Webinar

Grandfamilies and Relative Caregivers: Meeting their Respite Needs

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Website: archrespite.org
Presenter

Jaia Peterson Lent
Deputy Executive Director
Generations United
Presenter

Matt Kaplan
Professor of Intergenerational Programs and Aging
Department of Agricultural Economics, Sociology, and Education
Penn State University
Grandparents and Other Relative Caregivers: Meeting Their Respite Needs

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February 2016
Agenda

- The Numbers- Children & Grandparents
- Child and Grandparent Well-Being
- Challenges
- Supportive Policies
- Supportive Services
- Respite Program Examples
+ Children in Grandfamilies
Children in Grandfamilies
No parent in home

2,517,000
Children Raised in Grandfamilies or Kinship Care
(3% of all children in the U.S.)

402,172
Children Raised in Foster Care (2013)

28%
113,643 Children in Foster Care are Raised in Grandfamilies or Kinship Care (2013)
Children Being Raised in Grandfamilies or Kinship Care (2013-2015)
+ Grandparents in Grandfamilies
1 in 10 grandparents live with their grandchildren\textsuperscript{5}
GRANDPARENTS RESPONSIBLE FOR GRANDCHILDREN (2014)

2,631,546 Grandparents are responsible for grandchildren

- 58% of them are in the workforce
- 21% of them live below the poverty line
- 26% of them have a disability
- 42% of them have provided care for 5 years or more
- 39% of them are over 60

1,527,151
547,722
671,119
1,101,127
1,023,862
Wellbeing of Grandfamilies
Children

• More likely to be living in poverty (1 in 4) compared to children living with parents.
• Have experienced trauma of parental separation- often abuse, neglect
• Usually enter arrangement with emotional, behavioral, mental health and physical challenges
Children fare well in the care of their relatives. Compared to children in non-relative care, children being raised by relatives have more stability, are more likely to maintain connections with brothers and sisters and preserve their cultural heritage and community bonds.
Grandparents

• Often ignore own health needs in order to focus on the children

• Compared to grandparents not living with their grandchildren, they are more likely to:
  – Live in poverty
  – Be working at least part time
  – Be disabled
  – Face the threat of hunger
  – Experience certain health/mental health issues: chronic stress, depression, hypertension.
Challenges
Challenges

• Financial
• Mental and Physical Health
• Legal Issues
• Housing
• Social Isolation
• Poor Access to Information
• Child Care
• Respite
State of Grandfamilies Report

• Examined supportive policies for grandfamilies inside and outside of foster care including:
  – Lifespan Respite
  – Use of National Family Caregiver Support Program $

• Highlighted program innovations

• Key Findings:
  – All states had at least one grandfamily-friendly policy
  – No state scored 100%
  – On average states are doing better placing children with relatives when they must enter foster care
Top Ten States

- Hawaii
- Louisiana
- Montana
- Illinois
- California
- Idaho
- New Jersey
- Washington
- Texas
- Oklahoma
+ Supportive Services
Supportive Services

- Support Groups
- Kinship Navigator Services
- Legal Services/Clinics/Guides
- Grandfamilies Housing
- Training
- Respite
Support for Grandfamilies Respite Programs

• Federal Funding Sources:
  – Lifespan Respite
  – Up to 10% of National Family Caregiver Support Program funds
  – Promoting Safe and Stable Families

• Private Funding Sources:
  – Private/Community Foundations
  – Civic Clubs
  – Alumni

• Collaborations with:
  – Parks and Recreation
  – Cooperative Extensions
  – Bowling Alleys, Museums, Pizza Parlors, Movie Theaters
  – Big Brothers, Big Sisters
  – Girls and Boy Scouts
  – Service Fraternities
Common Respite Approaches for Grandfamilies

• Field trips for children- museums, movies, overnight trips
• Camp scholarships- family or child
• Afterschool Activities- tutoring, sports, games often with parallel programming for caregivers
• Support Groups with child care/child programming
• Family Fun Nights with separate activities for children
Questions?

Jaia Peterson Lent
jlent@gu.org
Grandfamilies and Relative Caregivers: Meeting their Respite Needs

ARCH webinar
Feb. 24, 2016 (1:00-2:30 p.m.)

Matt Kaplan, Ph.D., Professor
Intergenerational Programs and Aging
Penn State University

Melinda Perez-Porter, Director
Relatives As Parents Program (RAPP)
The Brookdale Foundation Group
Intervention strategies for meeting the needs of grandparents and relative caregivers

• Support groups
• Retreats
  – Creative partnerships – across sectors and agencies:
    • FRIDGE (farm and food) camp
    • Some other possibilities
• Other family strengthening activity ideas
(Re-)Building Families

• Helping family members:
  • become more aware of each other’s needs
  • find ways to provide and receive support from one another
  • learn together
  • re-negotiate relationships
  • Learn how to function as part of an integrated family
Support Groups

• What’s in a name? Some alternatives to “support group”
  – “Chat and Chews”
  – “Coffee and Conversation” group
  – “Family fun night”

• Self help and networking:
  – “experienced” families help those who are new to facing kinship care-related circumstances…

• Short presentations (mostly from partnering agencies) – on topics such as:
  – Legal issues
  – Educational issues/teaching strategies
  – Family communication dynamics
  – Access to mental health services

• Incentives – e.g., potluck meals, gift cards, snacks, refreshments, prizes, school supplies, etc.

• Family activities
Kinship Family Retreats conducted in Pennsylvania

Retreat is for at least 8 families, with grandparents and other caregivers and their school age children (ages 3-18).

Provides structured, shared educational and recreational activities in a stress-free setting.
Kinship Family Retreat

- Some adult time
- Some children/youth time
- Some intergenerational (family) time
  - Single family time
    - reinforcing family identity
    - creating new memories
    - establishing new family traditions
  - Multi-family time
Family bonding time

Retreat participants make FAMILY BANNERS and display them at the family brunch.

Hangout time.
Catching fish together
THE FRIDGE FARM RETREAT – Result of an “unlikely partnership”

Funded by the Pennsylvania (PA) Department of Public Welfare (DPW) through PA Nutrition Education Tracks, a part of USDA’s Supplemental Nutrition Assistance Program (SNAP)

My Plate Roll-Up – with fresh vegetables from the farm.

“Out with the Unhealthy and In with the Healthy” mobile-making activity.
Learning about the farm-table connection

Imagine the possibilities if exploring farm-food-family connections.
What participants learn from the retreats

• Communication skills
  – “It is better to use positive questions and reinforcement statements, without critical remarks.”
  – “Don’t yell. Try to settle things calmly.”
  – “Don’t make decisions when angry.
  – “It is okay to share sad feelings.”
  – “I will first ask myself how a 9 year old would solve problems.”

• Glad to not to feel “different” of “judged.”
Depressurizing the idea of “family time”

• [The most valuable thing I learned from the weekend retreat:]
  – “I found out that my grandpa used to like catching butterflies.”

• [The grandfather responded:]
  – “And he is going to make sure we do this together when we get home.”
Another example of a creative partnership that can generate new opportunities for family time

Grandparents University”
Consider the possibilities

[UW-Extension Family Living Programs and WAA]
Other Activity Ideas
-Icebreakers-

- Slang Chart
- Spelling Game
- Dancing in the Mirror
- Two Truths and a Could Be
- “Confronting the Stereotypes”
- Age-line or Concentric Circles
- Role plays

From the *Intergenerational Activities Sourcebook* (Kaplan & Hanhardt, 2003. Penn State University, University Park, PA.)
Exercising together

--Not thinking about exercise as exercise. (*Stealth* Exercise)
--Making exercise part of the family experience.
Sharing “our moves” with others
Playing games with family members
The Stump Your Relative Game

Steps:
(1) Pair up with one or more family members or friends who are from other generations.
(2) Have each participant gather a few items that people in their generation tend to know a lot about (e.g. finger bikes, fountain pens, etc.)
(3) For each item, let relatives/friends guess what it is.
(4) Once relatives/friends guess what the item is (or give up guessing), provide additional information about how the item is used.

Examples of Young People’s Items

Examples of Older People’s Items
Intergenerational Art Day!

Do you want to learn how to knit or crochet?
Or make a wonderful container garden?
Possibly learn how to assemble and decorate a lovely PVC bird house?
Plus allow your creativity to shine through drawing and modeling clay?
And enjoy a simple light lunch?

Then join RAPP for the Intergenerational Art Day!
Saturday, June 7, 2014
10:00 AM - 1:00 PM
Cornell Cooperative Extension
18 Seward Ave, Middletown, NY 10940

This FREE event is generously funded by the Title III-E Older Americans Act award from the US Administration on Aging, the NYS Office for the Aging and the Orange County Office for the Aging.

Come Join Us For PASTA!

Parenting A Second Time Around
New Workshop Series for Grandparents and Other Caregivers Raising Relative Children
Sponsored by The Jewish Board

This FREE 8-Week Program is especially designed to educate and support Relative Caregivers.
Learn more about important topics concerning the child you are raising.
Find out about community resources, services and legal information.
Light refreshments and Metro cards will be provided.
An Intergenerational Day for Learning Together for Youth ages 10 and over to attend with their caregiver/parent!

Saturday, September 19, 2015
9:30 AM - 5:00 PM
at Seligmann Center for the Arts
23 White Oak Drive, Sugar Loaf, NY 10981

There are four basic elements for learning together: trust, communication, cooperation, and fun. We can all learn to create healthier, happier lives, individually AND collectively, by developing these attitudes and skills. Be Healthy - Be Active will provide an opportunity for teens and adults to play together, work together, and learn together in a safe, supportive, inviting outdoor setting.

Guided by two skilled facilitators, participants will explore how to positively and successfully navigate the challenging, yet rewarding world of child-adult relationships and family life.
Every Day
A Little Play

“Summer Activities for Kids”
MUSCATINE COMMUNITY YMCA

Please join us for this free, informative workshop and learn what programs and activities are available to area youth over the summer months. Listen to representatives from several local organizations working with youth as they talk about all the fun stuff they have planned for kids this summer!

Relatives As Parents Program

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Save Money!

Vegetable Gardening
Have Healthy Foods
On-Hand!

Please join us June 8th for an informative and fun workshop on planting and cultivating home vegetable gardens!

Relatives as Parents Program (RAPP)

Family Holiday Party!

Sat., Dec. 5, 2015. 1-4 PM
Cornell Cooperative Extension Orange County
18 Second Ave, Third Floor, Middletown, NY 10940 (Directions on back)

BRING A COVERED DISH TO SHARE. Beverages Provided.
Each family will receive a Family-Fun Gift Bag.

Join us for our

April Support Group Meeting
Stress Management

Stress is experienced by everyone from time to time. But problems managing stress can affect our health and our relationships. Learn how to better manage your stress!

For more information call Shannon at
(814) 755-2586 ext. 221

Children's Aid Society
1008 S. 2nd Street, Clearfield

• Child Care Available!
• Light Dinner Provided!
Picnic for GrandPEAS
Grandparents raising their grandchildren

Monday, June 23
6:00 - 7:30 p.m.
Downtown Treasure Hunt
Most of the picnic tables in the park behind the Chamber of Commerce on Mitchell St. in Port Jervis at 6:00 p.m. A light supper will be served ($8.00 contribution per family, please) before we head off on a TREASURE HUNT. We'll have two types of teams: adults will compete against the kids to find the prizes (of course the kids will have adult chaperones).

To RSVP: Reservations are required as that will have enough food and activity bags. Email connie@connections.org or call (315) 347-3211 or (888) 347-3209 X29. If you call over the weekend, please leave a message on my extension. Thank you.

Cornell Cooperative Extension's Relatives as Parents Program (RAPP) and Empowering Port Jervis invites you to:

Port Jervis Kinship Tea

Monday, March 24
6:00 - 7:30 p.m.
at the Port Jervis Friendship Center
Come out and enjoy ice cream sundaes to celebrate the coming of spring! We'll have our "Sundae on Monday" party at 6:00 with the kids, and once the sugar buzz has set in, the kids will play SWAP while the topic of the meeting. Dr. Bruce will lead a discussion about how prepared you are for end-of-life decisions. It's never too early to think and plan.

If you wish to have childcare for your kids during the meeting, call 315 347-3211 or (888) 347-3209 X29. If you call over the weekend, please leave a message on my extension. Thank you.
Scholarship fund sends RAPP kids to camp

Cornell Cooperative Extension’s Relatives as Parents Program (RAPP) assists grandparents and other relatives providing primary care for related children all year round. Summertime can be a very difficult time for any caregiver when children are home all day, but for a grandparent, it can be even more exhausting. During the summer break, RAPP youth are often isolated from their peers, with little opportunity for fun and exploration.

By attending camp, kids attain new skills and new friendships while the caregivers experience much-needed respite.

For many families living on a retirement budget, the cost of camp can be prohibitive. The newly developed RAPP Camp scholarship fund allows six RAPP children the opportunity to attend camp for a week this summer for free.

RAPP is able to provide these camp scholarships due to the fundraising efforts of RAPP member Ray Macur. Through his outreach, RAPP received donations from the Sheet Metal Workers International Local 18, Ironworkers Local 417 in St. Catharines, Thompson Insurance Agency, Stewart’s Shops Holiday Match and R.L. Smith Realty. Kiwanis of Middletown and the Garden Lover’s Club have provided camp scholarships for RAPP youth in the past and their generosity continues.

Through these donations, six RAPP youth are able to attend a full week of sleep-away camp at either Camp Kiwanis, Camp Defiance or Camp Warwick.

For more information, contact RAPP Coordinator Brenda Reynolds at 344-1334.
Relatives As Parents Program (RAPP)
Melinda Perez-Porter, Director
300 Frank W. Burr Blvd
Suite 13
Teaneck, NJ 07666
mpp@brookdalefoundation.org
The Penn State Intergenerational Program

Contact Information:

Matt Kaplan, Ph.D., Professor
Intergenerational Programs and Aging
Department of Agricultural Economics, Sociology and Education
The Pennsylvania State University
7A Ferguson
University Park, PA 16802
Phone: (814) 863-7871, Fax: (814) 863-4753
E-mail: msk15@psu.edu
Web: http://intergenerational.cas.psu.edu
Resources

- **Building and Maintaining a Support Group** (Melinda Perez-Porter, Director, Relatives As Parents Program (RAPP), Brookdale Foundation)
  http://articles.extension.org/pages/20325/building-and-maintaining-a-support-group

- **Conducting a Kinship Family Retreat** (Penn State Extension)
  http://articles.extension.org/pages/32581/conducting-a-kinship-family-retreat

- **Doubly Stressed, Triply Blessed”** (Penn State Extension): An online curriculum for holding a public forum on issues faced by grandfamilies (Penn State Extension)

- **Article on programs to support grandfamilies:**

- **Brookdale Foundation – Relatives As Parents Program (RAPP) website:**
  http://www.brookdalefoundation.net/RAPP/rapp.html

- **Penn State Intergenerational Program website:**
  http://intergenerational.cas.psu.edu