

Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Maryland Department of Human Resources Social Services Administration (SSA), Office of Adult Services (OAS)**

Funding Period: **2016-2019**

Primary Goal: **Provide families caring for individuals across the lifespan and disability spectrum with knowledge and resources to support loved ones and themselves, coupled with improved and timely access to respite services, especially emergency respite care.**

Key Performance Measures	Notable Achievements
<p>Outcomes measured by the grantee include: improved and increased caregiver access to emergency respite services; increased access to qualified respite care providers; increased knowledge of caregiver information, training and supports; and the provision of alternative forms of respite. Products produced by the grantee include emergency respite services, a website containing information and resources for caregivers across the lifespan, and info-social activities.</p>	<p>Information about Emergency Respite Care, established under this grant, was made available through flyers in Spanish, Mandarin, Korean, Vietnamese, and Russian. The development of Emergency Respite Care tracking reports aided Maryland in evaluating the program.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p>Objective 1: Streamline access to respite services, especially emergency respite care.</p> <ul style="list-style-type: none"> Maryland introduced its Emergency Respite Care Grant in late 2017 through an established private care agency that has provided lifespan respite services statewide for over six decades. Emergency respite encompasses a broad range of options, including in-home care and out-of-home care such as day care, assisted living, and nursing homes. Family caregivers may also choose to have a friend or family member provide care. Provision of emergency respite care is made within 72 hours of the request, and retroactive reimbursement of services is available. <p>Objective 2: Increased caregiver knowledge of information, training, and supports.</p> <ul style="list-style-type: none"> Maryland, with the assistance of its community partners, is developing a website containing vetted information and resources for caregivers across the lifespan. Topics on the website include disease- and disability-specific information, resource information, and access to topics of information that help caregivers increase their skills as caregivers and reduce stress. 	<p>State Respite Coalition/Organization Role</p> <ul style="list-style-type: none"> The grantee provides updates on the Emergency Respite Grant to Maryland's Respite Care Coalition at regularly scheduled Coalition meetings, and the Respite Care Coalition provides up-to-date information about Emergency Respite Services for outreach and improved access to the broader community. The Maryland Caregivers Support Coordinating Council also serves in an important role as Maryland's statewide respite organization, and key partner in Maryland's Lifespan Respite Grant. The Caregivers Support Coordinating council is the primary resource for families for reliable information about respite services

Objective 3: Use of “info-socials” as an alternative form of respite in which caregivers access information and interact with fellow caregivers outside of their traditional roles as caregivers.

- Info-socials will be established statewide which will serve caregivers across the lifespan, and will offer family caregivers social and training opportunities to improve their health, wellness, and knowledge, as well as provide care recipients a safe, therapeutic, and enjoyable experience by allowing participants to interact with each other outside of their traditional roles as caregivers. Info-socials will offer caregivers the opportunity to access information on topics of interest (such as behavior management, healthy lifestyles, legal counseling and long-term care options) as well as the ability to take a break from the stress and isolation that accompany caregiving for a loved one with a disability or illness.

and a universal application for respite services. They are also key partners in a Respite Training Consortium, and work with post-secondary education and faith-based groups to develop volunteer training.

Aging and Disability Resource Center (ADRC) Role

- The Aging and Disability Resource Center (ADRC) in Maryland makes information about the state-funded respite services and the Emergency Respite Grant available to the populations they serve, and they administer the National Family Caregiver Family Support Grant.

State and Community Partners

- Maryland Departments of Aging, Disabilities, Human Services, and Health
- Maryland Commission on Caregiving
- Maryland Family Network
- Aware of Your Care
- Kennedy Krieger Institute
- The Maryland Center for Developmental Disabilities



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