based Serious Illness Support (ONSIS)**

Average Cost of a Private Caregiver

\$30.00 – \$45.00/hour. Cost varies because

- ⇒ Level of care (companionship vs. hands-on personal care)
- ⇒ Experience and training of the caregiver
- ⇒ Agency vs. independent caregiver
- ⇒ Short shifts (2–4 hours) may cost more per hour
- ⇒ Specialized care (dementia or end-of-life) is often higher

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NOTE: Accessing respite care on the North Coast is often more complicated than people expect. It is usually not as simple as making one phone call. State agencies provide helpful information, but programs differ depending on whether a person has Medicaid, Medicare, or is looking for private-pay respite. Some resources, such as Aging and Disability Resource Connection, do not directly serve the North Coast, but instead connect people back to Senior and Disability Services and other local pathways. Families should be prepared for phone trees, delayed callbacks, and limited provider availability. On the North Coast, respite providers are few, and many of the same caregivers work across residential care, nursing homes, and in-home community support. While some urgent situations cannot be prevented, planning ahead is one of the best ways to reduce stress. If you think respite care may be needed, start early. It may take one to three weeks to get connected, arrange services, and build a schedule that works for your situation.

What to expect:

- ⇒ Multiple systems (Medicaid, Medicare, private pay) with different eligibility and pathways
- ⇒ Information hubs that redirect back to local Senior & Disability Services
- ⇒ Phone trees and delayed callbacks
- ⇒ A limited number of respite providers
- ⇒ Caregivers who may be serving multiple settings (home, facility, community)

Recommendations:

- ⇒ Start early if you anticipate needing support
- ⇒ Make the first call before you are in crisis
- ⇒ Ask about wait times, eligibility, and scheduling options
- ⇒ Keep a simple log of who you've called and next steps
- ⇒ Be prepared for a 1 to 3-week process to get services in place