**Lifespan Respite Care Program**

**Lifespan Respite Grantee Lead Agency:** *Nevada Department of Health and Human Services, Aging and Disability Services Division (ADSD)*

**Funding Period:** 2014-2017

**Primary Goal:** Build a sustainable respite system for the lifespan that empowers caregivers to seek respite through both public and private resources.

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<tr>
<th>Key Performance Measures</th>
<th>Notable Achievements</th>
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<tbody>
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<td>Outcomes identified by the grantee include: number of family caregivers able to access respite outside of public resources; number of caregivers receiving Options Counseling; percent of caregivers reporting improved quality of life as a result of receiving BRI Care Consultation services; percent increase in the number of respite providers, paid or volunteer based, serving consumers age 18–59 as measured by data reported by the Lifespan Respite Coalition; and percent increase in the number of consumers in rural areas who are able to access respite services based on data available in the current client management system, SAMS.</td>
<td>After training from the Rosalynn Carter Institute for Caregiving, the Benjamin Rose Institute (BRI) Care Consultation program was launched and embedded through a partnership with Nevada Care Connection, Nevada’s Aging and Disability Resource Center brand. Of participants using Care Consultation, 76 percent reported increased capacity to provide care, and 78 percent reported decreased anxiety as a result of the support provided by Care Consultants.</td>
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**Key Objectives, Activities and Outcomes**

**Objective 1:** Educate and support family caregivers in accessing services through Nevada’s Care Connection, Aging and Disability Resource Center program (i.e. implementation of Benjamin Rose Institute [BRI] Care Consultation services).

- Rosalynn Carter Institute for Caregiving provided evidence-based BRI Care Consultation training and support to Nevada’s Care Consultant at Nevada Senior Services at the beginning of grant funding. Nevada Senior Services, the community partner selected to provide the RCI/BRI Care Consultation program delivery worked to expand Nevada’s existing toolbox of available evidence-based services statewide.

- The BRI Care Consultation program was launched and embedded through a partnership with Nevada Care Connection, Nevada’s Aging and Disability Resource Center brand. Of participants using Care Consultation, 76 percent reported increased capacity to provide care, and 78 percent reported decreased anxiety as a result of the support provided by Care Consultants.

**State Respite Coalition/Organization Role**

(None noted)

**Aging and Disability Resource Center (ADRC) Role**

- As key partners in the Lifespan Respite grant, Aging and Disability Resource Centers (ADRCs) administered emergency respite vouchers to family caregivers for persons ages 18 to 59 with disabilities — a gap population.
Objective 2: Create a sustainable workforce of respite providers across the lifespan through increased volunteer opportunities and state general fund support, working with existing respite organizations as well as faith-based organizations.

- Nevada Aging and Disability Services Division (ADSD), with project partners, implemented the Respite Education and Support Tools (REST) training program to standardize training for respite providers. In total, 27 organizations across Nevada participated in REST training. Nevada certified three master trainers who will continue offering training to new trainers beyond the grant. Through these 27 organizations, 53 trainers were trained.
- Through this initiative, 426 Companions received training and are providing respite throughout the state. Prior to the implementation of REST, there was no formal training mechanism for formal, paid respite providers or volunteer-based respite providers in Nevada.

Objective 3: Increase public awareness of respite through targeted outreach in local communities. Outreach ads, utilizing the Volunteer Collaborative Got an Hour campaign, will be a call to action to family, friends and neighbors of caregivers to offer assistance to a caregiver.

- ADSD created opportunities for statewide outreach and marketing that encouraged caregivers to seek respite services, and encouraged fellow Nevadans to “Take Notice, Lend a Hand.”
- Nevada ADSD built upon previous grant efforts to expand information available on the Nevada Care Connection website. Previous grants provided an opportunity for ADSD to develop a lifespan respite website which included a definition of respite, training for providers to talk to caregivers about respite and information on types of respite. Under this project, ADSD added a caregiver support section “Nevada Cares for Caregivers” accessible from the home page, and is also incorporated into various other sub-sites within the website. This expanded section helps caregivers recognize they are a caregiver, access the original information regarding respite services, share stories from other caregivers, and it provides information about various caregiver support programs available in Nevada. This website was also used as a basis for a statewide outreach campaign.

Objective 4: Provide opportunities to family caregivers for the ages 18–59 gap population with disabilities to obtain emergency respite services in order to prevent caregiver burnout.

- The ADRC Administrators worked to determine procedures for having the ADRC administer emergency respite vouchers to family caregivers for the individuals between the ages of 18 to 59 (gap population). Discussion occurred about qualifications for the program, how much each voucher should be worth, and who will house and distribute the funds as initial steps toward ADSD’s goal of providing opportunities to family caregivers to obtain emergency respite services in order to prevent caregiver burnout.

State and Community Partners
- Marklund Children’s Home – Respite Education and Support Tools (REST)
- Rosalynn Carter Institute (RCI)
- Benjamin Rose Institute (BRI)
- Nevada Senior Services
- Aging and Disability Resource Centers (ADRCs)
- Nevadans for the Common Good
- No Wrong Door/Access to Healthcare Network
Lifespan Respite Care Program

Lifespan Respite Grantee Lead Agency: **Nevada Aging and Disabilities Services Division (ADSD)**

**Funding Period:** 2017-2020

**Primary Goal:** Strengthen support and services for family caregivers in Nevada through advocacy and capacity building.

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<td>The grantee collects data on: increases in the number of people served through public programs; increases in funding across the lifespan; and the percent of caregivers receiving respite services having more choice and control in their services. Products developed include: caregiver intake forms; respite enrollment applications; and respite pre- and post-surveys.</td>
<td>A Department of Health and Human Services (DHHS) workgroup is working to identify data sources for respite, to conduct a “strengths, weaknesses, opportunities and threats” (SWOT) analysis, and to share products and methodology to streamline grant processes. In Year 2 of the grant, the group will focus on data and outcomes as well as funding streams.</td>
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### Key Objectives, Activities and Outcomes

#### Objective 1: Coordinate respite services across state partners to expand capacity across the lifespan.
- The Nevada partners are working together to overcome common barriers associated with different eligibility criteria across programs, database compatibility, client confidentiality, and conflicting requirements imposed by diverse funding sources.
- The Project Coordinator worked with Nevada Lifespan Respite Care Coalition (NLRCC) to develop a vendor call for facilitation of group activities that would strengthen the membership, increase partnerships, and build capacity. Working with the Coalition, ADSD contracted with Turning Point, Inc. to support coalition-building efforts. As part of its activities, Turning Point organized the NLRCC retreat, which led to membership-identified key objectives and activities around respite that will both support and strengthen the coalition, and lead to short term and long-term achievements on its path to sustainability.

#### Objective 2: Strengthen the Nevada Lifespan Respite Coalition to provide advocacy and education of respite in Nevada.
- The Nevada Lifespan Respite Coalition, a key advocacy partner for respite services in Nevada’s No Wrong Door implementation, is working to organize stakeholders, including competing providers, to create a strong voice for Nevada’s caregivers.
- The Nevada Aging and Disability Services Division, in partnership with the Nevada Lifespan Respite Coalition, is working to identify a sustainable structure and expand membership that supports education and advocacy, expands the Coalition’s efforts to diversify membership and engage stakeholders, and enhances their involvement in the state’s lifespan respite program.

#### State Respite Coalition/Organization Role
- The Nevada Lifespan Respite Coalition, a key advocacy partner for respite services in Nevada’s No Wrong Door implementation, is working to organize stakeholders, including competing providers, to create a strong voice for Nevada’s caregivers.

#### Aging and Disability Resource Center (ADRC) Role
- As part of the implementation efforts, ADSD conducts refresher training for the Nevada Care Connection Resource Centers (ADRCs). As the designated entities to provide person-centered counseling and caregiver support services in Nevada, the Resource Centers are uniquely positioned to help caregivers identify the full range of respite and other caregiver support services available in Nevada.

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**Key Objectives, Activities and Outcomes**

**Objective 3:** Expand self-directed respite services to underserved populations including those in rural areas and adults with disabilities.

- ADSD is piloting a self-directed voucher program that will give caregivers a small monthly allotment to hire their own workforce. The voucher will focus on weekly respite, with options to save a portion of the monthly allotment for a larger respite break (such as a day camp). ADSD is also working with other respite programs under the Department of Health and Human Services (DHHS) to identify data to be used in a comparison study.

- The voucher program will be provided to an estimated 62 families for 12 months. Each family has a budget of up to $308 per month for respite services. ADSD branded this program as Respite Rx.

- The Project Coordinator began outreach for the Respite Rx voucher program. Outreach efforts were facilitated through local community groups such as the Nevada Lifespan Respite Coalition, Nevada Dementia Friendly Community Action Groups, Regional Planning Groups, and through connecting with various individual organizations throughout Nevada.

**State and Community Partners**

- Nevada Respite Coalition
- Department of Health and Human Services, Office of Community Partnerships and Grants
- Division for Healthcare Financing and Policy (Nevada Medicaid)