



Respite (RESS' – pit)

Respite is simply a way of giving a temporary or short-term break to caregivers.

Respite can be provided in a variety of settings:

- The family's home
- A relative's home
- A community setting
- A day care center
- Faith-based respite programs



Arkansas Lifespan Respite Project

The purpose of the Arkansas Lifespan Respite Coalition (ALRC) is not to act in the 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. The Division of Aging and Adult Services in the Arkansas Department of Human Services serves as the central point of contact for the Arkansas Lifespan Respite project across the state.

The ALRC began meeting in March 2013 as an outcome of the 2013 Lifespan Respite Summit that brought together stakeholders statewide who were interested in improving the respite system in Arkansas. Since that meeting, the ALRC has continued to meet monthly and in 2014 was awarded a Lifespan Respite Grant that provides funding to help the ALRC attain its goal.

For more information call:

1-866-801-3435



Goals and Objectives

The **goal** of the Arkansas Lifespan Respite 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 ALRC will partner with individuals, families, and multiple state and local agencies representing all ages, populations and disability/disease groups to achieve the following **objectives**:

- 1) organize state and local partnerships to expand and enhance respite care resources that serve the lifespan;
- 2) provide training and recruitment of respite care workers and volunteers;
- 3) provide online information about available respite and support services;
- 4) streamline access to respite services through the Choices in Living Resource Center; and,
- 5) conduct marketing activities to increase the public's awareness of respite.



Vision

Create an environment within Arkansas where respite and crisis care are readily available and easily accessible to all caregivers through education and awareness.

Mission

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.

Values

We will consider all suggestions from coalition members and make decisions based on consensus as we are one team with one vision and one mission.



We will offer all members of the coalition the opportunity to participate in coalition decision making. We will promote respite and facilitate services that are respectful of the diverse ethnic backgrounds of the families served, without preference for a select demographic group or disability population.

Because families and caregivers have different needs at different times, we will encourage and support the development of both planned and crisis care programs.

We will support and encourage respite care programs that offer consumer driven and individually chosen services.



We have a commitment to excellence and professionalism with integrity, honesty and ethical behavior guiding all of our efforts.

We will collaborate and build partnerships with those who share the vision and values of the organization.

We will ensure that the diversity of ideas, cultures, ethnicities and backgrounds shall provide the foundation of the organization's efforts.

We will ensure financial strength to accomplish the goals set by the organization.

ALRC Working together



Arkansas Lifespan Respite Coalition (ALRC) is comprised of family caregivers and 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.

We hope that you will join us and provide input for the future of respite in our state. You can help us by:



- Identifying available respite resources in your area
- Spreading the word about the ALRC
- Letting us share your stories on our website
- Becoming a member of ALRC
- Helping us educate the public and its policy makers about respite and how important it is to family caregivers in Arkansas.

"There are four kinds of people in this world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers."

Former First Lady Rosalynn Carter

Scope of Caregiving in Arkansas

- Each year 698,000 Arkansans provide care to a family member (61.6 million nationally).
- Arkansas family caregivers provide a total of 457 million hours of care (40 billion nationally.)
- The value of family care provided in Arkansas is \$4.5 billion per year (\$450 billion nationally).

[Valuing the Invaluable: 2011 Update The Growing Contributions and Costs of Family Caregiving, AARP Public Policy Institute, 2011]

Scope of Caregiving Nationally

Magnitude

- 65.7 million caregivers make up 29% of the U.S. adult population providing care to someone who is ill, disabled or aged. [The National Alliance for Caregiving and AARP (2009), Caregiving in the U.S., Bethesda, MD: National Alliance for Caregiving. Washington, D.C.] Updated: November 2012

Economic Value and Costs of Informal Caregiving

- At \$450 billion in 2011, the value of informal caregiving exceeded the value of paid home care, more than total Medicaid spending in 2009, as much as Wal-Mart sales (\$408 billion), and nearly exceeding total expenditures for the Medicaid program in 2009 (\$509 billion).

[Valuing the Invaluable: 2011 Update, The Economic Value of Family Caregiving. AARP Public Policy Institute.] Updated: November 2012

Worklife

- More than one in six Americans working full or part time report assisting with the care of an elderly or disabled family member, relative, or friend. Caregivers working at least 15 hours per week said it significantly affected their worklife. [Gallup Healthways Wellbeing Survey, More Than One in Six American Workers Also Act as Caregivers, July 2011] – Updated: November 2012

Impact on Working Caregivers

- 70% of working caregivers suffer work-related difficulties due to their dual caregiving roles. [The National Alliance for Caregiving and AARP (2009), Caregiving in the U.S., Bethesda, MD: National Alliance for Caregiving. Washington, D.C.] – Updated: November 2012

Impact on Employers

- The cost of informal caregiving in terms of lost productivity to U.S. businesses is \$17.1 to \$33 billion annually. [MetLife Study of Working Caregivers and Employer Health Costs: National Alliance for Caregiving. 2010] – Updated: November 2012

Impact of Caregiving on Caregiver's Physical Health

- 17-35% of family caregivers view their health as fair to poor. [Valuing the Invaluable: 2011 Update, The Economic Value of Family Caregiving. AARP Public Policy Institute.] Updated: November 2012

Support

- National, State and local surveys have shown respite care to be the most frequently requested service from family caregivers. [National Family Caregivers Association. Allsup Family Caregiver Survey (Kensington, MD, 2011)]

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