Start-Up Process

- The Idaho Caregiver Alliance (ICA) began as the Lifespan Respite Coalition (ILRC). The ICA is led by the Boise State University Center for the Study of Aging (BSU-CSA) in coordination with the Idaho Commission on Aging (ICOA).

- Establishment of the ILRC started in 2002 with the formation of a statewide Respite Advisory Committee hosted by the Idaho Department of Health and Welfare (IDHW). IDHW held seven regional meetings with more than 300 Idahoans attending. The meetings resulted in a Respite Care Needs Assessment Report published in 2002 that established three areas of focus:
  1. Identify federal, state and private funding streams to access for respite care.
  2. Establish information and referral sources in Idaho (CareLine, Project 211, Child Care Referral services) to use for families to access “one-stop shopping” for information on available and accessible services, information on eligibility criteria and the scope of programs.
  3. Develop a registry of respite providers, determining training needs and compiling an inventory of available training.

- The Respite Advisory Committee appointed sub-committees to address the three focus areas, but effort dissolved before objectives could be realized.

- To build on earlier efforts, the Idaho Lifespan Respite Summit was held March 1, 2012 at Boise State University. Primary partners for the Summit were ARCH National Respite Network, BSU-CSA, Justice Alliance for Vulnerable Adults (JAVA) and ICOA. The Summit, funded in part by a grant from the Administration on Aging through the ARCH Lifespan Respite Network, was an opportunity to:
  - Examine the need for respite care services;
  - Work towards strengthening existing respite resources; and
  - Lay ground work for future statewide funding opportunities.

- Summit attendees identified critical needs:
  - Increase services for individuals who fall in the “doughnut hole” of coverage. These caregivers shoulder the responsibilities of care for persons aged 18–59 alone and do not qualify for public assistance programs.
  - Build a respite system that is easier to navigate.
  - Educate caregivers and gatekeepers about access to services. Caregivers do not choose to use respite care, despite need and availability. Often people don’t identify as being a caregiver even though they are actively in that role full time. They view taking care of an aging or disabled parent or a child with a disability as their duty and it should be done without assistance from others.
  - Increase funding for and information about respite care resources.
  - Connect and coordinate respite related organizations and agencies.

- The group decided to form the ILRC and developed the goal of creating and implementing a sustainable respite system of care for Idaho. The ILRC identified the following objectives:
  1. Conduct research and create data resource.
     - Need sufficient funding for needs assessment/evaluation;
     - Need to know caregiver’s level of knowledge regarding respite services
and why people choose not to use available respite care; and
• Need interagency knowledge about other services.

2 Coordinate services and information sharing.
• Need single entry point for individuals seeking respite services;
• Need education about available resources and limited outreach efforts; and
• The frequent opening and closing of home health agencies makes maintaining databases difficult.

3 Increase services.
• Need to find and disseminate resources for middle class families who do not qualify for public assistance (doughnut hole);
• Need emergency respite options/crisis registry and rural respite options;
• Need assistance for caregivers navigating insurance and other forms of payment; and
• Need caregiver training that includes basic skills and understanding of all levels of care.

• Lead by ICOA and BSU-CSA, the ILRC met April 18, 2012 to develop an Administration on Community Living (ACL) 2012 Lifespan Respite grant proposal. The 2012 proposal was not funded. ICOA and BSU-CSA contacted ILRC members in April and May 2013 to draft another proposal, which was awarded on August 21, 2013.

Structure
• The ILRC is led by the BSU-CSA. The ICOA is a member of the ILRC and the lead for the ACL Lifespan Respite Project. The ILRC is currently organized into four workgroups:
  • Coalition Development, Marketing, and Sustainability
  • Statewide Needs and Asset Assessment
• Cultivation of Regional Connections
• Development of an Idaho Emergency Respite Network
• The name of the coalition was changed to the Idaho Caregiver Alliance (ICA) in 2015.

Staff
• Through a contract with the ICOA, BSU-CSA hired a part-time staff person to develop the ICA (formerly known as the ILRC). The contract is funded by ICOA’s three-year (2013–2016) ACL Lifespan Respite grant.

Funding
• Through a contract with the ICOA, BSU-CSA is leading the development of the ICA.

Membership
• The ICA currently has more than 200 members representing people across the lifespan and more than 50 public and private organizations.

Meetings and Communication
• The ICA and Lifespan Respite project conducted a kick-off meeting October 31, 2014. Full ICA meetings are held quarterly.
• Subcommittees or workgroups meet monthly or as needed.

Major Activities
• Statewide Respite Summits held in 2015 in Lewiston and Idaho Falls. More than 100 caregivers across the lifespan participated in each event.
• Implementation of a pilot Lifespan Emergency Caregiver Respite Program in partnership with the Idaho Federation of Families for Children’s Mental Health.
• Implementation of Caregiver Taskforce at the request of the Idaho Legislature. An outcome of the Taskforce was the development of a Caregivers in Idaho Report. The report was presented to the 2016 Idaho Legislature.

• Launch of the Powerful Tool for Caregivers (PTC) evidenced-based caregiver training throughout Idaho. Using resources from the ACL Lifespan Respite grant, individuals from across the state received training as PTC class leaders. The PTC curriculum is designed for caregivers across the lifespan.
• Expansion of the Idaho 2-1-1 Careline web-based resource to include a Caregiver Support and Respite access portal.
• Completion of an analysis of impact of dementia behavioral crisis events on first responders and family systems in Idaho. Results were presented to members of the ICA, legislators and the Idaho Alzheimer’s Planning Group. In addition, the findings were presented at the 2015 American Public Health Association Annual Conference in Denver, CO.

• Development of an Idaho Family Caregiver Action Plan.
• Passage of a Concurrent Resolution (CR) in the 2017 Idaho House and Senate. The CR recognized the value of family caregivers and supported the Idaho Family Caregiver Action Plan.
• Partnership with Idaho Central Health Collaborative to integrate caregivers into person-centered medical homes in Ada, Boise, Elmore, and Valley Counties. Project timeline: March–December 2017.

Documents/Resources Available
• Caregivers in Idaho Report
• Report of Powerful Tool for Caregivers (PTC) Statewide Implementation
• Report of Analysis of Impact of Dementia Behavioral Crisis Events on First Responders and Family Systems in Idaho
• Idaho Family Caregiver Action Plan
State Contact Information

Idaho Caregiver Alliance
(formerly the Idaho Lifespan Respite Coalition)

Sarah E. Toevs, PhD
Professor, Community and Environmental Health
Director, Center for the Study of Aging
College of Health Sciences
Boise State University
Boise ID 83725-1835
Phone: 208-426-2452
Fax: 208-426-2199
stoevs@boisestate.edu

ACL Lifespan Respite Project

Pam Oliason
Program Specialist
Idaho Commission on Aging
341 West Washington Street, 3rd Floor
Boise, Idaho 83702
Phone: 208-334-3833 ext. 225
Fax: 208-334-3033
pam.oliason@aging.idaho.gov

For more information go to https://hs.boisestate.edu/csa/idaho-caregiver-alliance/ or https://aging.idaho.gov/

Visit us on Facebook at https://www.facebook.com/IdahoCommissiononAging
or tweet with us https://twitter.com/commissionaging