

Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Alabama Department of Senior Services (ADSS)**

Funding Period: **2014–2017**

Primary Goal: **To provide a streamlined, coordinated, and person-centered approach to meet the respite care needs of Alabama family caregivers of children and adults regardless of income, race, ethnicity, special needs, or situation.**

Key Performance Measures	Notable Achievements
<p>Data collected on Lifespan Respite includes: phone referrals; email contacts; Facebook and Twitter followers; website visits; respite vouchers issued for direct and emergency respite, and unduplicated counts of families receiving respite. For example, data collected from voucher respite surveys show a substantial decrease in the percentage of caregivers reporting how often they felt overwhelmed with daily routines after receiving respite services versus the percentage before receiving respite services.</p>	<p>State Senate Joint Resolution (SJR) 73 passed in 2015 as a result of a Legislative Resolution drafted by ADSS in partnership with Alabama Lifespan Respite and AARP Alabama office. The resolution established a study committee to evaluate caregivers' needs, make suggestions for policy solutions, and provide a white paper to Governor Robert Bentley and the Legislature for the 2016 Legislative Session.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p>Objective 1: Enhance and build the Sharing the Care (STC) faith-based initiative.</p> <ul style="list-style-type: none"> In 2014, Alabama Respite and the Coalition partnered to conduct a caregiver support survey in faith-based communities. Based on the needs identified in the survey, Alabama Respite developed a toolkit entitled <i>Providing Breaks for Family Caregivers: A Toolkit for Volunteers and Faith</i>. In addition to convening local STC meetings, multiple legislative, caregiver and educational/outreach events were held, and a proposal for funding was submitted to provide voucher respite to Alabama Cares clients. Alabama Cares is the state's Family Caregiver Support Program. Share the Care meetings were held in different areas of Alabama throughout the funding period. <p>Objective 2: Utilize new and existing collaborative partners to increase training opportunities.</p> <ul style="list-style-type: none"> Numerous training sessions were provided including: Alabama Respite Caregiver Simulations; Helping those Who Care Trainings; Alabama Community Practice for Supporting Families; Caregiving Connections; Alzheimer's associations; home providers training to reduce stress; breakout sessions at conferences; and numerous presentations in communities throughout the state. 	<p>State Respite Coalition/Organization Role</p> <ul style="list-style-type: none"> The Coalition Chairman, Dr. Cary Boswell, a longtime supporter of Alabama Respite, serves as Commissioner of Alabama Department of Rehabilitation Services, a state agency providing a large percentage of the match for the Alabama Lifespan Respite grant. <p>Aging and Disability Resource Center (ADRC) Role</p> <ul style="list-style-type: none"> The State Project Director of Alabama's ADRC served as lead of the Alabama Lifespan Respite Grant. She supervised the State Coordinator for Alabama Cares and served as an adjunct member of the Coalition. Alabama's state ADRC team provided coordination with caregiver training, ADRC

Key Objectives, Activities and Outcomes

- New partnerships were forged with universities; assistive technology initiatives; and a head injury foundation.
- Supported by a Dementia grant award funded by ADSS and administered by Alabama State University Center for Leadership and Public Policy, the Alabama Respite staff partnered with Home Instead Senior Care and ResCare Home Care and provided 1,175 hours of emergency respite services across the state. Alabama Respite staff also provided approximately 725 hours of respite to caregivers who attended the Natural Supports training through their respite voucher program.
- Alabama hosted the National Lifespan Respite Conference in October 2017.

Objective 3: Cross-train ARDC Specialists to make resource availability more streamlined, comprehensive, person-centered, and responsive to the needs of caregivers.

- To improve Alabama's broader No Wrong Door System, Lifespan Respite was added to the Universal Intake Form (UIF), a screening tool used by local ADRC staff at 13 Area Agencies on Aging to ensure seamless access for callers. With their permission, callers are screened and referred to appropriate resources within their local community. Follow-up is provided to ensure the individual's needs were addressed.
- All ADRC Specialists received training collaboratively planned and provided by Alabama Respite staff and Alabama Department of Senior Services.

Objective 4: Expand respite to gap populations through mini-grants.

- Funding announcements were released each year of the grant, and four or five grants were awarded each year to programs representing faith-based organizations, YMCA, Alzheimer's organizations, The Arc, Hospice, Mental Health, Autism organizations and others.

Objective 5: Advocate for a formalized Statewide Caregiver sustainability strategic plan to address support services such as education and respite.

- The Alabama Department of Senior Services and Alabama Lifespan Respite worked collaboratively to develop a white paper, Caregivers in Alabama, based on an evaluation of caregivers' needs, and including policy solutions, for the Governor and Legislature.
- Throughout the grant, data were used to assist in planning, including cataloguing statewide caregiver surveys to determine service gaps with the assistance of faculty from the University of Alabama's Center for Mental Health and Aging.

Coalition, ADRC and Community Partners

enhancements, and promotion of the Sharing to Care faith-based initiative.

State and Community Partners

- Alabama Lifespan Respite Resource Network (Alabama Respite)
- United Cerebral Palsy of Huntsville and Tennessee Valley (UCP)
- Alabama Lifespan Respite Coalition (the Coalition)
- Aging and Disability Resource Centers (ADRCs)



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Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Alabama Department of Senior Services (ADSS)** in partnership with **Alabama Lifespan Respite Resource Network (Alabama Respite)**

Funding Period: **2017–2020**

Primary Goal: **Enhance and expand existing respite and support services to family caregivers of children and adults, while developing a policy framework that will expand and strengthen Alabama’s current lifespan respite care initiatives.**

Key Performance Measures	Notable Achievements
<p>ADSS and Alabama Respite document increases in respite use, trainings, educational workshops, public policy awareness of caregiver issues and proposed solutions. Products that document performance include: A Sustainability Plan developed by Coalition partners; Universal Voucher Guidelines; training programs and evaluation tools; and White Paper with accompanying Comprehensive Strategic Plan. Progress and achievement of objectives are evaluated by an in-house evaluator whose specialized skills allow ADSS to develop procedures for, as well as oversee, data collection and analysis, and promote the significant impact of utilizing effective data collection.</p>	<p>ADSS, Alabama Respite and Coalition members actively promote outreach by enhancing and updating available training and educational materials, including White Papers, for dissemination. All materials are made available for review and replication on the Alabama Respite website. Stakeholders involved in the grant process are available to provide technical assistance and product sharing with other states and the ACL Technical Assistance lead. Information for consumers is available by phone through the ADRC on an established toll free number, 1-800-AGELINE, and Alabama Respite 1-888-RESTALA. This information is advertised and available for community service providers, case managers, and other agencies working with consumers and caregivers at ADSS and Alabama Respite’s websites. Materials are distributed to nonprofit, faith-based, and community organizations seeking technical assistance to implement caregiver and respite programs within their communities.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p>Objective 1: Enhance respite opportunities for all family caregivers.</p> <ul style="list-style-type: none"> This grant provides funds to establish a “Universal Respite Voucher” utilizing a prioritization tool to provide respite to gap populations based on those who meet the greatest need. The tool was developed as a collaborative effort within the first 90 days of the grant. Stakeholders advocate to public, nonprofit, faith-based and corporate entities to become partners in funding and expanding this Universal Respite Voucher program. This grant supports expansion and start-up funding for two mini grants each year for groups that include education and technical assistance and demonstrate great potential for providing day respite programs. Alabama Respite collaborates with selected projects and other committed community stakeholders to provide substantial guidance and assistance in all phases of their projects. 	<p>State Respite Coalition/Organization Role</p> <ul style="list-style-type: none"> The Alabama Respite Coalition is codified by the State Legislation, and membership is appointed by the Governor. The Coalition has proven to be a unified approach of state agencies and community-based organizations to address the mandates of the Alabama Respite Act of 2006 for active stakeholders.

Objective 2: Increase and expand existing support services to caregivers utilizing existing and expanded trainings and educational opportunities.

- Caregiver Simulation Training, an awareness and education program, is offered to non-caregivers to help them understand the challenges of caregiving and the benefits of respite.
- Lunch-n-learns, short trainings on topics such as the importance of respite and caregiver wellness, were delivered in 41 settings during a six-month period.
- Caring for those who Care, an expansion opportunity through a pilot training project, offers Assistive Technology training provided by ADSS funds through a series of local grants.

Objective 3: Strengthen advocacy and education to public officials and policymakers to encourage implementation of expanded HCBS policies to include the caregiver and provide funding for formalized, sustainable respite and support services for caregivers.

- As a continuation of the white paper developed by the Caregiver Taskforce designated by the Legislature, ADSS, Alabama Respite, and the Coalition support and coordinate opportunities for caregivers to educate public policy makers and communities about the growing number of caregivers and the complex issues they face. This grant supports printing and distribution of the *A Voice for Alabama Caregivers*, and provides caregivers opportunities to meet with and express their unique issues with legislators through an annual town hall forum organized by ADSS. For example, a Respite Awareness Month Proclamation was submitted and renewed, and the grantee spoke at a Legislative Forum during spring, 2018.
- To increase public policy awareness of caregiver issues and to propose solutions, ADSS collaborates with Alabama Respite to initiate an enhanced approach to data collection that builds upon quality indicators and the support of Coalition subcommittee members that informs the development of a strategic plan for an effective community-based respite and caregiver support services document that will be used to advocate for necessary changes.

Aging and Disability Resource Center (ADRC) Role

- ADRCs join ADSS, Alabama Respite, and Coalition members, meeting twice yearly in planning groups that report to the entire Coalition annually, in order to develop a comprehensive plan for system advancement and sustainability that expands access to information, education, support services, collaboration, and advocacy.

State and Community Partners

- Alabama Respite (a program of United Cerebral Palsy of Huntsville and Tennessee Valley Inc. UCP)
- Medicaid
- ADRCs
- Department of Human Resources
- Top of Alabama Regional Council of Government (TARCOG)/Area Agency on Aging's National Family Caregiver Support Program (AAA NFCSP)
- My Care Alabama
- Children's Rehab Services
- Huntsville Hospital
- Alabama Information Management System (AIMS)



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