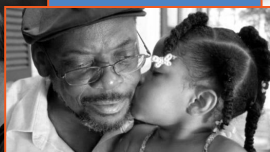


# Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Colorado State Unit on Aging**

Funding Period: **2014-2017**

Primary Goal: **Support further integration, scaling and long-term sustainability of Colorado's Lifespan Respite Care Project.**

Key Performance Measures	Notable Achievements
<p>Grantees receiving funding through the Colorado Respite Care Program (CRCP) report the number of hours of respite provided, and the cost per hour. Grantees also administer family caregiver surveys that allow families to document their experiences of how respite services influenced their lives.</p>	<p>The Colorado Respite Coalition received the prestigious Colorado Collaboration Award from the Colorado NonProfit Association in 2015.</p> <p>The CRCP, with the help of Easterseals Colorado and in partnership with the Colorado Respite Coalition, successfully advocated for \$350,000 State General Funds for State Fiscal Year (SFY)16 an increase from \$250,000 in 2015 and \$150,000 in 2014. The funds, which were maintained in the SFY2017 state budget, were designated for respite supports, with the majority distributed as community grants and family respite vouchers across the state and lifespan.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p><b>Objective 1: Further strengthen, expand, and enhance respite services to family members.</b></p> <ul style="list-style-type: none"> <li>• CRCP developed a pilot voucher program in 2015, and expanded the program with an expansion grant. Voucher applications and frequently asked questions are translated into Spanish to reach and serve Spanish-speaking populations.</li> <li>• CRCP hosted weekend workshops for families of children and teens with special needs, and a second for adoptive and foster families. The workshops focused on: stress management and self-care; community resources; financial management; and caregiver wellness.</li> <li>• The grantee offered in-home, center-based and recreational respite services through vouchers and the Coming Up for Air family respite weekend.</li> </ul> <p><b>Objective 2: Improve statewide dissemination and coordination of respite care.</b></p> <ul style="list-style-type: none"> <li>• More than 8,000 users visited coloradospitecoalition.org during 2015.</li> <li>• CRCP and its advisory committee developed a pilot voucher program to fund planned and emergency respite that provided more than 2,000 hours of respite to 53 families across the state and across the lifespan during the pilot period.</li> </ul>	<p><b>State Respite Coalition/Organization Role</b></p> <ul style="list-style-type: none"> <li>• The Colorado Respite Coalition (CRC) is a group of 188 caregivers, care recipients, non- and for-profit organizations, and government agencies that meet quarterly.</li> <li>• In addition to serving on the Project's Advisory Committee, the CRC has been actively involved in grant planning, implementation and evaluation including conducting surveys, outreach, awareness and advocacy campaigns; providing services, training, referrals, funding and other supports as needed.</li> </ul> <p><b>Aging and Disability Resource Center (ADRC) Role</b></p> <ul style="list-style-type: none"> <li>• Colorado's ADRCs reach 99 percent of the state's population with information, assistance and options counseling. The</li> </ul>

**Objective 3: Provide, supplement, and improve access and quality of respite care services to family caregivers, thereby reducing family caregiver strain.**

- In 2016, CRCP partnered with 18 agencies to provide caregiver wellness training aimed at supporting caregivers in locating resources, engaging in self-care, and connecting with others to share their experiences. These trainings were offered across Colorado by agencies serving a broad range of ages and conditions. CRCP developed the curriculum from trainings offered by Mental Health America of Colorado and the U.S. Department of Veteran's Affairs, creating a curriculum focused on establishing and maintaining self-care, resources, the importance of respite care and opening a dialogue for caregivers to share their own experiences.
- CRCP partnered with a local author who served as AARP Colorado's caregiving ambassador and co-sponsored training around a variety of caregiving issues including grief, self-care, and embracing the aging process.

**Objective 4: Enhance community understanding and education activities about respite.**

- CRCP reached more than 13,000 individuals in 2015, and more than 14,000 in 2016, through marketing, presentations, coalition meetings and trainings.
- CRCP conducts outreach to Denver Metro Area state department employers and shares tools to support employees who are also caregivers. In addition, CRCP is working to reach employers in the private sector.

**Objective 5: Develop and adopt a statewide respite/caregivers support strategic plan.**

- Colorado policymakers passed HB15-1233, which created a statewide respite task force with broad representation from consumer groups and representatives from several state departments. The task force focused initially on conducting a needs assessment.

**Objective 6: Increase the capabilities of the three newly formed regional respite coalitions.**

- Strategic planning helped support formation of a new regional coalition in the Denver Metropolitan Area.

grantee provided annual training focusing on lifespan respite services and supports to expand ADRCs' options, counselors' knowledge, and resources.

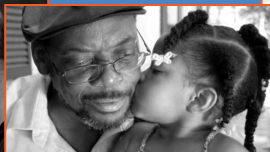
**State and Community Partners**

- Colorado Respite Coalition (CRC)
- Chronic Care Collaborative
- Easterseals Colorado
- In-kind support garnered from Colorado's Health Care for Children with Special Needs Program, National MS Society-Colorado-Wyoming Chapter, Easterseals Colorado, JFK Partners, Diane Mulligan and Associates, and other stakeholders.



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# Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Colorado Department of Human Services, State Unit on Aging, Colorado Respite Care Program (CRCP)**

Funding Period: **2017-2020**

Primary Goal: **Advance the State of Colorado's systems and capacities to deliver respite care and related services to family caregivers of adults or children with disabilities or special health care needs.**

Key Performance Measures	Notable Achievements
<p>Colorado's Advancing Lifespan Respite grant is evaluated internally during the first two years and will be evaluated externally the final year. CRCP outcome measures, including indicators, metrics, and products, focus on: completing a Work Plan; documenting lessons learned; and delivering proposed products. The CRCP working with the Respite Care Task Force project is conducting a cost-benefit study to evaluate the financial impact of respite care services.</p>	<p>CRCP leverages state and local funding streams and partnerships to bring lifespan respite to a statewide scale. State general funds totaling \$350,000 support community respite grants, family respite vouchers, training and education.</p> <p>CRCP partners with one No Wrong Door pilot program by serving on its advisory committee, and by providing respite resource and referral trainings to pilot partners.</p> <p>CRCP received a grant from the Rose Community Foundation to create a toolkit, available as a book and online, to help families and professionals better understand how to navigate Colorado funding streams for respite services.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p><b>Objective 1: Further advance a sustainable, statewide system for respite care services.</b></p> <ul style="list-style-type: none"> <li>CRCP, implementing Task Force recommendations, is working on policies: to help streamline Medicaid Waivers to improve access to services and simplify center-based regulations; and explore relationships with health insurers to investigate the inclusion of respite services as an insurance benefit.</li> <li>Colorado completed training for the evidence based, train-the-trainer, Stress Busting Program for Family Caregivers of Persons with Dementia preparing 12 Master Trainers in six different Area Agency on Aging regions covering 17 counties.</li> <li>Having identified training addressing caregiving for persons with behavioral challenges as a service gap in Colorado, CRCP partnered with JFK Partners to provide a five-part webinar series focused on practical strategies for addressing challenging behaviors.</li> </ul>	<p><b>State Respite Coalition/Organization Role</b></p> <ul style="list-style-type: none"> <li>The statewide Colorado Respite Coalition (CRC) and the Chronic Care Collaborative (CCC) provide input, expand reach, and support CRCP systemic efforts.</li> </ul> <p><b>Aging and Disability Resource Center (ADRC) Role</b></p> <ul style="list-style-type: none"> <li>The CRCP works with 16 Colorado ADRCs to improve respite referrals and expand resources to families by sharing respite and caregiver resources. The CRCP also offers annual informational webinars to ADRCs.</li> </ul>

**Objective 2: Improve and expand statewide collaborative partnerships with relevant stakeholders.**

- CRCP leverages their prior work on their respite website (which includes financial information, resources, training opportunities, and a respite provider locator) by making the website mobile responsive, completing annual technical updates, and creating an online database of training opportunities.
- CRCP is increasing the engagement of faith communities by developing a resource toolkit.
- CRCP continues its Employer Engagement Program, disseminating a caregiver wellness toolkit, and engaging employers to modify their workplace culture to offer caregivers greater flexibility.
- CRCP partners with AARP's Colorado Caregiving Ambassador, Jane Barton, to cosponsor training around a variety of caregiving issues including grief, self-care, and embracing the aging process. Training has reached 918 caregivers through 18 training sessions for varied populations and communities, including rural settings.
- Training on recognizing disabilities, barriers and solutions was provided to college students who earned college credits through a partnership with Adams State College. Students complete 40 hours of classroom work and 11 weeks of hands-on training at the Easterseals Colorado Rocky Mountain Village Camp.

**Objective 3: Further develop and deliver each of the five required, and where appropriate, three optional respite care services, as stipulated in the Lifespan Respite Care Act of 2006.**

- CRPC continues its respite voucher program, contracting with 23 providers, and offering resources to unserved and underserved family caregivers including targeting special populations.
- The CRC website matches families with providers and maintains a database of caregiver trainings statewide.
- CRPC continues its *Coming Up for Air* weekend and education program for special needs populations, providing caregivers with training on financial planning, respite resources, and personal health and wellness.

**State and Community Partners**

- Easterseals Colorado
- Government appointed Respite Care Task Force
- Five Regional Respite Coalitions (RRCs)
- Colorado Traumatic Brain Injury Trust Fund Program
- Developmental Disabilities Council
- University Center for Excellence in Developmental Disabilities JFK Partners
- MindSource, Colorado's Department of Human Services state brain injury program
- Parkinson's Association of the Rockies
- Osher Lifelong Learning Institute
- Adams State College
- Dementia Friendly Government Sector
- Bell Policy Center



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