



Welcome to Medical Respite

Who we are and what you can expect

This handout explains Harborview's Medical Respite Program.

What is Medical Respite?

Medical Respite is a place for healing. We provide short-term healthcare, social services, and shelter for people who are homeless and are too sick to return to the shelter or the streets, but do not need hospital care. Medical Respite is a “harm reduction program.”



The entrance to Edward Thomas House Medical Respite on Jefferson Street

What is a “harm reduction program?”

We are committed to public health and human rights. As a harm reduction program, our team works together with you to:

- Resolve your health problems
- Assess and treat you for mental illness, substance use, or both
- Connect you to primary care, public funding, and housing

Our goals are to help people who use drugs, their families, and the community. We want to reduce the health, social, and financial risks of using drugs, but do not focus on reducing drug use.



One of our Respite beds

What services does Respite provide?

While you are staying with us, you will be assigned a room and a bed. You will have access to:

- Medical care from our Respite medical staff
- Case management from our mental health providers
- A community room with a shared big screen TV and couches
- 3 meals a day
- A snack at 10 p.m.
- Coffee, tea, and water
- Community computers with internet access
- Washer and dryer

Our team will help you review your housing options. But, we cannot extend your stay at respite while you wait for housing.

Who is on the Respite medical staff?

Our care team includes nurses, advanced registered nurse practitioners (ARNPs), case managers, mental health providers, medical assistants, and support staff.



The Respite community room



A Respite clinic room

What can I expect when I arrive at Medical Respite?

- We will ask you to sign a patient admit agreement. (See “What do I need to do?” below.)
- We will then assign you a Respite bed. Please know that most times, there are 3 beds and 3 people in a room.
- You may bring 3 bags of your belongings with you. We do **not** allow any firearms or other weapons.

What do I need to do?

Please carefully read the Respite patient admit agreement. By signing it, you agree to:

- **Show up for all your appointments** with nursing and case management staff.
- Observe our **9 p.m. curfew**.
- Observe our **visitor policy**.
- Follow other **Respite policies**.

What is the Respite visitor policy?

- Weekdays from 2 p.m. to 4 p.m., you are welcome to visit with friends in the community room.
- We do not allow visitors in the Respite rooms.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Respite Program at Jefferson Terrace: 206.744.5200