Lifespan Respite Washington

Start-Up Process

- Lifespan Respite Washington (LRW) began as the Respite and Crisis Care Coalition of Washington (RCCCWA) in 2003 through a two-day statewide conference funded by the state.
- Funding continued with a planning grant from the Paul G. Allen Family Foundation to The Arc of King County, www.arcofkingcounty.org, to fund a part-time staff person.
- After the Paul Allen Grant ended, The Arc of King County continued to offer part-time staff support until Washington State was awarded a Lifespan Respite Demonstration Grant, (its first of four Lifespan Respite grants) in 2010 through the Administration on Aging.
- The RCCCWA was renamed “Lifespan Respite Washington” in 2012, with the goals of continued statewide coalition development, mapping respite across the state, and connecting unserved, unpaid family caregivers to creative respite options. A website, www.lifespanrespitewa.org, was developed in 2013.
- LRW was awarded a second federal grant in 2013 by the Administration for Community Living (ACL), Administration on Aging for Building Integrated and Sustainable Lifespan Respite Care Programs.
- The Arc of King County agreed to have LRW transfer to a statewide entity that represents the respite needs of caregivers who provide care to individuals across the lifespan with a wide spectrum of special needs.
- A pilot project to develop a respite voucher program began in 2014 through Easter Seals Washington, which used contracted respite provider agencies rather than individual providers. Easter Seals agreed to assist in design, implementation, and startup modeling for just over a year.
- A third grant for the years 2014–2017, was received from ACL, Building Long-Term Sustainability in State Lifespan Respite Programs.
- In 2015, Senior Services of Snohomish County (SSSC) was awarded a contract to continue the new and improved respite voucher program starting in 2016 and to focus on sustainability of the voucher program.
- SSSC began working in 2016 in a special pilot project with the Department of Health, Children with Special Health Care Needs to link respite to families with children through their Local Health Jurisdictions.
- In 2016, LRW began working on a new one-year grant, Lifespan Respite Care Program – Competing Program Expansion Supplements, funded through ACL focused on a Tribal Respite Grant, as companion one-year funding to a state legislatively funded Tribal Kinship Navigator project. This innovative opportunity provides technical assistance and some funding to eight Tribes in Washington State working on the development of respite project that fit with their unique cultural wisdom and experiences.
- In 2017, LRW was awarded its fifth Lifespan Respite Grant, a three-year Lifespan Respite Care Integration and Sustainability Grant. This funding will facilitate focusing on specialized populations, including caregivers of persons living with a Traumatic Brain Injury or Developmental Disabilities, along with American Indian/Alaskan Native communities.
**Structure**

- Senior Services of Snohomish County (SSSC), www.sssc.org, now known as Homage Senior Services, is a 501(c)(3) (nonprofit) organization acting as the fiscal agent for the coalition and its voucher program.
- LRW is a statewide coalition that connects with about 500 individual caregivers and organizations affiliated with or interested in caregiver support.

**Staff**

- The SSSC Chief Executive Officer provides oversight for the Coalition and its projects. The Lifespan Respite Project Coordinator attends to coalition development, respite resource needs, facilitation of quarterly meetings, and current contract requirements, including the major activities described below.
- In 2017, a Lifespan Respite Program Assistant was hired to assist with voucher disbursement and other special projects.
- Professionals from various interested social service agencies, government representatives, or caregivers themselves, are invited to attend Coalition and planning meetings. They provide information and assistance to develop strategic planning that furthers LRW mission.

**Funding**

- From September 2014 through August 2017, LRW received federal funding for its Lifespan Respite Project from the Administration for Community Living, channeled through Washington State’s Department of Social & Health Services, Aging and Long-Term Support Administration (ALTSA). The federal grant provides respite, coalition-building, community awareness, and staff support.
- In-kind and direct grantee support is devoted to the Lifespan Respite Project by the following organizations:
  - Senior Services of Snohomish County, www.sssc.org
  - IlluminAge Communication Partners, www.illuminage.com
  - Washington State, Department of Social & Health Services, Aging and Long-Term Support Administration, http://www.altsa.dshs.wa.gov
  - Vanessa Behan Crisis Nursery, www.vanessabehan.org
  - Family Caregiver Support Programs administered by various Area Agencies on Aging
  - King County Kinship Collaboration and other kinship groups
  - Kinship Caregiver Programs and Services
  - Parent Trust for Washington Children
  - Pierce County Aging and Long Term Care-Aging and Disability Resource Center
  - Recreational and scouting groups
  - Senior Information and Assistance/Aging and Disability Resource Center providers
  - Vanessa Behan Crisis Nursery and other crisis nurseries in the state
  - Veterans Administration and other military support programs (such as the Exceptional Families Programs)
  - Washington State Child Care Aware (referral network)
  - Washington State, Aging and Long-Term Services Administration, Department of Social and Health Services (DSHS), State Unit on Aging
  - Washington State, Department of Early Learning
  - Washington State, Department of Health
  - Washington State, Department of Veterans Affairs
  - Washington State, Developmental Disability Administration
  - Washington State, DSHS, Children’s Administration, Foster and Kinship Care
  - Washington State, DSHS, Economic Services Administration/Policy
  - Crisis Clinic/King County – Caregiver Program
  - Disease specific organizations such as National Multiple Sclerosis Society – Greater Northwest Chapter, ALS Association, Alzheimer’s Association, Traumatic Brain Injury, and other disease/condition advocates
  - There are currently no membership fees or dues. In-kind support has been offered by various members for website maintenance, meeting space, in-kind/pro bono respite services and expertise in various policy and practice areas.

**Membership**

- Lifespan Respite Washington has about 500 Coalition affiliates, including family caregivers and a broad cross-representation of various geographical and cultural groups. Both public and private agencies are involved. The core group consists of about 30 members, including:
  - Adoption Advocacy organizations
  - Autism Society of Washington and other groups affiliated with autism spectrum disorders
  - Bureau of Indian Affairs and other Tribal affiliates
  - Caregivers, unpaid family
  - Catholic Community Services of Western Washington, Volunteer Chore Services
  - Chapters of The Arc of Washington, Easter Seals Washington, and other advocacy organizations for persons who have developmental disabilities
  - Churches and other faith-based organizations
  - Community Care, Elder & Adult Day Health and other respite service providers
  - Crisis Clinic/King County – Caregiver Program
  - Disease specific organizations such as National Multiple Sclerosis Society – Greater Northwest Chapter, ALS Association, Alzheimer’s Association, Traumatic Brain Injury, and other disease/condition advocates
  - Family Caregiver Support Programs administered by various Area Agencies on Aging
  - King County Kinship Collaboration and other kinship groups
  - Kinship Caregiver Programs and Services
  - Parent Trust for Washington Children
  - Pierce County Aging and Long Term Care-Aging and Disability Resource Center
  - Recreational and scouting groups
  - Senior Information and Assistance/Aging and Disability Resource Center providers
  - Vanessa Behan Crisis Nursery and other crisis nurseries in the state
  - Veterans Administration and other military support programs (such as the Exceptional Families Programs)
  - Washington State Child Care Aware (referral network)
  - Washington State, Aging and Long-Term Services Administration, Department of Social and Health Services (DSHS), State Unit on Aging
  - Washington State, Department of Early Learning
  - Washington State, Department of Health
  - Washington State, Department of Veterans Affairs
  - Washington State, Developmental Disability Administration
  - Washington State, DSHS, Children’s Administration, Foster and Kinship Care
  - Washington State, DSHS, Economic Services Administration/Policy
  - There are currently no membership fees or dues. In-kind support has been offered by various members for website maintenance, meeting space, in-kind/pro bono respite services and expertise in various policy and practice areas.
**Meetings and Communication**
- Meetings occur on a semi-annual basis, usually via conference phone call. Attempts to utilize video conferencing portals across the state have been problematic but are not to be ruled out as technology improves.

**Major Activities**
- Developed and implemented Lifespan Respite statewide needs survey via internet, then conducted seven focus groups across the state based on the survey results.
- Developed a model countywide lifespan respite directory for King County to be used as a model for other counties.
- Developed a statewide lifespan respite approach (use of Girl Scouts groups, rural daycares, Volunteer Chore Services) in relation to the 2010 Lifespan Respite Grant application.
- Assisted the state in successfully applying for the FY 2010–2013 Lifespan Respite Grant from the Administration on Aging, US Dept. of Health and Human Services.
- Assisted the state in successfully applying for the FY 2013–2014 Lifespan Respite Grant, as above.
- Assisted the state in successfully applying for the FY 2014–2017 Lifespan Respite Grant.
- Assisted the state in successfully applying for a specialized grant for FY 2016 Tribal Respite Grant.
- Developed a statewide respite voucher system, implemented in 2014, which is ongoing.
- Developed a pilot project with the Department of Health, Children with Special Health Care Needs.

**Documents/Resources Available**
- Statewide survey
- King County resource directory
- Website: www.lifespanrespitewa.org
- PowerPoints on Lifespan Respite Washington
- In the upcoming grant period, the following products will be worked on:
  - Sustainability plan
  - Community awareness plan
  - Respite Voucher System Manual
  - Respite Summit Plan

**State Contact Information**

**Linda J. Porter**
Lifespan Respite Washington Project Coordinator
425-740-3788
lporter@homage.org