The BREAK Exchange

ARCH Virtual Respite Research Summit

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Overview

- What is the BREAK Exchange?
- Benefits of joining the BREAK Exchange
- Global Assessment
- Supporting Caregivers During the COVID-19 Pandemic Survey
- How to stay connected

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The BREAK (Building Respite Evidence And Knowledge) Exchange

- International group of researchers, respite providers, agencies, and individuals who are committed to building a culture of evidence-based respite care
BREAK Exchange Partners

ARCA National Respite Network
And Resource Center

SHARED CARE Scotland

School of Nursing
UNIVERSITY OF WISCONSIN-MADISON

ISBA International Short Break Association
ISBA Conference

Learn more and register at isba.me
Alignment with Expert Panel Recommendations

6 Key Areas

1. Improved research methodologies
2. Individual, family, and societal outcomes
3. Cost-benefit and cost-effectiveness research
4. Systems change that improves respite access
5. Improved respite provider competence
6. Translate research findings into best-practice models

FUTURE RESEARCH
Benefits of joining the BREAK Exchange

CONNECT       LEARN       SHARE       COLLABORATE

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CONNECT

- Connect with a global network of researchers, respite providers, agencies, and individuals.
- Currently, there are more than 130 members from more than 13 countries in the Exchange!
LEARN

- Learn about evidence-based respite care practices and research happening around the world.
SHARE

- Share your evidence-based practices or research with international partners.
- Feature your work in the monthly e-newsletter, on the BREAK Exchange website or social media platforms, or present a quarterly webinar.

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COLLABORATE

- Collaborate on an evaluation or research project.
- Leverage the Exchange to identify a potential partner for your next project!
- Create your Member Profile
- Search for partners in the Member Database
Global Health Institute Grant

- Project aimed to leverage and enhance the capacity of the BREAK Exchange
- Global Assessment of the Current State of Respite Care
- Supporting Caregivers During the COVID-19 Pandemic Survey
PRELIMINARY RESULTS

❖ 244 valid responses representing 15 countries
❖ Key lessons learned about the impact of the pandemic on respite and caregiver services, including:
   Key challenges
   How programs have adapted
   New and innovative services that have been created
   Helpful resources
❖ Recorded webinar of detailed results available online at https://breakexchange.wisc.edu/webinars-preliminary-results-june-3-2020/
IMPLICATIONS

- Despite numerous challenges, many organizations have been able to adapt services or create new services to continue to help support caregivers.
- Most organizations prioritized supporting basic needs and mental health of caregivers, families, and staff.
- Organizations that were most successful were able to plan and adapt quickly and appeared to have good leadership and support.
Providing and Receiving Respite Care Safely During the COVID-19 Pandemic

Guidelines and downloadable fillable PDFs of all appendices available on the ARCH website at:
Stay Connected!

- Like us on Facebook @ExchangeBREAK
- Join our Facebook Group called “The BREAK Exchange”
- Follow on Twitter @exchange_break
- Follow on Instagram @break.exchange
- Visit our website, join the email list, and complete your member profile at breakexchange.wisc.edu
- Email us at break.exchange@son.wisc.edu
Almost everything will work again if you unplug it for a few moments even you.

Anne Lamott