

2021

Arkansas Lifespan Respite

Summit

July 27 – 29, 2021

VIRTUAL



**ARKANSAS
LIFESPAN RESPITE**

Presented by:

Arkansas Department of Human Services

Arkansas Lifespan Respite Coalition

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2021 Arkansas Lifespan Respite Summit Schedule At-A-Glance

Time displayed in CST

Tuesday, July 27, 2021

9:00a – 9:30a	Virtual Doors Open/ Welcome Message
9:30a – 10:30a	Understanding “What is Respite?”
10:30a – 10:45a	SELF-CARE BREAK
10:45a – 11:45a	Caregiver Community Connections
11:45a – 1:00p	LUNCH
1:00p – 1:45p	Breakout Session A
1:45p – 2:00p	SELF-CARE BREAK
2:00p – 2:45p	Breakout Session B
2:45p – 3:00p	SELF-CARE BREAK
3:00p – 3:30p	Day 1 Closing Remarks

Wednesday, July 28, 2021

9:00a – 9:30a	Virtual Doors Open/ Welcome Message
9:30a – 10:15a	How to Identify That A Caregiver Needs Respite
10:15a – 10:30a	SELF-CARE BREAK
10:30a – 11:00a	Volunteer Respite Training
11:00a – 11:15a	SELF-CARE BREAK
11:15a – 11:45a	Where to Find Resources- Building a Statewide Network
11:45a – 12:30p	LUNCH

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- 12:30p – 1:30p Serving the Underserved: Rural, Minority, Language Barriers
- 1:30p – 1:45p SELF-CARE BREAK
- 1:45p – 3:30p Providing Respite in a Creative/Innovative Way

Thursday, July 29, 2021

- 9:00a – 9:30a Virtual Doors Open/ Welcome Message
- 9:30a – 12:00p Respite RX: A Panel Discussion on Surviving the Caregiver Experience
- 12:00p – 1:00p LUNCH
- 1:00p – 2:30p Sustainability: A Roundtable Discussion on Future State Efforts for Caregiving and Respite
- 2:30p – 3:00p Arkansas Lifespan Respite Summit Closing

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Virtual Platform Tips

The Arkansas Lifespan Respite Summit will be hosted on an all-virtual platform using the Whova Event Management application, including features via Zoom. Whova contains many great and interactive features for you to participate with the presenters and fellow attendees.

Whova has an online attendee user guide to help walk you through many of the components of an online event. You can link directly to the guide by clicking [here](#) or typing <https://whova.com/pages/whova-app-user-guide> into your web browser.

For web viewing, it is recommending that you use Chrome browser to properly view any material, particularly any live streaming sessions.

How do I get my login details for the event?

Once you have registered for the event, you will use the same email address you registered with to log in. You should receive an email from Whova with instructions for logging into the site. The link looks like https://whova.com/portal/webapp/alrs_202106/. Click “Sign Up Here” if you don’t have an account yet and fill in your email and password. When logging in, you will automatically be taken to the conference main page.

Don’t forget to edit your profile. By adding a photo and other information to your attendee profile, this will allow other attendees and speakers to identify you, like wearing a name badge! This also allows easier networking with the professionals and other caregivers you wish to interact with.

How do I view the agenda?

Find the agenda tab on the side of the screen. You should see a list of sessions for that day. You can move throughout the different days of the summit by selecting the date you want to view on the calendar at the top of the agenda. Browse through each session and click on the session to access it. If the session is a live event, you will automatically be entered into the virtual room and the presentation will begin playing. If the event has not begun yet, you will receive a message indicating the scheduled start time. You can also click “Add to My Agenda” to put any specific session into your favorites or personal agenda so you don’t miss it!

How do I see who else is attending the event?

Looking to see if your friends signed up? Looking to meet new people? You can see who else is attending! You can find people with common backgrounds and interests, or fellow caregivers in your city or country. You do have the option to allow your profile to be visible to other attendees or opt out of the visibility.

When you first sign up and register for the event, you will be asked “Would you like to network with other attendees by listing yourself in the attendee list?” If you answer yes to that question, you will be able to view the Attendees tab and view other Attendees’ profiles. If you answer no to that question, you will not be able to view the Attendees tab and you will not be listed for others to see.

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If you have access, you can click on the “Attendees” tab on the left side of your screen under “Main Navigation.” You can use the search bar at the top of the screen to locate attendees by name, affiliation, or location. You can click “View Profile” to read the profile they set up for themselves or click “Send Message” if you would like to privately chat with that person or turn the private chat into a group chat by inviting more people.

How do I participate during a session or ask questions?

You can utilize the Session QA during any specific session to make comments, ask questions, or chat with other viewers. To access via the web-based application, you will click on “Session Q&A”, “Chat”, or “Community” at the top right-hand side of the screen.

If using a mobile app, you can click on the session details page and tap the “Q&A” button.

How do I move from session to session?

You can enter a session by simply clicking on Agenda on the left side of the page and then clicking on Sessions. Select the day of the event you wish to view and scroll up and down to see all of the sessions for that day and their times. To view the session, click View Session. If the session is pre-recorded, you will simply press PLAY at your convenience to watch. If the session is a live feed presentation, the video and audio of the session will either automatically start within the web page or prompt you to enter upon the presenter allowing attendees to enter the room.

To exit a session, simply exit out of the session window and return to the Agenda page. Breaks have been built into the schedule between each session in order to allow you time to transition.

How do I use the Announcement Boards?

The Announcement Boards are a key way to keep all our attendees informed leading up to and during the event. Announcements from the event organizers will appear in the “Organizer Announcements” community board. To view, simply click on the Community option on the left side of the page. Any new announcements will also appear on the Home Page’s activity feed.

How do I use the Community Boards?

By joining the community boards, you will have access to information and other topics outside of the scheduled presentations. To join, click the Community Tab on the side menu to the left of the screen. You can create a new conversation topic or join existing topics like “Meet-Ups.” You can click “Follow” direct next to the topics on the Community Board that you want to stay up to date with. To find topics you are following, choose between three tabs near the top of the topics list section: All Topics, Followed, and New Topics.

Information posted by the Event Organizers will be found in the Community Boards under the “Organizer Announcements” topic. Make sure to check it frequently, or follow the topic, to keep up to date on any announcements happening for the event itself.

And if you have a question but not sure who to direct it to? Use the “Ask Organizers Anything” topic and we will help you find the perfect person to get you the answers you need!

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Continue to check the Community Boards for conference updates and to ask questions.

How do I post photos?

We all love sharing special or proud moments of our lives. There is a photo album set up for the event where attendees can post photos and share with the event community. For example, the Arkansas Lifespan Respite Coalition has shared some photos of past Respite events held over the last several years! If you would like to share photos, simply click on the Photos tab on the side menu to the left of the screen. Next, click the Upload button directly above the photos currently shared to either upload a photo or photos from your phone or computer, or drag and drop from another screen.

Not sure of what fun photos to share? Here's some ideas:

- You and your loved one you are a caregiver for
- You or your loved one at a respite event or an event you got to attend because your loved one was receiving respite
- Your respite provider
- If you are a respite service provider, post a photo of your respite events
- Sitting at your computer watching the conference!

What is the Virtual Meet-Up and how do I participate?

To start a virtual Meet-Up room or join an existing Meet-Up room, go to the Community Board and find the board titled "Meet-Ups and Virtual Meets." Find an already existing meeting you are interested in or click on it to see more details. If you would like to join the meet-up at its scheduled time, click "RSVP." Once the meet-up event starts, you will click "Join Meeting Room" to start chatting with others!

Don't see a room that fits you? You can also suggest your own meeting topic by click "Suggest a Meet" and typing in the details. You can use Whova's virtual meet rooms or copy and paste your own meeting link via Zoom, etc.

How do I participate in the Games and Leaderboards?

Attendees will earn points based on their participation in the community boards, surveys, and live poll opportunities. The more you participate, the more points you earn! Participation in all of these are available whether using your computer/laptop or a smart phone, right from the Whova app!

For example: throughout the entire event, live poll questions will be released for you to participate in. The more polls you answer, the more points you earn!

Keep track of your points and where you are on the Leaderboard by clicking on "Leaderboard" to the left of the event page.

One final raffle will be presented at the end of the event. Those listed in the Top 10 will be placed in the running for the final raffle. Winners to all door prizes and raffles will be contacted either by phone or email to arrange how they would like to receive the prize (mailed to their residence, pick up at office location, etc.).

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What do I do if I have problems during the event?

IT staff from the Arkansas Department of Human Services will be online to assist during the event. You can send concerns or questions through the Ask Organizers Anything community board or by sending a message to one of the Event Organizers.

Please note that the event webpage and live feeds work best with Google Chrome. Other web engines such as Internet Explorer and Microsoft Edge may not load properly or create delays in the live stream video and audio.

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Welcome Message

Even though we are unable to meet in person this year, the virtual summit hopes to still provide attendees a meaningful and productive space to enhance their knowledge and understanding of respite, and gain valuable resource information from leaders across the state in respite and caregiving. We are very fortunate to have Arkansas Governor Asa Hutchinson and Arkansas DHS Secretary Cindy Gillespie join us for Opening Comments.

We know that sometimes a hard part about being a caregiver is the limited opportunity you may have to meet new people, share stories, and support each other. This event will also provide a unique opportunity for family caregivers all across the state to participate, meet and network with other caregivers in not only their own county of residence, but in every county. That is why we are so excited about our Caregiver Community Connections session on Day One (1). Attendees can locate a community room that revolves around a topic or community they are most interested in. In the community room, caregivers and attendees can converse with each other, share stories, and ask about resources. Each room will include a professional in that particular field or community to better guide attendees with questions or concerns they have.

We have ten (10) different breakout session topics for you to choose from on Day 1, ranging from self-care techniques, elder care or senior health information, emergency planning and advanced technology topics, effective communication, and a special topic for caregivers working outside of the home. Day Two (2) brings topics relating to assistance in how to provide respite, how to identify when someone needs respite, and training opportunities. Day 2 holds a special topic session, as well, that will allow attendees to collaborate with DHS and the Arkansas Lifespan Coalition on how to build a statewide caregiver/respite network. Our hope is to build a robust, centralized respite locator for respite providers and family caregivers to be able to find services, in various types and locations, at the touch of one button.

Day Three (3) brings everyone together for a panel discussion, consisting of experienced caregivers, advocacy groups and professionals in the fields of legal, financial, and spiritual guidance to talk about navigating through the caregiver experience. The afternoon will then provide an opportunity for all attendees to, again, collaborate with DHS and the Arkansas Lifespan Respite Coalition on maintaining and ensuring ongoing resources and supports, also known as sustainability, for the future. Topics may include funding opportunities such as grants or state legislative actions. This is your opportunity to let your voices be heard and be a part of crafting and creating the future resources for you and other caregivers and/or service providers! Don't miss it!

We have worked extremely hard to secure amazing speakers for you who will engage you and motivate you with their stories and presentations. Similarly, the speakers are very excited to meet and interact with everyone, so please interact with them. View their profiles to learn more about them, send them questions or one-on-one messages directly through the Whova app!

And, finally, what would a conference be without some door prizes and fun?! Door prizes will be announced daily and all you have to do is register to attend the conference for a chance to win. There will also be opportunities to earn participation points throughout the event, make your way to the top

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of the participation leaderboard and score a prize too!

History of the Arkansas Lifespan Respite Program

In 2013, the Arkansas Department of Human Services (DHS) and other respite community providers and advocates across the state began meeting to form the Arkansas Lifespan Respite Coalition (ALRC). A respite summit was held that same year, bringing together stakeholders statewide who were interested in improving respite service and seeking out funding opportunities.

DHS, in partnership with the Arkansas Lifespan Respite Coalition, was awarded its first federal Lifespan Respite Grant in 2014 and then again in 2018 from the Department of Health and Human Services' Administration for Community Living. Arkansas received additional supplemental funding in 2019 to enhance respite services.

In July 2020, Arkansas received its third federal Lifespan Respite Grant, which will provide funding to technological developments, informational and educational materials, updated statewide caregiver census data, improved caregiver well-being, and increased service utilization for the next five years. The new grant funding is anticipated to end as of June 2026.

About the Arkansas Lifespan Respite Coalition

The Arkansas Lifespan Respite Coalition is comprised of family caregivers as well as staff from organizations with outreach across the state, representing all populations regardless of age, income, cultural, or ethnic background, or need/disability of the care recipient.

The goal of the coalition is to improve the awareness and access of respite information and services available to families across age and disability spectrums by expanding and coordinating existing respite systems in Arkansas.

The mission of the coalition is to support and promote the development of a comprehensive, statewide respite and crisis care system that is responsive to the needs of caregivers and their families and enhances the quality of life for all individuals.

The vision of the coalition is to create an environment within Arkansas where respite and crisis care are readily available and easily assessable to all caregivers through education and awareness.

The purpose of the coalition is not to act in a role of a direct service provider, but to build a statewide system to identify and coordinate respite care options for families regardless of age, special need, or other characteristics of the person needing care.

Door Prize Sponsorship

What would a conference or summit be without door prizes? Even a virtual conference, such as ours, cannot pass up an opportunity to have a little fun and offer a few well-deserved attendees a special gift throughout the event. Multiple door prizes will be announced each day and the winners' names will be

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posted in the Community Board area under the topic “Door Prize Winners.” Winners will also be notified via the email they registered with of their win and coordinate the receipt of their prize with the sponsor of that prize.

We would like to thank all of our door prize sponsors for donating great items for the Arkansas Lifespan Respite Coalition to use as door prizes through the event. Thanks to their generosity, we are able to provide attendees with five (5) opportunities to win prizes, including gift cards to Amazon.com, Red Lobster, Chili’s Grill & Bar, and tickets to an Arkansas Travelers baseball game!

Our Door Prize and Raffle Sponsors are:

CareSource PASSE

<https://www.caresource.com/Arkansas/>

CareSource PASSE is a Provider-Led Arkansas Shared Savings Entity. The entity was formed to serve Arkansas Medicaid recipients with complex behavioral health, developmental and intellectual disabilities. The provider-led partnership includes health care and community leadership from across Arkansas with a shared commitment to transforming the delivery of care for its members by creating innovative community solutions focused on a person-centered approach and engagement through caregivers, providers, and community-based organizations.

Area Agency on Aging of Southeast Arkansas

<https://www.aaasea.org/>

The Area Agency on Aging of Southeast Arkansas is a private, non-profit organization that provides home care, transportation, housing, and senior center access for our area’s senior citizens. We are proud to have been serving Southeast Arkansas for the last 40 years, and we look forward to serving our community for years to come.

Autism in Motion (AIM) Clinics

<https://aimclinics.com/>

Autism in Motion Clinics supports and inspires children with autism, their families and our community. With six clinics across the state of Arkansas, AIM Clinics is committed to providing life-changing ABA therapy and other autism services to children, teens, and families across Arkansas.

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Speakers and Presenters

Sarah Schmidt, Arkansas Department of Human Services, Division of Provider Services and Quality Assurance (DPSQA) **Event Organizer/Master of Ceremonies (M.C.)**

Sarah Schmidt serves as the Deputy Director of the Division of Provider Services and Quality Assurance and has been overseeing the Arkansas Lifespan Respite grant since February 2019. Sarah has over 12 years of experience with DD waiver programs, direct service providers, and state government (both in Arkansas and in Texas).

The Division of Provider Services and Quality Assurance (“DPSQA”) oversees the Office of Long Term Care- licensing, regulating and surveying long-term care facilities, the Office of Community Services-licensing, regulating and surveying Assisted Living Facilities and other Home and Community-based service providers, and the Office of Performance and Engagement- including Incidents & Accident Reporting, Criminal Record Checks, Occupational Licensure for Nursing Home Administrators and Certified Nursing Assistants, Freedom of Information Act and other quality assurance units.

Sarah is a born and raised Arkansan, and a graduate of the University of Arkansas-Fayetteville. Prior to 2018, Sarah spent 13 years living in Austin, Texas, where she worked for I/DD waiver services providers and the Texas Health and Human Services Commission managing HCBS Licensure and Compliance units.

Alicia Brown, University of Central Arkansas

Alicia graduated from the University of Central Arkansas with a BSE and MSE in special Education. She began my teaching career in North Little Rock, Arkansas and retired from Conway Public Schools after 31 years in the field of special education. After retiring, Alicia decided that she missed being in the classroom and needed a way to interact again with students. In the Spring of 2015, she was given the privilege of supervising internship II students that were pursuing their degree in elementary and special education. Alicia had missed working with students and this gave her the opportunity to help novice teachers while getting to be in the classroom again. Since Alicia started full time at UCA, there have been many opportunities to network with other departments across the UCA campus and the respite program has been one of the most rewarding activities that her classes have participated in.

Amy Dixon, CareLink

Amy Dixon is a 2010 graduate of Central Baptist College with a BS in Psychology. She started with CareLink in October 2010 as a Care Coordinator and then promoted to Home Care Manager in January 2018.

In Amy’s free time, she enjoys kayaking and riding her Harley Davidson. She also spends a lot of time volunteering with teenagers.

Dr. April Brown, Marshallese Educational Initiative (MEI)

Dr. April Brown helped cofound MEI in 2013 to help raise awareness of Marshallese history and culture among non-Marshallese residents. As MEI's president, she helps lead programming to raise awareness of the impact of the nuclear legacy and to raise educational attainment levels. A professor of history at

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NorthWest Arkansas Community College, April is currently writing a book on US-RMI relations and the Marshallese diaspora.

Betsy Broyles-Arnold, CDP, CISM, The Barbara and Frank Broyles Foundation

Betsy's passion is to provide caregivers with the necessary tools and game plan to give them confidence and hope during this season of their lives. Betsy leads local support groups and works with caregivers one-on-one across the country.

When Betsy learned her mother, Barbara Broyles, was diagnosed with Alzheimer's, she and her family moved from Texas to Fayetteville, AR to be a primary caregiver alongside her twin sister, Linda. This experience changed her and her family forever. After her mother passed, Betsy, sister Linda and her father, Coach Frank Broyles, were inspired to share the knowledge they gained with others. Combining the latest research with their own experiences as a caregiving daughter and spouse, respectively, they produced the Coach Broyles' Playbook for Alzheimer's Caregivers. There are 1.2 million books in print, and it has been translated into 11 languages.

Over the last 12+ years of this mission, Betsy has devoted her life to helping caregivers. Betsy and Molly have traveled all over the United States giving more than 200 speeches to different organizations and appearing on more than 400 TV and radio shows, with a total reach exceeding 30 million households.

As the need to help caregivers continues to grow, Betsy knows her work helps provide a valuable resource and education to the countless families affected by dementia including Alzheimer's.

Carlnis Jerry, Marshallese Educational Initiative (MEI)

Carlnis Jerry serves as Program Director at the Marshallese Educational Initiative (MEI). Employed as a liaison with the Springdale School District for nearly a decade, Carlnis joined MEI in 2016 as a volunteer and to teach non-Marshallese about Marshallese history and culture, and became Currently, Carlnis oversees an array of programming in areas of health advocacy, housing, women's issues, and education.

Carolyn Torrence-Berry, Alzheimer's Arkansas

Carolyn Berry currently serves as the Executive Director at Alzheimer's Arkansas. Her passion to work with "seasoned" adults arose from her childhood and the senior adults from her community. Her experience has been shaped through working with aging adults in various capacities, including as a Community Educator at an intensive outpatient program for seniors. Carolyn also worked as an Intervention Specialist with adults living mental illnesses.

Carolyn is a Certified Dementia Practitioner. She serves on the Telecommunication Access Program advisory board. Her formal education includes a Master of Education in Adult Learning and a Bachelor of Social Work from the University of Arkansas at Little Rock. She understands the beauty and challenges of aging. Her bucket list includes seeing the Northern Lights, writing my memoirs, and taking a road trip across Route 66.

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Cindy Fong, Arkansas Autism Foundation

Dr. Fong has a background in counseling psychology and is mom to three children, two of whom have an autism diagnosis. She has served in various capacities over the years, advocating for individuals with autism and other special needs. Currently, in addition to being co-chair of the grants committee for the AR Autism Foundation (AAF), she serves on the Lifespan Respite Coalition (LRC), Governor's Council on Developmental Disabilities Arkansas (GCDD-AR), and is Vice-President of the Community Advisory Committee (CAC) at Partners for Inclusive Communities. Dr. Fong is a trained Sibshop facilitator, and prior to COVID had the opportunity to travel with her son to Peru. She gave a presentation to special education teachers in Lima and provided workshops to autism families at a newly opened autism clinic in Cusco. Dr. Fong has facilitated grant-funded programs here in Arkansas, providing respite for families in creative ways, and looks forward to sharing her experiences with families and providers at this upcoming respite summit. Her hobbies include reading, eating, and playing the fiddle at Irish music sessions and country dances.

Courtney Leach, Community Connections

Courtney Leach earned her Bachelors degree in Public Relations and Masters degree in Higher Education Administration from the University of Central Arkansas. She left distribution management to come serve as executive director of Community Connections in 2008 when her middle son, Alex, was born with a chromosome deletion. Courtney fell in love with the vision of supporting families of children with special needs and offering the kids quality extra-curricular activities.

Courtney and her husband, Trip, have three sons and one daughter- Quinten, Alex, Bentley and Abigail, and serve on staff at New Life Church in Conway.

Cris Mammarelli, ALS Association- Arkansas Chapter

Cris has worked for the ALS Association, Arkansas full-time for the past 7 years. Prior to that she volunteered for the organization and served on the Board of Directors. She has a personal connection to ALS as her mother had the disease for many years while she was growing up. She was also a primary caregiver to her father who had Alzheimer's disease for 4 years.

Dr. Daniel Bercher, UAMS

Dr. Bercher has been an Arkansas licensed paramedic and instructor as well as certified National Registry of EMTs since 1985. He attained a Bachelor of Science Degree at the University of Arkansas, a Master's Degree in Adult Education from the University of Arkansas – Little Rock, and PhD in Health Sciences from the University of Arkansas and is a Certified Brain Injury Specialist (CBIS).

He was a full-time paramedic for Metropolitan Emergency Medical Services in Little Rock as well as a flight paramedic for Baptist Health Medflight. He has served as chairman of the Arkansas EMS Training Committee, Arkansas EMS for Children, and the Arkansas ALS Curriculum Task Force. He has served on the National Association of EMS Educators Research Committee, contributing author to the Community Paramedic Curriculum 4.0, and the International Board of Specialty Certification Writing Group for the

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Community Paramedic Certification Examination. He was the program director for the UAMS Bachelor of Science in EMS, the Associate of Science and Certificate in EMS-Paramedic, and the EMT Program.

He is currently serving as the Assistant Director of the Trauma Rehabilitation Resources Program at the UAMS Institute of Digital Health & Innovation/Arkansas Department of Health.

David Cook, Alzheimer's Association- Arkansas Chapter

David Cook is the Public Policy Manager at the Alzheimer's Association. In this role, he oversees the development and implementation of the Association's state and federal policy objectives. He also coordinates efforts of the Alzheimer's Impact Movement, the Association's volunteer advocacy program. Creating opportunities for those who have been touched by dementia to share their experiences with their elected officials.

David came to the Association in the fall of 2018 after a four-year career with the Arkansas Public Policy Panel. Since coming to the Association, he has expanded the reach of the advocacy program and was instrumental in passing legislation that re-established the Alzheimer's and Dementia Advisory Council in 2021.

He and his wife, Amanda, have four children and live in the city of Shirley, Arkansas where he serves as a city councilman. He is a 2002 graduate of Harding University, where he received a Bachelor of Arts in Religious Studies. Before beginning a career in public policy, he served as a pastor in churches in Wisconsin, Mississippi and Arkansas.

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia- by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

The Alzheimer's Impact Movement (AIM) is a separately incorporated advocacy affiliate of the Alzheimer's Association. AIM advances and develops policies to overcome Alzheimer's disease through increased investment in research, enhanced care and improved support. Thanks to the support of its members, AIM has driven policymakers to take historic steps to address the Alzheimer's crisis- but more remains to be done.

Deborah Phillips, NAMI- Arkansas

Deborah Phillips serves as the Development Assistant at NAMI Arkansas, where she works side by side with Executive Director Dr. Buster Lackey, Ph.D, LPC, and Deputy Director Mathew Pruss.

After graduating high school, she continued her education at Arkansas Tech University, Baptist School of Nursing, Delta Career College, and the University of Arkansas at Little Rock. After graduating from college, Deborah worked briefly for the American Red Cross and the Little Rock Air Force Base Hospital.

She then returned home to start a family and became a stay-at-home mom for six years before returning to the workforce where she began a career in banking and remained until retirement. Deborah later returned to her true passion; nursing, where she worked in several Nursing Homes and Rehab Centers including UAMS Hospital, CareLink, Home Health and Hospice, and numerous private caregiving jobs.

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Deborah Phillips has over 30 years of experience in caregiving, mentoring, respite care, and counseling families with special needs.

Elise Hensley, CareLink

Elise is a Little Rock native. She learned at a young age about the importance of community and family from attending church services with her grandparents. After graduating from Little Rock Central High School in 2006, she attended Pulaski Technical College (UA-PTC) and the University of Little Rock (UALR) where she received a bachelor's in science in health education and promotion. In 2014, she began working at Alzheimer's Arkansas where she helped to develop multiple Caregiver workshops and educational events reaching across Arkansas and worked on events, such as the Walk of Love and Nights of Lights, which raises funds to help provide respite reimbursement for caregivers. In January 2016, she began her studies at the University of Arkansas for Medical Sciences (UAMS) and earned her master's degree in public health education and behavior. In February 2020, Elise joined CareLink, Central Arkansas' Area Agency on Aging, as the Care Coordinator Manager. She and her team assist community members, homebound seniors, at-risk adults, caregivers, and their families to locate resources and assist with the needs of the community.

Elise and her husband, Brad, have a daughter, Harper, and two dogs, Duke and Cash. They currently reside in Little Rock.

Emily Miller, BCBA, AIM Clinics

Emily has been dedicated to working in the field of ABA since 2014. She graduated from Saint Joseph's University with her Master's in Criminal Justice and Behavioral Analysis in May of 2019. Emily is passionate about working with families and training individuals to practice the many interventions accessible in ABA to best serve our clients on the autism spectrum.

Emily and her husband live in Little Rock, Arkansas, with their daughter.

Gigi Gabriel, Alzheimer's Arkansas

Gigi Gabriel is the Education and Outreach Manager at Alzheimer's Arkansas. Her caregiving journey began around 10 years ago, when she became a caregiver to her mother with Younger Onset Alzheimer's. She was a Pastry Chef, under 30 with small children at home. Like many caregivers, she made the decision to leave her career in order to care for her mother. The past few years, she has been very active with the Alzheimer's Association, Arkansas Chapter. She has served as Mission Chair for the walk and is currently the AIM Ambassador. She was also chosen to speak about her caregiving experience at their yearly forum in Washington, DC. Through AIM, Gigi was able to testify before the Arkansas House and Senate about her experience as a caregiver. The bill passed, and now Arkansas has bill HB1434. It creates an Alzheimer's and dementia advisory council which provides the implementation of a state Alzheimer's plan. Her passion to help caregivers brought her to Alzheimer's Arkansas, where she continues to educate and advocate for caregivers.

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Jamie Coalson, Alzheimer's Association- Arkansas Chapter

Jamie Coalson is currently a 4th year pharmacy student at Harding University and will graduate with a Doctor of Pharmacy degree in May. Jamie first became involved with the Alzheimer's Association because several of her family members and close friends were diagnosed. She witnessed firsthand how much the Alzheimer's Association worked to help not only Alzheimer's patients but also their family members and caregivers, and she knew she wanted to be involved. Jamie loves providing education on this complex disease and talking with patients and caregivers about ways we can help make their lives easier!

Jeannine Hamilton, M-Pacting Youth and Families, Inc.

Jeannine Hamilton, mother of three girls, the youngest who is living with Autism, currently works for M-Pacting Youth and Families, Inc., a supportive living non-profit waiver provider for developmentally disabled and behavioral health adults. She is a former long-time employee and alum of the University of Central Arkansas' Division of Outreach and Community Engagement and is passionate about being an advocate and serving the community through her career.

Joanna Murray, Military OneSource

Joanna Murray is the Arkansas Military OneSource Consultant. Military OneSource is an Office of the Secretary of Defense organization, that is funded by the Department of the Defense and available to all branches and components of the US Armed Forces and their DEERS enrolled dependents at no cost. Acting as an extension of installation based services, Military OneSource offers worldwide 24/7 support with a vast range of programs, services, resources and tools to help service families live their best "military life". Joanna boasts 13-years of experience, ten holding a variety of civilian Marine positions throughout active duty Marine Corps commands and within Warfighter and Family Programs. On behalf of Military OneSource she provides direct consultation to Arkansas based military leaders and providers, as well as conducts mass education to service members and individual support assistance.

Joe Winford, Arkansas Department of Human Services, Division of Developmental Services (DDS)

Joe Winford has worked for the Department of Human Services, Division of Developmental Services for the past 33 years where he now serves as the Program Administrator for the DDS/CES Intake and Referral Unit. When he first started with DDS, he began as Mental Retardation Aide at the Conway Human Development Center. During his tenure at the Conway Human Development Center he also worked as a Recreational Activity Leader and as a Habilitation/Rehabilitation Instructor until he transferred to DDS Central Office in April of 2000. Upon transferring to DDS Central Office, he has served as a Management Project Analyst I/II where his duties included grant writing and submission of the grants to CMS. Duties also included the training of all DDS License Providers and DDS Staff on the Medicaid Waiver Conversion Process. Due to career advancement, he has also served as a DHS/DDS Financial Section Manager for 4 years, DDS Personnel Manager for over 12 years until he was promoted to DHS/DDS Program Administrator in 2016.

Joe has served and currently serves on numerous DHS boards and task force. He currently serves as the DHS Arkansas Human Services Employees Association Area 6 Board member, a member of the Arkansas

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Can Do Committee, DHS PDAC and the Disability Rights Guardianship Task Force. He currently serves as the H R Manager for the State Agency Module Employer (SAME). As part of the SAME Leadership team he handles all of the HR needs. He is in frequent contact with several outside State Agencies, Federal Agencies and consultants from various states.

Joe did undergraduate studies at the University of Central Office and Philander Smith University. He received his Bachelor's degree in Organizational Management from Philander Smith University in Little Rock, Ar. Joe is married to his beautiful high school sweetheart, Rosemary. They have two beautiful children and one handsome grandson. Joe is a member of the Rock of Ages M.B. Church and a member of the Omega Psi Phi Fraternity, Inc.

Kathleen Pursell, Arkansas Department of Human Services, Division of Aging, Adult and Behavioral Health Services (DAABHS)

Kathleen Pursell is in her 15th year with the Arkansas SMP program, serving as Program Director for the last 10 years.

She is the editor of the SMP quarterly newsletter which has a reading audience of over 4000. Kathleen manages the SMP federal grant program through the AR DHS Division of Aging, Adult & Behavioral Health Services educating Medicare recipients, their families, and caregivers statewide with the message of healthcare fraud prevention and the latest scams targeting senior citizens. The AR SMP partners with entities across the state who assist our program by spreading the SMP message through presentations in their areas of service and by distributing important SMP information at health fairs, doctor's offices, and clinics and senior centers.

Ms. Pursell enjoys working with seniors to help protect them and the integrity of the Medicare trust fund. She believes in the SMP program and is committed to making a difference in the lives of the senior population in our state.

Katina Dimitro, Arkansas Army National Guard- Soldier and Family Readiness Program

Katina Dimitro is the Lead for the Arkansas Army National Guard Soldier and Family Readiness Program at Camp Robinson, AR. Katina more than 18 years' experience in Military and Family Readiness. She specializes in Financial Counseling, Community Relations, Volunteer Management, Human Resource Management, and Marketing. She earned a Master of Science in Counseling from Austin Peay State University. I was a 2007 FINRA Foundation Military Spouse Fellowship recipient. She holds an Accredited Financial Counselor certification from AFCPE(r), the nationally recognized leader in financial counseling, coaching and education.

Kevin Hatline, Rave Mobile Safety

Kevin is a results-driven customer success manager experienced with enterprise software, safety training technologies, and business operations. With a decade of experience in safety technology, and customer success, Kevin has the experience and insight to lead customers and users to successful deployment and usage of all Rave Mobile Safety applications.

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Kimberly Smith, Arkansas Department of Human Services, Division of Developmental Disabilities Services (DDS)

Kimberly Smith is the Adult Intake & Referral Unit Program Manager with the Division of Developmental Disabilities Services. She is a graduate of Texas A&M University - Texarkana. Kimberly has over 12 years of experience with DD waiver programs in both Arkansas and Texas. She has collaborated with individuals, guardians, and service providers to develop person centered service plans for children and adults with intellectual and developmental disabilities. Kimberly also has 5 years of experience working in community mental health and crisis intervention services in Texas. She completed crisis assessments and recommended either state hospitalization or community mental health services to those assessed, based on the individual's needs. She also provided weekly outpatient crisis intervention services to individuals with acute mental health needs.

Kimberly enjoys spending time with her family and her dogs. Her hobbies are crocheting, sewing, gardening, and reading

Dr. LaVona Traywick, Arkansas Colleges of Health Education

Dr. LaVona Traywick is an associate professor in the School of Physical Therapy at the Arkansas Colleges of Health Education. She teaches on the graduate level utilizing service-learning and problem-based learning strategies. Her specialty area is healthy aging and she has been working directly with senior adults for 25 years through volunteerism, leadership, exercise and home modifications. Dr. Traywick's research has been in the areas of gerontological literacy, adaptive exercise, and aging in place.

Lesley Graybeal, University of Central Arkansas, Division of Outreach & Community Engagement

Lesley Graybeal is the Director of Service-Learning and Volunteerism at the University of Central Arkansas in the division of Outreach and Community Engagement. Lesley earned her BA and MA degrees in English and PhD in Social Foundations of Education from the University of Georgia. At UCA, she works to connect nonprofit partners, community-engaged faculty, and university students in reciprocal partnerships to address meaningful community needs while fostering community-based learning and civic engagement.

Levern Clements, Arkansas Department of Insurance, Senior Health Insurance Information Program (SHIIP)

Levern Clements has been employed at SHIIP for more than seven years and has a Medicare and insurance background for more than 20 years. She has an extensive background in medical billing, medical diagnostic analyst, and patient account specialist. She initially started at SHIIP as an administrative assistance. After one year in that role, she was promoted to a Medicare Benefits Specialist and was in that role for five years and was promoted to the position of Volunteer Program Coordinator in April of 2017. As a Certified Volunteer Coordinator, she does Medicare presentations, volunteer trainings; provide free and unbiased counseling to our many Medicare beneficiaries and or agencies that may need Medicare information and assistance.

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Maribel Spicer, Autism in Motion Clinics (AIM)

Originally from Little Rock, Arkansas, Maribel has over 12 years of experience working with individuals with autism across Florida, Illinois, and Arkansas. She's focused her past seven years in the field of Applied Behavior Analysis. Maribel joined the AIM team in July of 2018 at their first clinic of operation. Maribel prides herself on mentoring and leading a team of certified BCBAs and upcoming students pursuing their BCBA certification.

AIM Clinics- Autism in Motion Clinics supports and inspires children with autism, their families and our community. With six clinics across the state of Arkansas, AIM Clinics is committed to providing life-changing ABA therapy and other autism services to children, teens, and families across Arkansas.

Megon Bush, Arkansas Department of Human Services, Division of Children and Family Services (DCFS)

I have been with the Division of Children and Family Services (DCFS) for twenty (20) years serving in various capacities. I began my career with DCFS as a Family Service Worker (FSW) in the field. I have also worked as a FSW Supervisor, the DCFS Client Advocate and I am now the Assistant Director of Placement Support and Community Outreach.

Patricia Gann, Arkansas Department of Human Services, Division of Aging, Adult and Behavioral Health Services (DAABHS)

Patricia Gann joined the Arkansas Department of Human Services (DHS) in January of 2018 as an Assistant Director under the Division of Aging Adult and Behavioral Health Services (DAABHS). She was promoted to Deputy Director of DAABHS in October of 2019 assuming responsibility for the aging program as well as behavioral health services. Prior to joining DHS, she held various leadership positions with behavioral health providers, as well as serving as the Project Director for Provider Relations.

She received a BS from Cameron University in 1991 and her MS from the University of Central Arkansas in 1995. Patricia loves spending time with her husband and soulmate, Tim, their grandchildren and their amazing rescue dogs.

Paul Castillo, Life Strategies Counseling

Paul Castillo is a Licensed Professional Counselor that has worked with children, teens, and adults in Arkansas for over 20 years. He has his MA in Rehabilitation Counseling and has been able to assist individuals with various disabilities with life goals. He is one of the few Bilingual therapists in Arkansas. He can be reached at 501-408-0220 for concerns or questions about mental health. He is with an outpatient clinic Life Strategies in Little Rock.

Paula Pottenger, University of Arkansas, Partners for Inclusive Communities

Paula Pottenger is a member of the University of Arkansas Partners for Inclusive Communities staff and has more than 40 years of experience in counseling and disability. Her experience includes the development of service delivery programs for persons who are deaf, hard of hearing and deaf-blind, as well as in mental health and juvenile justice. Paula has a strong background in systems and strategic change for organizations, with many years as a trainer on multiple leadership topics. Paula provided

technical assistance and training as part of two national TA centers, JDVRTAC and WINTAC. Paula is also an experienced trainer on ADA issues and assistive listening technology. She is a graduate of the University of Oklahoma Academy for Executive Leadership. Paula is a certified and experienced trainer in Situational Leadership, as well as Kepner-Tregoe problem solving and decision-making strategies. Her background in counseling includes work in Missouri, Oklahoma, Pennsylvania and Arkansas. Ms. Pottenger holds a master's degree in Rehabilitation Counseling with an emphasis in Deafness and Hearing Impairment from the University of Arkansas.

Phyllis Donley, Arkansas Department of Insurance, Senior Health Insurance Information Program (SHIIP)

Phyllis Donley has been employed with the Senior Health Insurance Information Program (SHIIP) for four years. She has a background in insurance for more than 17 years. She started as a Program Eligibility Specialist in March of 2015 and was promoted as the Volunteer Program Coordinator in September of 2016. She has a Master's degree in Counseling from the University of Arkansas at Little Rock. She loves travelling around the state of Arkansas to help educate organization, Medicare individuals, and the public about Medicare information as well as changes to Medicare. AR SHIIP's mission is to help Medicare individuals make informed decisions about their healthcare needs as well as providing unbiased counseling.

Stacey Reynolds, Blue Yoga Nyla

Stacey Reynolds is a Registered Yoga Therapist, President and Operator of Blue Yoga Nyla, Inc. and Blue Yoga Nyla Registered Yoga School, ERYT 500, RPYT, RPYT, and has been teaching yoga since 2000. Stacey's journey to yoga originated from a place of healing. There was something about the practice that was vital to her overcoming a variety of health issues, and a lifelong history of anxiety and depression.

Stacey is both passionate and committed to serving others, tending to one's "disease", and helping facilitate healing in the body, mind, and spirit. Stacey specializes in trauma, grief, and addiction in her private practice. She travels to facilities, reaching those who would not otherwise be able to practice, working alongside doctors and mental health professionals to address the person as a whole. She brings a personalized, therapeutic approach to each individual in the healing process.

Blue Yoga Nyla, Inc. is built with a passion to destigmatize the yoga practice, exemplify, and teach the primary foundation of yoga- the mind, body, and spirit connection. BYN serves to bring yoga to those who need it, regardless of their ability to pay or experience level. We are a non-competitive, safe space, located in the heart of North Little Rock. We offer a large variety of classes so there is something for everybody. Everyone brings something different to the mat and we all have something to offer.

Stacy Hatfield, RN, CDP, UAMS Centers on Aging- Schmieding Caregiver Training Program

Stacy serves as the coordinator for the UAMS Center on Aging Schmieding Caregiver Training Program in Texarkana, Arkansas. She is a certified dementia practitioner and a registered nurse.

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Stacy worked in wound care and dialysis prior to joining the Center on Aging and Schmieding Program, where she now coordinates caregiver training for the UAMS Texarkana Center on Aging. Stacy is also a master trainer in the REST Training Program that offers training to respite volunteers and caregivers.

As a master trainer, she can train others to become instructors certified to offer training to volunteers.

Thomas Nichols, Disability Rights Arkansas

Thomas Nichols has been a practicing attorney since 2009. He has been with the protection and advocacy system since 2015 and is currently the Director of Legal and Advocacy Services. In this role, he not only continues to provide individual and systemic advocacy and legal representation, but also directs the program activities of the agency as a whole.

Trena Mitchell, Arkansas Cancer Coalition

Trena Mitchell is the Executive Director of the Arkansas Cancer Coalition. She began her journey in Public Health as a Program Analyst for the Arkansas Department of Health in 2007. Since then, she has had many opportunities to expand her knowledge and skills in data management, program evaluation, and community philanthropy. Trena earned a Bachelor of Arts in Mass Communication from the University of Arkansas at Pine Bluff and a Master's in Marketing from Webster University. In addition, she is certified in Program Evaluation and Decision Support Systems.

Weatherly Wolfe, CareLink

I have a Bachelor's and Master's in Health Science. The majority of my background and experience is with Human Resources. I have been working at CareLink for 2 years and specifically in the home care department for the last year. I primarily work on the integration with the state EVV system and our third-party system. I also oversee the recruiters who are responsible for hiring all of our caregivers.

Session Descriptions

Understanding "What is Respite?"

The Summit's kick-off session starts with a general overview of respite: the definition, the pros and cons of different respite types and models, and the Lifespan Respite Program. Information will be provided on Arkansas's current respite availabilities, including the federally funded Lifespan Respite Grant and activities and services provided through the grant.

Caregiver Community Connections

The Caregiver Connection Community session will allow caregivers and other attendees the opportunity to network and communicate with others in similar community environments and ask questions or request resources from professional staff in those communities. Attendees will be able to move about from community room to community room as they wish. Currently, community rooms have been set up for the following:

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- ALS- Lou Gehrig's Disease
- Alzheimer's & Dementia
- Behavioral & Mental Health
- Cancer
- Intellectual/ Developmental Disabilities
- Elder Care
- Foster Care
- Military/Veteran
- Spiritual Care
- Traumatic Brain Injury (TBI)

If you do not see a community that fits you, feel free to email the organizers and make a suggestion!

Medicare Fraud and (COVID-19) Scams

There is a growing need for fraud awareness nationally. Medicare (healthcare) Fraud, errors and abuse is a rapidly increasing means of financial gain for scam artists and fraudsters.

The national Senior Medicare Patrol program strives to decrease the amount of monies lost to fraud and abuse through outreach and education. The SMP message is a simple, three-step approach- Protect, Detect, and Report.

When people are made aware of the degree of fraud, how to recognize the various types of fraud and scams, and finally where to report suspected fraud and abuse, there is a greater chance of making significant changes that protect the older population and help to save the Medicare Trust Fund.

Telehealth Tips

Nobody should have difficulties with access to healthcare based on their zip code. This is a discussion of the use of telehealth by users and providers. The capabilities, appropriateness, and the laws regarding telehealth will be discussed.

Self-Care Techniques- Learning to Laugh

LAUGHTER ON CALL to the rescue! Our "Happier Hour" provides an outlet for caregivers needing laughter for self-care that will engage even the most introverted of the group.

- 45 minutes; 30 attendees maximum
- Two trained LOC comedians per 20 people
- Participants led in a unique combination of improv games and stand-up prompts

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning is an education workshop offered by the Alzheimer's Association that offers helpful tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan ahead and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer's and connects you with helpful resources to enhance quality of life for everyone involved.

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For more information about Dementia Conversations, contact the Alzheimer's Association at info@alz.org or 800.272.3900.

ADA and Effective Communication

Under the Americans with Disabilities Act (ADA), state and local government agencies and private businesses must provide appropriate auxiliary aids and services to ensure effective communication with people with disabilities. In this webinar, Paula Pottenger, M.Ed., Training Specialist at the University of Arkansas Partners for Inclusive Communities will provide information about responsibilities of these agencies in meeting this standard. Resources to assist agencies in removing barriers and providing communication access will be discussed. This webinar is being made available through support from the Southwest ADA Center.

Smart 911 & Emergency Planning

An introduction into Smart 911 technology and mobile application to assist caregivers and all individuals in pre-planning for emergency situations.

In 2020, the Arkansas Division of Emergency Management urged families to sign up for Smart911 to enable coronavirus awareness for 9-1-1 and emergency responders. Thousands of communities across the country rely on Smart911 to better protect at-risk residents when large-scale emergencies and disasters strike.

Smart 911 is a free service allowing people to submit information to 9-1-1 and first responders quicker to enable better assist each individual based on their individual needs and risk levels.

Caregivers in the Workforce

This session will provide an overview of Dementia and Alzheimer's Disease. Session will include topics such as:

- the battle of having to go to work
- the battle of being at work away from your loved one
- the difficulty of productively caregiving after work
- tips and strategies for the above

Self-Care Techniques- The Gift of Self-Care for Caregivers (Yoga & Meditation)

Stacey will share her experience, strength, and hope through her yoga journey and a short chair yoga practice, breathwork, and meditation. She will provide discussion on the necessity of putting ourselves on "the list," especially those working in the caregiving capacity. Stacey will share the effects of stress and unaddressed tension on the system, manifesting as illness, disease, and spiritual disconnect. She will provide ways to soothe the Parasympathetic Nervous System, while promoting permission to pause, and our own "non-negotiables" for taking care of our body, mind, and spirit. Practical self-care applications will be present through breathing techniques, simple yoga postures, mindfulness exercises and ground, and guided imagery/meditation.

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Self-Care Techniques- Mental Health Concerns for Caregivers and Access to Care

Presenter from Life Strategies, located in Little Rock, Arkansas, will discuss mental health for caregivers and how to access support.

Senior Health Insurance Information

The basic parts of Medicare and two savings programs.

How to Identify That A Caregiver Needs Respite

We will discuss the importance of Respite Care and when to take it.

Volunteer Respite Training

The REST(Respite Education and Support Tools) training provides education directly to those who serve as caregivers and those who provide respite support to caregivers. We will discuss the benefits, objectives and content of the trainings and how they assist the caregiver.

Where to Find Resources- Building A Statewide Network

DHS' Division of Provider Services and Quality Assurance, along with the Arkansas Lifespan Respite Coalition, have been working to streamline how caregivers can access resources and/or information regarding respite services. This session will provide updates to those endeavors and allow collaboration with service providers and caregivers on ideas and suggestions to ensure a statewide network is beneficial for all.

If you are a service provider and are not currently included on the Respite Locator list, unsure if you are on the list but would like to be or have changes to information on the list- please attend for additional information.

Serving the Underserved- Rural, Minority, Language Barriers

Presenters from the Marshallese Educational Initiative (MEI) will present on underserved populations including rural, minority and language barriers.

Providing Respite in a Creative/Innovative Way

In this session, we have gathered various community groups who provide respite to families in creative or innovative ways.

First, members of the UCA Bears for CARE planning team, led by Dr. Lesley Graybeal, will provide information about the service-learning program model for offering respite care events for caregivers of children with special healthcare needs and their siblings. Insights will be shared from service-learning faculty members, program administrators, and community partners about how the program was created, ongoing management and opportunities, and the program's successes and challenges.

Courtney Leach, Executive Director of Community Connections, is a community partner of UCA Bears for Care. She will share about the respite program provided to families through their partnership with UCA, along with other numerous extracurricular and recreational activities offered through their non-profit

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for children with special needs.

Through funding from the Arkansas Lifespan Respite Coalition, Dr. Cindy Fong has been able to offer respite to families in creative ways, including Sibshops, yoga classes, a summer music program, and currently a transition-themed respite workshop. She will share some of her experiences with these programs and provide helpful tips for others interested in delivering respite in creative ways.

Katy Sursa, Executive Director of GiGi's Playhouse in Little Rock, offers numerous programs for individuals with Down Syndrome and other developmental disabilities. Though respite isn't the main goal of these activities, parents are provided a break from the 24/7 job of caregiving while their child is having fun, learning, and making friends. GiGi's is actually partnering with the Arkansas Autism Foundation to provide the transition-themed respite program, which started just this month!

Finally, Amy Moore, Special Needs Pastor at Fellowship Bible Church, will share about their programs for families with special needs. For those caregivers who crave spiritual nourishment, attending a church who really understands their unique struggles, provides tangible help with knowledgeable, trained childcare workers, and offers a community of other families with whom to fellowship and connect, is exactly what is needed.

Questions from attendees will be entertained after each presenter.

[Respite RX: Panel Discussion on Surviving the Caregiving Experience](#)

Panelists from various fields, many with their own caregiver experiences, will provide guidance, and speak to their own experiences and professional knowledge to better assist caregivers in navigating the caregiving experience.

Attendees will be able to ask questions to panelists.

[Sustainability: An Introduction and Roundtable Discussion on Future State Efforts for Caregivers and Respite](#)

The vital work we do in caregiving and respite is intimately connected to our changing economic, social, and political environment, as well as to the most recent challenges brought on by the worldwide pandemic.

ARCH, the National Respite Network and Resource Center, has developed a toolkit for state's to better plan and prepare a framework for sustainability efforts by clarifying the concepts, people, steps, and critical resources needed.

This session will look at the first two key components of sustainability and begin discussions here in Arkansas on state efforts our caregivers, respite providers and other stakeholders deem most important to continue. This will be an interactive environment discussing Arkansas' vision for long-term caregiver and respite services, what strategies, and activities it will take to achieve the vision and how long it will take to implement the vision. Thoughts and feedback from session attendees are expected.

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National Resources

ARCH- National Respite Network and Resource Center

<https://archrespite.org/>

ARCH is an anagram for “Access to Respite Care and Help.” The ARCH Network’s mission is to assist and promote the development of quality respite and crisis care programs in the United States; to help families locate respite and crisis care services in their communities; and to serve as a strong voice for respite in all forums.

The ARCH Network includes a National Respite Locator to assist caregivers and professionals locate respite services in their community. They also serve as technical assistance and a resource center, funded by the Administration for Community Living in the U.S. Department of Health and Human Services. ARCH also provides opportunities to participate in the National Respite Coalition, helping raise awareness of the value of respite and crisis care to policy makers.

Caregiver Action Network

<https://www.caregiveraction.org/>

The Caregiver Action Network (CAN) is the nation’s leading family caregiver organization working to improve the quality of life for more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or the frailties of old age. CAN serves a broad spectrum of family caregivers ranging from parents of children with significant health needs, to families and friends of wounded soldiers; from a young couple dealing with a diagnosis of MS, to adult children caring for parents with Alzheimer’s disease.

The National Family Caregiver’s Association is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge.

National Alliance for Caregiving

<https://www.caregiving.org/>

The National Alliance for Caregiving (NAC) was founded in 1996 when a group of national organizations came together to meet the needs of caregivers in an aging America. The National Association of Area Agencies on Aging, the American Society of Aging, the U.S. Department of Veteran Affairs- Office of Geriatrics and Extended Care, Glaxo Wellcome, and the National Council on Aging worked together to create a new association that could address the public policy needs of families and quantify the impact of one of the largest unpaid workforces in our society.

NAC provides technical assistance to a national network of caregiving coalitions representing nearly 30 states and localities in the United States and serves as Founder and Secretariat for the International Alliance of Carer Organizations (IACO).

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Rosalynn Carter Institute for Caregivers

<https://rosalynncarter.org/>

The Rosalynn Carter Institute for Caregivers (RCI) was established in 1987 at Georgia Southwestern State university in honor of former First Lady Rosalynn Carter and her passion and commitment to caregiving.

In 2020, RCI expanded nationally and became an independent organization to fulfill its promise to champion the family caregiver by building cross- sector partnerships, promoting evidence-based programs, and advocating for public policy.

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Arkansas Lifespan Respite Coalition Member Directory

