Arkansas Lifespan Respite Coalition

Start-Up Process

2013
• The Arkansas Lifespan Respite Coalition (ALRC) was established as a response to the statewide Lifespan Respite Summit held in February 2013.
• At the summit, attendees signed up to become charter members of the coalition and the group began monthly meetings the following month at the Department of Human Services.
• One of the initial tasks of the group was to form committees including a workgroup for the development of an MOU between the coalition and the Division of Aging and Adult Services which houses the statewide Aging and Disability Resource Center (ADRC). Other committees included: Grant Development, Communications, Membership, Advocacy/Policy and Training/Education.
• The coalition used the ARCH’s “Building a Statewide Respite Coalition: Where Do We Begin?” as a guide to begin building the statewide infrastructure.
• One of the first actions of the group was to develop Goals and Objectives, a Mission and Vision Statement and a list of Values.

2014
• The ALRC worked with a local graphic artist who volunteered her time to help create a logo.
• The ALRC was awarded the 2014 Lifespan Respite Grant Award.
• The first Arkansas Lifespan Respite Awareness Day was held Oct. 29 at the State Capitol with a proclamation signed by Governor Mike Beebe.

2015
• The two-day REST train-the-trainer course was held Aug. 18–19 for training nine nurses with the UAMS Schmieding Caregiver Training Program.
• The one-day REST training was conducted Sept. 24 by the Schmieding nurses at each of the eight Schmieding Caregiver Training sites around the state.
• The 2nd Annual Arkansas Lifespan Respite Awareness Day was held Oct. 29 at the State Capitol with a proclamation signed by Governor Asa Hutchinson.

2016
• A media campaign for the 2016 REST Volunteer Respite Trainings was launched in February with ads appearing in a statewide newspaper.
• REST Volunteer Respite Trainings were held throughout the state.
• The 2016 Arkansas Lifespan Respite Summit was held Oct. 21 with a focus on faith-based and community-based respite programs. The summit also offered an afternoon break-out session with the new four-hour version of the REST volunteer respite training.
• The Summit also included a member of the Arkansas Legislature sharing her caregiver story and reading the 3rd Annual Lifespan Respite Awareness Day Proclamation signed by Governor Asa Hutchinson.

Structure
• The ALRC is made up of state government agencies, professional organizations, consumers and family members and other community partners with a mailing list of 30 members.
• The ALRC is a statewide organization that does not currently have regional or local chapters.
The Program Administrator for the ADRC in the Arkansas Division of Aging and Adult Services acts as a liaison between the ALRC and state government.

The coalition has the following committees: Outreach, Advocacy, Training and Development & Operations.

The ALRC does not currently have 501(c)(3) status or have a Board of Directors.

The ALRC is facilitated by a volunteer Chair and Co-chair.

### Staff

- The ALRC has no paid staff.

### Funding

- The Arkansas Division of Aging and Adult Services (DAAS), in collaboration with the Arkansas Lifespan Respite Coalition, was awarded the 2014 Lifespan Respite Care Grant.

### Membership

- Membership is comprised of family caregivers, representatives from state agencies, providers, advocacy organizations and other interested parties.
- Members are asked to sign a membership form.
- Active members are asked to serve on at least one committee.
- There are no membership fees or other requirements.

### Meetings and Communication

- Meetings are held monthly on the third Thursday of each month at the Arkansas Department of Human Services Central Office Building in Little Rock. Some members may also participate with the option of joining by phone. The meetings are open to everyone interested in supporting the ALRC goal of providing awareness of current respite services available in Arkansas and building on and expanding those opportunities.
- Committee meetings are held monthly prior to the main meeting. Current committees include Outreach, Advocacy, Training and Development & Operations. The Committee Chair schedules and makes needed arrangements for their specific committee meeting.
- Meeting invitations, announcements, copies of minutes from meetings and other communications are distributed to members by email.

### Major Activities

- The Lifespan Respite Summit held in 2013.
- Arkansas was awarded the 2014 Lifespan Respite Care grant.
- A brochure, display banner stand and various promotional items have been developed for providing outreach and awareness at various conferences, health fairs and other events throughout the state.
- A membership form has been developed for use in member recruitment efforts and is available on the website.
- REST Volunteer Respite Training has been conducted throughout the state.
- Two Arkansas Lifespan Respite Awareness Day events have been held at the Arkansas State Capitol.

### Documents/Resources Available

The following documents and resources are available on the ALRC website or by contacting the coalition directly.

- The Goals and Objectives, Vision and Mission statements, and Values have been established and are located with other information about the ALRC on the Choices in Living Resource Center (ADRC) website at [http://www.choicesinliving.ar.gov/alrc.html](http://www.choicesinliving.ar.gov/alrc.html)
- Arkansas Lifespan Respite Coalition Brochure
- Membership Letter of Invitation
- Membership Form
- Arkansas Respite Coalition Infographic and Fact Sheet
- ALRC Educational Booklet
- Postcard
- Lifespan Respite Summit Agenda Booklet
- 2015 Respite Awareness Day Program
- The Arkansas Lifespan Respite Awareness Day Proclamation
- Information for Volunteer Provider
- Arkansas Lifespan Respite Banner Stand Display
- ALRC MOU with the Division of Aging and Adult Services

### State Contact Information

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