

Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Arkansas Division of Aging and Adult Services (DAAS)**

Funding Period: **2014-2017**

Primary Goal: The Choices in Living Resource Center – housed within the Aging and Disability Resource Center (ADRC), within DAAS – in partnership with the Arkansas Lifespan Respite Coalition (ALRC) will develop a statewide coordinated lifespan respite system, that builds on infrastructure currently in place, in order to improve awareness of and access to respite information and services among families across age and disability spectrums.

Key Performance Measures	Notable Achievements
<p>ADRC Call Specialists track respite-related calls received, helping to provide streamlined access to respite services. At the end of grant funding, 593 caregivers completed an online respite needs survey. The ALRC plans to seek a legislative study of respite needs to help promote the development of a statewide respite and crisis care system.</p>	<p>The Arkansas Lifespan Respite Coalition worked with legislators in seeking a legislative study regarding respite needs in Arkansas that would help promote the development of a statewide respite and crisis care system.¹</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p>Objective 1: Organize state and local partnerships to expand and enhance respite care resources that serve the lifespan.</p> <ul style="list-style-type: none"> The grantee and partners developed and disseminated an Arkansas Lifespan Respite Coalition New Membership Letter of Invitation, and held bi-monthly ALRC meetings. Meetings may be attended in-person or by phone in order to include local as well as state partners. During 2017, in three areas of the state, four organizations (two serving aging populations, and two serving persons with disabilities) received mini-grants to provide direct care services for family caregivers using innovative models including yoga for caregivers, family nights out, and vouchers. Read more about the Arkansas Lifespan Respite Coalition [https://humanservices.arkansas.gov/about-dhs/dpsqa/choices-in-living-resource-center/arkansas-lifespan-respite]. <p>Objective 2: Provide training and recruiting of respite care workers and volunteers.</p> <ul style="list-style-type: none"> The grantee contracted with the University of Arkansas for Medical Sciences (UAMS) Schmieding Caregiver Training Program who provided REST Train the Trainer one-day (7.5 hour CEUs approved) and two-day (14 hour CEUs approved) training sessions in 2015 to 9 RNs who led 8 training sessions for more than 100 respite care workers and volunteers. The grantee advertised and provided Volunteer Respite Training statewide including arranging American Sign Language (ASL) interpreters. 	<p>State Respite Coalition/Organization Role</p> <ul style="list-style-type: none"> The Arkansas Lifespan Respite Coalition (ALRC) partnered with the ADRC to oversee and coordinate grant activities. The Arkansas Lifespan Respite Coalition's members represent more than 25 organizations, respite care providers, family caregivers, volunteer advocates, consumers and State agencies. Grant goals and objectives build upon the ALRC's work on their six committees: Membership, Communications (including Website creation and marketing/outreach), Training/Education, Development and Operations, Grant/Funding, and Legislation. <p>Aging and Disability Resource Center (ADRC) Role</p> <ul style="list-style-type: none"> The Arkansas ADRC and the ALRC are key partners in developing the coordinated

¹ This goal grew out of the 2013 Arkansas Lifespan Respite Summit.

- The grantee developed a Family Member Information Booklet for the Volunteer Respite Provider.

Objective 3: Provide online information about available respite and support services.

- The grantee and partners developed a website for Arkansas Lifespan Respite as part of the DHS Division of Aging and Adult Services state website. Respite services identified around the state are maintained on the Arkansas DHS website and updated as needed. [<https://humanservices.arkansas.gov/about-dhs/dpsqa/choices-in-living-resource-center/available-services-and-resources>].
- The grantee and partners also developed a Respite Provider Form that is included on the website for respite providers who would like to add their names to the locator list.

Objective 4. Streamline access to respite service through Choices in Living ADRC.

- The grantee provided in-service training to the Choices in Living Resource Center (ADRC) Call Specialists, and developed resource materials to provide quicker access to callers regarding available respite services.
- Call specialists obtained information regarding 48 additional available respite services for various populations for a total of 78 available respite programs and services throughout the state. Information about these programs and services has been included on the Website (Objective 3).
- Call specialists tracked calls each month regarding: caregivers needing options counseling; caregivers' calls for respite information and referrals; professionals' calls for respite information and referrals; and calls inquiring about the ALRC. More than 3,300 calls were tracked during a two-year period.

Objective 5. Conduct marketing activities to increase the public's awareness of respite.

- The grantee developed and distributed a keychain CPR mask kit with logo to promote the ALRC, and designed and purchased a freestanding floor display unit and tablecloth with logo for outreach events, and held Annual Arkansas Lifespan Respite Awareness Events at the State Capitol.
- Among the myriad of public awareness activities were newspaper ads, brochures, flyers and fact sheets, and the grantee participated in 23 conferences and health fairs in 15 cities with respite exhibit booths. Arkansas has continued to print and distribute the Arkansas Lifespan Respite informational brochure through ADRC outreach to Civic Organizations/ Advocacy Groups, Senior Activity Centers, Area Agencies on Aging, Department of Human Services County Offices, Rural Health Clinics, Federally Qualified Health Centers (FQHC) and at conferences statewide.

lifespan respite system and overseeing the grant.

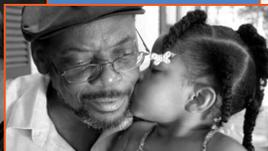
State and Community Partners

- The Division of Aging and Adult Services (DAAS) provided staff, outreach and marketing, as well as a graduate student intern from the UALR School of Social Work, and a State General Revenue cash match to support caregiver/respite worker training. The DAAS Information System unit partnered to maintain and update the website.
- Active members of the Arkansas Lifespan Respite Coalition include: Division of Aging and Adult Services; Partners for Inclusive Communities, University of Arkansas; Family to Family; Alzheimer's Arkansas; Self Advocates; Family Caregiver Advocates; National Multiple Sclerosis Society; Senior Health Insurance Information; Arkansas Department of Human Services/Developmental Disabilities Services (DHS/DDS) and Title V Children with Special Health Care Needs Program (CSHCN); Home Instead Senior Care; The Arc of Central Arkansas; Southridge Village Assisted Living; Arkansas Spinal Cord Commission; and Parent Advisory Council, Inc.



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Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Arkansas Division of Aging and Adult Services (DAAS)**

Funding Period: **2018-2021**

Primary Goal: **Achieve systems-level changes which will support and sustain program coordination and service provision.**

Key Performance Measures	Notable Achievements
<p>Anticipated project outcomes and products include: increased legislative awareness of respite needs for greater impact on policy; outcome data from legislative respite study supports will be used to guide the creation of a state respite office; a state respite voucher program for family caregivers, and a manual and quality assurance protocols will be developed; respite sustainability plans created at annual workshops; an increase in the number of trained respite workers; and increased respite awareness.</p>	<p>In an expanded effort to provide information and outreach, the grantee revised the Arkansas Lifespan Respite Awareness Infographic and Fact Sheet; updated the Arkansas Lifespan Respite and Caregiver Resource webpages and embedded them in the Arkansas Department of Human Services (DHS) website; and developed the Arkansas Respite Locator Spreadsheet, available to the public on Arkansas's Caregiver Resources webpage. An example of one respite resource supported by Lifespan Respite subgrant dollars is an innovative 10-week Yoga for Caregivers program that provided caregivers with yoga instruction, stress relieving exercises, and fellowship with other caregivers while their loved ones received care in the same building to ease caregivers' concerns. Certified yoga instructors experienced with special needs and elderly populations, a therapist, nurse and volunteers worked in concert to provide 479 hours of respite care to 31 caregivers.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p>Objective 1: Increase legislative awareness of respite needs in Arkansas for greater impact on policy.</p> <ul style="list-style-type: none"> Partners for Inclusive Communities at Arkansas's University Center on Disabilities will offer expertise in working with legislators to help guide this process. An information packet will include the Arkansas Lifespan Respite Coalition (ALRC) brochure, a list of respite services in Arkansas, a report from the online respite survey, and other Arkansas respite facts. Legislators will be invited to the Annual Arkansas Lifespan Respite Awareness Day at the state capitol, which will include an overview of respite needs in Arkansas, family caregivers sharing their stories, and presentations from key legislators who have had personal experience with being a caregiver. Invited speakers from states that have passed respite legislation will point out the benefit of developing policy to support and sustain a statewide lifespan respite system in Arkansas. <p>Objective 2: Develop a state respite voucher program for family caregivers.</p> <ul style="list-style-type: none"> The state respite voucher program through this grant funding will be subgranted to four organizations representing populations that span all ages and individuals with special needs 	<p>State Respite Coalition/Organization Role</p> <ul style="list-style-type: none"> In addition to the Arkansas Lifespan Respite Coalition being a key partner in this grant, the Executive Director of Partners for Inclusive Communities, Arkansas's University Center on Excellence in Disabilities, currently serves as Chair of the Arkansas Lifespan Respite Coalition. <p>Aging and Disability Resource Center (ADRC) Role</p> <ul style="list-style-type: none"> The Choices in Living Aging and Disability Resource Center (ADRC) located in the Arkansas Division of Aging and Adult Services (DAAS), in partnership with the Arkansas Lifespan Respite Coalition

across the disease and disability spectrum. A voucher program manual will be developed by the grant program manager to provide guidance to subgrantees, and subgrantees will receive regular site visits to monitor quality assurance. To sustain the respite voucher program, proposed legislation to fund a state respite office designates a portion of the requested funds to provide direct lifespan respite services through a respite voucher program managed by the state respite office.

Objective 3: Conduct annual sustainability workshops with a facilitator to help plan future growth of the statewide respite system.

- Annual sustainability workshops will be conducted in order to develop a plan for future growth and sustainability of the statewide respite system. As a guide for the workshops, the Sustainability Planning Workbook by The Finance Project will be used to help develop a comprehensive sustainability plan with a focus on mobilizing community support and cultivating leadership. A Caregivers Conference will bring caregivers, legislators, coalition members and other stakeholders together to share ideas, and services and support information.

Objective 4: Continue volunteer respite trainings.

- Continuing the Respite, Education and Support Tools (REST) volunteer respite training events around the state will allow faith-based and community respite organizations to send volunteers for quality training. This objective builds on past partnerships with the University of Arkansas for Medical Services (UAMS) Schmieding Family Caregiver Training Program to provide the needed training sites and trainers to conduct eight REST trainings each grant year. Based upon “lessons learned” from earlier REST training events, community and faith-based respite programs that specifically recruit and use volunteers in their programs will be targeted for the trainings.

Objective 5: Conduct ongoing marketing activities to increase the public’s awareness of respite.

- The Aging and Disability Resource Center (ADRC) website will continue to present information to increase awareness of respite and ways to access services. Health fairs, senior center events and rural development conferences will provide opportunities for presentations about the ALRC, its activities and services. The ALRC brochure developed during the 2014 grant and other promotional items will be distributed at the events. DAAS will subgrant in grant years two and three to a select entity to conduct four regional respite awareness events across the state in an effort to mobilize community support and cultivate leadership for growing a statewide respite infrastructure. A respite media campaign in grant years two and three will provide greater community awareness and serve to build support for respite legislation.

(ALRC), comprised of key stakeholders, work collaboratively to expand and strengthen the current Lifespan Respite Program and develop a policy framework to assure long-term support and sustainability of a statewide Lifespan Respite System.

State and Community Partners

- Partners for Inclusive Communities, Arkansas’s University Center for Excellence on Disabilities
- Arkansas Lifespan Respite Coalition
- CareLink
- Area Agency on Aging of Northwest Arkansas
- Area Agency on Aging of Southeast Arkansas
- Easterseals Arkansas
- Arkansas Parent Advisory Council Inc.
- University of Arkansas for Medical Sciences, Donald W. Reynolds Institute on Aging
- Arkansas Autism Resource and Outreach Center
- Community Connections
- Fellowship Bible Church
- Pediatrics Plus
- Arkansas Families First
- Therapy Providers
- Kid Life Plus, New Life Church, Greater Little Rock
- AARP
- The Frank and Barbara Broyles Foundation
- National Alliance on Mental Illness (Arkansas)
- Lonoke County Council on Aging
- Arkansas Total Care
- Empower Healthcare Solutions



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