

Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Texas Health and Human Services Commission (HHSC)**¹

Funding Period: **2014-2017**

Primary Goal: **To develop a sustainable respite care system that addresses the needs of underserved caregivers.**

Key Performance Measures	Notable Achievements
<p>Data collected include: number of caregivers receiving respite (including a focus on emergency respite); number of outreach events conducted; and number and types of stakeholders engaged to increase awareness, access and improve respite services; caregiver satisfaction with respite services; and number of respite outreach activities conducted in Hispanic/Latino communities.</p>	<p>The grantee expanded access to community-based systems of respite care in all service areas of the state; implemented respite outreach and education to Hispanic/Latino caregivers in areas with large populations of low-income and Hispanic/Latino caregivers; and integrated caregiver information into the online screening questionnaire for the Aging and Disability Resource Centers (ADRC) network.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p>Objective 1: Strengthen the Texas Respite Coalition (TRC)² and Texas Lifespan Respite Care Program (TLRCP).</p> <ul style="list-style-type: none"> • The Texas Lifespan Respite Care Program (TLRCP), which was established by state statute in 2009, expanded respite programming into areas that had no resources or had limited access to care. • ADRCs across the state, and particularly in rural areas with fewer resources, engaged respite stakeholders in local steering committees – using an Asset Based Community Development needs assessment process – to develop, implement and make recommendations for sustaining respite programming at the community level. • TLRCP staff support the Take Time Texas website which houses respite and caregiver best practices and the state’s largest searchable database of respite providers. TLRCP staff worked with Health and Human Services web services staff to make updates to the site that will streamline the new respite provider listing process and keep the current provider list up-to-date. The website allows visitors to email the TLRCP staff via a respite mailbox. <p>Objective 2: Increase integration of respite into the Long-Term Services and Support (LTSS) system.</p> <ul style="list-style-type: none"> • HHSC collaborated with the Department of State Health Services to successfully integrate questions about caregivers’ needs into the screening process. Direct referrals for respite 	<p>State Respite Coalition/Organization Role</p> <ul style="list-style-type: none"> • TRC consists of 17 agencies and organizations, including state agencies that offer respite, nonprofit and advocacy groups, disability organizations, faith-based and for-profit respite providers, and family caregivers. TRC represents caregivers of children, older adults, individuals with Alzheimer’s, Multiple Sclerosis, Intellectual and Developmental Disabilities (IDDs), and individuals with medical conditions. • TRC assists HHSC in developing strategies to reducing barriers in accessing respite, improving quality of respite, reaching underserved populations, and providing training, education and support to family caregivers.

¹ This grant was originally administered by the Texas Department of Aging and Disability Services (DADS) and transitioned to the Texas Health and Human Services Commission (HHSC) on September 1, 2016, as part of a legislatively mandated consolidation of Health and Human Services agencies.

² The Texas Respite Advisory Committee was created in 2016, under Texas Administrative Code Title 40, Rule 89.7, and replaced the Texas Respite Coalition.

care services became part of the LTSS system to prevent or delay institutionalization of older adults and persons with disabilities.

- ADRC staff received enhanced training on respite to enable them to provide needed referrals to respite along with information and referral to any necessary LTSS.
- TLRC staff and partners conducted more than 120 local and state level outreach and education events to promote respite care as part of integrated LTSS. Outreach was conducted to health care professionals, state and local government agencies, and caregivers seeking or utilizing respite care services.

Objective 3: Increase funding and technical assistance to create affordable respite care.

- Grant funding supported expansion of respite services to all ADRC service areas.
- The ADRCs and a network of community partners delivered 37,063 hours of direct service respite care to 993 caregivers of children, youth, and older adults with physical, intellectual and cognitive and developmental disabilities. Respite care services were offered through new nonprofit providers that included summer camps and emergency respite programs.

Objective 4: Increase outreach to low-income and Hispanic/Latino caregivers.

- TLRCP conducted respite outreach and education to Hispanic/Latino Caregivers – particularly those in border areas and other communities with large populations of low-income and Hispanic/Latino caregivers. To make outreach and education relevant, TLRCP staff conducted focus groups across Texas comprised of diverse racial, ethnic and socio-economic backgrounds. The focus groups reviewed draft outreach materials and provided feedback on topics such as readability, multi-ethnic inclusion, and Spanish language translation.
- ADRCs partnered with organizations using Spanish-speaking promotor(a)s already working closely at the community level with Hispanic/Latino caregivers to incorporate respite education and referrals into community events, health fairs and education programs.
- A new respite outreach brochure was developed to better reach caregivers of diverse racial, ethnic and socioeconomic backgrounds. The brochure was produced in English and Spanish.

Aging and Disability Resource Center (ADRC) Role

- All 22 ADRCs in Texas were involved in activities to meet project objectives.
- HHSC funds and oversees ADRCs administered through the Older Americans Act programs. HHSC provides a continuum of LTSS for older persons and persons with disabilities. HHSC Office of Aging and Disability Resource Centers implements the state funded TLRCP.
- Under this grant, ADRCs, through emergency respite programs, were able to continue providing access to services for eligible caregivers. In addition, new emergency respite programs were implemented in most remaining ADRC service areas, the majority of which did not have established programs. As a result, 993 caregivers received emergency respite services over the grant-funded period.

State and Community Partners

- Texas Respite Coalition (TRC)
- Texas Health and Human Services Commission (HHSC)
- Texas Association of Community Health Centers (TACHC), a nonprofit association, represents the health care safety net for Texas providers serving the uninsured and underserved. TACHC also serves as Texas' federally designated primary care association.



For more information, contact ARCH at (703) 256-2084 or jkagan@archrespite.org