Start-Up Process
• The original Massachusetts Respite Coalition was started in 2003. The impetus for the group was a growing recognition of the critical need for respite across caregiving groups.
• In 2009, a planning group was convened to prepare for expected federal funding opportunities and to strategize how to revitalize the Coalition. This planning group applied for and was awarded funding from ARCH to hold the Massachusetts 2010 Lifespan Respite Summit, which took place in March 2010. As a result of the Summit, the Massachusetts Respite Coalition was revived. The new Coalition had its first meeting in Spring 2010.
• Massachusetts was awarded a 3-year Lifespan Respite Care Grant in September 2010.
• Since then Massachusetts has received an Expansion Grant in 2012, a Sustainability and Integration grant in 2013, a 3-year Long Term Sustainability Grant in 2014 and an Expansion Grant in 2016.

Structure
• The Massachusetts Lifespan Respite Coalition (MLRC) has evolved from a grassroots organization to a more formal entity with 2 part-time staff members.
• Currently, there is one statewide group, with plans to expand into regional branches, collaborating with the ADRC regions of Massachusetts.

Funding
• Funds that have been donated by various state and private agencies and companies have been specifically directed to Coalition events (CARE Conferences and a National Lifespan Respite Conference) and not used for coalition activities.

Membership
• The MLRC has grown to more than 600 members.
• Membership is free.
• Members include family caregivers, individuals representing a range of ages, conditions and family circumstances, representatives of all relevant Massachusetts state agencies and many human service organizations.

Meetings and Communication
• Meetings are held monthly on the first Tuesday of each month at the same time to make scheduling for the membership easier. Each meeting has a guest speaker on a relevant topic and the option of conference call attendance. The MLRC is exploring web-based access for improved long-distance participation at monthly meetings.

Major Activities
• The MLRC conducted an online Family Caregiver Respite Needs Survey in 2011, and conducted Key Informant Interviews and Caregiver Focus Groups to supplement information gained via survey results.
• A Caregiver Awareness Event was held in November 2011 at the Statehouse in Boston.
This evolved into the CARE (Connecting and Advocating Respite for Everyone) Conference, a free all day event for family caregivers from across the lifespan, held in November 2012.

- The MLRC website at www.massrespite.org was launched in January 2013.


- The MLRC held “A Respite Summit” in November 2013, an overview of the 10 Mini-Grant projects that were funded through the Expansion funds.

- The MLRC held its second CARE conference Making Respite Happen, a day for family caregivers across the lifespan in May 2015.

- The MLRC recognized five exemplary respite programs at the Massachusetts State House in November 2015 as part of National Family Caregiver Month.

- The MLRC held its second Mini-Grant Respite Summit in April 2016 with the five Mini-Grant recipients presenting on their projects funded through the Expansion Fund. The MLRC held A State Summit: A Working Meeting in June 2017 to explore state respite needs and how state and community partnerships could be strengthened.

- In September 2017, the MLRC will hold its third Mini-Grant summit with the 10 Mini-Grant recipients presenting on their projects funded through the Expansion fund.

**Documents/Resources Available**

- Fact sheet
- Brochure
- Website: www.massrespite.org
- Family Caregiver Survey
- Link to episodes on Cable Television series on aspects of Family Caregiving
- List of short term residential resources in Massachusetts
- Public Service Announcements

**State Contact Information**

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