**SUPPORT FY20 LABOR-HHS-EDUCATION FUNDING BILL (H.R. 2740) THAT INCLUDES INCREASED FUNDING FOR LIFESPAN RESPITE AND FAMILY CAREGIVER SUPPORTS**

**The Lifespan Respite Care Program (LRCP):** The U.S. Administration for Community Living (ACL) provides competitive grants to state agencies working with Aging and Disability Resource Center/No Wrong Door Systems and state respite coalitions. LRCP makes quality respite available to family caregivers of individuals of any age or disability through coordinated State Lifespan Respite Systems; provides planned and emergency respite services through voucher programs; recruits and trains respite providers and volunteers; and supports community, volunteer and faith-based agencies to provide respite.

**Funding Action:** Funding for the LRCP was $4.1 million in both FY 2018 and FY 2019. The pending FY 2020 House Labor-HHS-Education funding bill (H.R. 2740) includes $10 million for LRCP, thanks to an amendment offered by Rep. Jim Langevin that was approved by the House on June 12. H.R. 2740 is under consideration on the House floor this week.

**Program Status:** Thirty-seven states and DC have received LRCP grants from the U.S. Administration for Community Living (ACL) since 2009 (see [www.archrespite.org](http://www.archrespite.org)).

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**ACTIONS:**

- **Call** your Representative at 202-225-3121. When connected, ask for appropriations or health staff. If you don’t reach them, leave a message!
- **MESSAGE:** VOTE YES ON H.R. 2470, THE FY 2020 LABOR-HHS-EDUCATION APPROPRIATIONS BILL that includes $10 M for Lifespan Respite and increased funding for other family caregiver support programs.
- **Personalize your message** by telling your caregiving story or by sharing how respite has made a difference for family caregivers in your State. Use talking points in this alert!

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**Lifespan Respite Grants Make a Difference**

- Grantees are delivering services and helping families pay for respite, especially for those caring for someone between the ages of 18-60, including adults with physical disabilities, MS, ALS, brain injury or paralysis, or I/DD; children, adults, and the aging on Medicaid waiver...
Grantees are building respite capacity through provider training and recruitment. Others have issued small grants to community-based organizations to start new respite programs or initiate unique volunteer and faith-based initiatives to provide respite.

The LRCP allows grantees to coordinate respite services to reach family caregivers more efficiently, provide person and family-centered services, and make respite more available to underserved families.

State Lifespan Respite Accomplishments

- In describing the Lifespan Respite Care Program, a distinguished panel from the National Academies of Sciences, Engineering, and Medicine concluded in the report *Families Caring for an Aging America*, “Although the program is relatively small, respite is one of the most important caregiver supports.”

- **AL, CO, IL, MD, MT, NE, NV, NC, OK, RI, SC, TN, VA, WA, and WI Lifespan Respite current and former grantees** are successfully using consumer-directed respite vouchers to help family caregivers pay for respite for underserved populations, such as individuals with Multiple Sclerosis or ALS, adults with intellectual or developmental disabilities (I/DD), or those on waiting lists for Medicaid home and community-based services.

- Caregivers in **NE’s Lifespan Respite Network** reported significant decreases in stress levels, fewer physical and emotional health issues, reductions in anger and anxiety, and reported being in a better financial situation when receiving respite. **AL Lifespan Respite’s** voucher program found a substantial decrease in the percentage of caregivers reporting how often they felt overwhelmed with daily routines after receiving respite.

- Innovative and sustainable respite services funded in **AL, CO, MA, NY, NC, and PA** through mini-grants to community-based agencies are also demonstrating benefits to family caregivers and their loved ones.

- Lifespan Respite grantees in **AL, AR, CO, NE, NY, PA, RI, SC, TN** and others are providing new volunteer or faith-based respite services.

- States, including **AL, IL, MD, ND** and **NE**, offer support for emergency respite services.

- States, including **AL, NY, NV**, and others are collaborating with **No Wrong Door** systems to improve respite information and access.

- Respite provider recruitment and training to address the direct care worker shortage are priorities among most state grantees, including **AL, CO, MA, NE, NV, NY, SC** and **WI**.

Respites – A Critically Necessary and Beneficial Family Support Service

- The nation’s 43 million family caregivers provide the vast majority of long-term services and supports to individuals of all ages living at home, yet **85% of those caring for adults have not**
Family caregivers have higher rates of acute and chronic conditions and depression than noncaregivers. Respite, the most requested service by family caregivers, has been shown to help maintain caregiver health, bolster family stability, keep marriages intact, and help avoid or delay costlier out-of-home placements.

In a recent evaluation by the U.S. Administration for Community Living, caregivers who received 4 or more hours of respite care per week had a decrease in self-reported burden over time. As respite hours per week increased, so did the probability of a more favorable response regarding caregivers’ perception that services helped them continue caregiving (Administration for Community Living, December 2018).

Caregiving is a lifespan issue. Providing care for older adults is a growing concern, but currently more than half of adult care recipients (53%) are between the ages of 18 and 75 (NAC and AARP, 2015). In addition, according to the most recent National Survey of Children’s Health, more than 13 million children under age 18 have special health care needs.

**Respite Reaps Cost Savings**

In these times of serious budget constraints, the economic value of respite is exceptional. Delaying nursing home care of just one individual with a chronic condition for several months can save Medicaid, private insurance, or the family tens of thousands of dollars.

In 2013, the estimated value of family caregiving of adults was $470 billion -- more than total Medicaid spending that year, and as much as the total sales of the world’s largest company, Wal-Mart (AARP Public Policy Institute, Valuing the Invaluable, 2015).

Researchers at the University of Pennsylvania studied the records of over 28,000 children with autism ages 5 to 21 who were enrolled in Medicaid in 2004. They concluded that for every $1,000 states spent on respite services in the previous 60 days, there was an 8 percent drop in the odds of hospitalization (Mandell, David S., et al, 2012).

American businesses lose $17.1 to $33.6 billion annually in lost productivity costs related to employees’ caregiving responsibilities (MetLife Mature Market Institute, 2006).

See the NRC updated Fact Sheet [Respite Benefits and Cost-Savings](https://archrespite.org/images/Facts_TalkingPts/Cost_Fact_Sheet_Feb_2019_References.pdf) for more!