Webinar

TimeBanking for Respite: An Innovative and Socially Just Approach to Supporting Family Caregivers

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Website: archrespite.org
National Conference Website: http://www.arch.memberlodge.org/2016Conf
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The Caregiver Challenge
Caregivers need Care!

- 43 million adults are caregivers
- Respite is their most frequently requested service
- 85 percent of caregivers of adults receive no respite.
- Insufficient support puts caregivers at risk.

Nationally, 30% caregivers die before those they care for.
80% of all caregiving is unpaid: provided by friends & family

Unpaid caregiving value = $470 Billion

Declines in informal care?

Unaffordable costs

Volunteering overwhelmed
Try Timebanking!
Building Extended Family

ONE HOUR HELPING SOMEONE = 1 TIME CREDIT

- Getting help, giving help
- Building relationships, friendships, networks, & community
- Increasing self-esteem,
- Saving money
- Nurturing health

Turning caregiving scarcity into community based, self-renewing supply
Help given, help received include:

- Respite
- Friendly visiting
- Telephone reassurance
- Medical appointments
- Errands
- Transportation
- Bill-paying
- Shopping
- Minor home repair
- Peer support & counseling
- Monthly potlucks & social events
Evaluations and member feedback

- Increased sense of belonging
- New friends of different ages, backgrounds, cultures
- Supports for aging in place
- Improved mental, physical health
- Reduced hospital/emergency room use
- Shorter hospital/rehab stays
- Feeling they can still contribute
- Better quality of life

Timebanks are able to attract people who don’t normally volunteer, keep old people healthier and cut the drop-out rates of volunteers.

EVALUATION STUDY BY UNIVERSITY OF MARYLAND CENTER ON AGING
• 5 Core Values
• Time Credits
• Leadership that supports and encourages
• Processes for giving, receiving, being together that “fit”
• TimeBanking software
TimeBanking 5 Core Values

The most important thing

Assets – everyone has something to give
Work – redefining what counts
Reciprocity – paying it forward
Community – we are stronger together
Respect – every voice deserves a listening

Time Credits: One hour of help = One time credit.
Creating Extended Family
Thru giving AND receiving

Leadership that supports and encourages.

It takes:
• Caregivers
• Volunteers
• Service providers
• Programs & managers
• Funders

_TimeBanking encourages people to step forward -- with their strengths, their talents, what they love doing -- and calls them to reach out in a spirit of sharing and caring._
Adaptive Practice

For buy-in, build practices, roles, and rules that connect and are a good fit with what is already working

Core Practices/Roles/Rules:
• Leadership team
• Outreach
• Enrollment
• Orientation
• Exchanges (Individual, group)
• Celebration
• Feedback & Evaluations

Identify strengths, find key partners and piggyback wherever possible. Celebrate often!
TimeBanking Software
Keeping track of TimeBank activities

Uses

- Lists of members with profiles.
- All members can see what is offered.
- Members can make their own exchanges.
- Tracks hours of time given.
- Coordinators have tools to engage, inform, track activity, organize.
TimeBanking

“We have what we need, if we use what we have.”

TimeBanks USA

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