

Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Idaho Commission on Aging (ICA)**

Funding Period: **2013-2016**

Primary Goal: **To establish a Lifespan Respite Program that expands and enhances respite services and improves access to respite throughout the state for family caregivers of people of all ages.**

Key Performance Measures	Notable Achievements
<p>The Idaho Commission on Aging, working with the Boise State University Center for the Study of Aging and the Idaho Lifespan Respite Coalition, now called the Idaho Caregiver Alliance, conducted needs and assets assessments, gathered formative data on activities, and reported data on outcomes linked to each of their five objectives. These data were presented to stakeholders during formal presentations and in written documents available through Idaho Caregiver Alliance and Idaho Commission on Aging.</p>	<p>During the funding period, membership in the Idaho Lifespan Caregiver Alliance increased from 47 to more than 300 persons and organizations. The Idaho Caregiver Alliance (ICA), supported by the Idaho Commission on Aging (ICOA), created a Concurrent Resolution for passage during the 2017 Idaho Legislature. The purpose of the Concurrent Resolution is to raise awareness about the value of caregivers, their challenges, and the importance of implementing the Action Plan.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p>Objective 1: Enhance the Idaho Caregiver Alliance (ICA).</p> <ul style="list-style-type: none"> • In order to harness the expertise of the ICA and maintain each organization’s commitment to the project, quarterly meetings were held to discuss activities, decide next steps, and learn about programs. • At the onset of funding, Boise State University–Center for the Study of Aging (BSU–CSA), the lead agency for the ICA, conducted a statewide caregiver survey to inform planning and guide subsequent work, and created content for an online respite and caregiver support resource database and web-based access. • Based upon a list of issues, priorities were identified and three workgroups formed in order to identify activities and products: Supports for Family Caregivers; Information, Education, and Public Awareness; and Health Professionals Practices. • The ICOA and BSU-CSA created the Idaho Lifespan Family Caregiver Action Plan, a roadmap for how Idaho can support family caregivers of people of all ages. The Plan, the result of more than two years of discussion, research, outreach, deliberation, and dedicated effort by diverse stakeholders, which carefully considers how to build upon existing partnerships and resources, will be used to increase awareness among policy and decision-makers, stimulate dialogue and planning, and catalyze interest and resources to improve the family caregiver environment. 	<p>State Respite Coalition/Organization Role</p> <ul style="list-style-type: none"> • The first stated objective of the grantee is: “Enhance the Idaho Caregiver Alliance.” The ICA was tasked with building a sustainable, functional statewide advocacy network that would continue to improve lifespan respite support. <p>Aging and Disability Resource Center (ADRC) Role</p> <ul style="list-style-type: none"> • The ADRCs, comprised of the six Area Agencies on Aging, and the three Centers for Independent living, are key partners working collaboratively with the ICA to achieve Objective 2 proposed by the grantee: “enhance information about, and access to, respite care through established information and access points.”

Objective 2: Enhance information about, and access to, respite care through established information access points including the Aging and Disability Resource Centers (ADRCs).

- At the onset of funding, the ICA Marketing and Sustainability Workgroup met and developed a “Dream List” of elements to include within a statewide online services and information website and assistance organization. Their initial work guided subsequent activities to make the website a reality.
- ICOA (Idaho’s ADRC), ICA, and 211 Careline collaborated to create a caregiver respite landing page on the 211 Careline website. ICA developed content for the 211 Careline landing page.
- AARP Idaho collaborated with the ICA to create the *Resource Guide for Idaho Family Caregivers*, which includes resources throughout the state for caregivers across the lifespan. AARP Idaho printed and distributed 2,000 copies of the guide statewide and provided access to the guide.

Objective 3: Conduct regional meetings to identify and address strengths and challenges of current respite services.

- At the onset of funding, the Regional Connections Workgroup interviewed other states to learn how they engaged regional groups in statewide planning for Lifespan Respite.
- In 2016, a regional summit was held with multiple stakeholders participating. The ICA obtained funding to support another Lifespan Respite Summit, held in July 2017.

Objective 4: Identify current training opportunities, identify gaps in training, and develop and provide training to respite providers and volunteers.

- A caregiver needs assessment, and a respite resources assessment, were conducted, and data were used to inform this objective. Using Powerful Tools for Caregivers (PTC) as one strategy to realize this objective, nine PTC trainings were held across the state during 2016 in partnership with Jannus Corporation’s *Friends in Action*.
- Based upon a recommendation in the *Caregivers in Idaho* report, a state registry of respite providers was established.

Objective 5: Provide emergency respite services.

- At the outset of funding, a Statewide Needs and Asset Assessment Workgroup formed in order to gather information for planning, and the Workgroup prioritized emergency respite activities in subsequent years.
- An emergency respite care pilot program was launched during 2015 through a contract with the Federation of Families for Children’s Mental Health.
- After completion of an Action Plan addressing emergency respite needs and other priorities identified by the Workgroup, the ICA planned one-to-one meetings to educate key stakeholders about the value of caregivers, their need for both occasional, emergency and ongoing supports, and the importance of creating a funding mechanism for implementation of the Plan. The ICA anticipates a funding request during the 2018 legislative session.

State and Community Partners

- Six Area Agencies on Aging (AAAs) serving as local ADRC sites
- Idaho Caregiver Alliance (ICA)
- Boise State University Center for the Study of Aging (BSU-CSA)
- Idaho Assistive Technology Project at the University of Idaho’s Center on Developmental Disabilities
- Idaho Department of Health and Welfare, Divisions of Medicaid, Public Health and Behavioral Health
- More than 20 public and private agencies and programs representing persons likely to need and use respite throughout the lifespan.



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Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Idaho Commission on Aging (ICOA)**

Funding Period: **2017-2020**

Primary Goal: **Expand access to respite services for family caregivers and strengthen Idaho’s policy framework to support and sustain the program.**

Key Performance Measures	Notable Achievements
<p>The grantee measures increases in the number of caregivers accessing respite information and arranging respite services; the existence of a statewide standardized respite training; increases in the number and type of agencies providing caregivers with respite information; and increases in respite options for family caregivers. In addition, the grantee is producing the following products: a central respite database; lessons learned from implementation of faith and nonprofit based respite models; toolkit materials for caregivers and providers; respite training curriculum; consumer-directed respite pilot service requirements, monitoring tool, and outreach and marketing materials; an employer respite information and supports assessment results.</p>	<p>Utilizing survey and assessment data gathered over a three-year period, the ICOA/ICA (Idaho Caregiver Alliance) published the <i>Idaho Lifespan Caregiver Action Plan (Plan/Action Plan)</i> in October 2016. The Plan, which gained unanimous support from the 2017 Idaho Legislature, includes objectives to enhance the state’s lifespan respite system and funding strategies.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p>Objective 1: Coordinate and strengthen lifespan respite systems at the State and local levels.</p> <ul style="list-style-type: none"> • The ICOA’s 2018 State Strategic Plan includes implementing the Action Plan, sustaining the ICA, and continuing to develop and enhance lifespan respite including: working with policy makers to improve social, financial, and supportive services environments for caregivers across the lifespan by providing a strong, credible voice for caregivers. • The ICA was involved in two significant legislative efforts during the 2018 legislative session, including testifying in favor of the Idaho Department of Licensing and Certification proposed rule changes for the Certified Family Homes (CFH) program, and sponsoring a dialogue about issues related to the Patient Caregiver Support Act, a bill sponsored by AARP Idaho based on the C.A.R.E. Act adopted in many states. • The ICA convenes quarterly progress meetings, develops respite workshops for state or regional conferences, and coordinates with the ICOA to develop a statewide central respite database. 	<p>State Respite Coalition/Organization Role</p> <ul style="list-style-type: none"> • In 2013, the ICOA was awarded a Lifespan Respite grant for new states from the Administration for Community Living, which fostered the growth of the Idaho Lifespan Respite Coalition, now known as the Idaho Caregiver Alliance (ICA). The ICA, led by Dr. Sarah Toevs at the Boise State University Center for the Study of Aging (BSU-CSA), is a robust and active stakeholder group of over 400 individuals and agency members. The ICOA/ICA participates on the Idaho Healthcare Coalition, the oversight body for the State Health Innovation Plan (SHIP), creating person-centered medical homes

Key Objectives, Activities and Outcomes

- The ICOA/ICA created a respite registry workgroup including members from Idaho Department of Health and Welfare (IDHW) Money Follows the Person/Idaho Home Choice, Children’s Mental Health, and Family and Children’s Services to create respite registry/central directory parameters; purchase or develop a platform; and populate and market the platform to caregivers and providers statewide. Based on research conducted with other state registries, the ICOA/ICA are pursuing other priorities and opportunities.
- BSU-CSA in coordination with the Idaho Public Health Association hired a part-time BSU student intern to publish a weekly Legislative Update.

Objective 2: Provide innovative respite services to family caregivers.

- The ICOA sought the participation of an AAAs/ADRC to establish a consumer-directed lifespan respite program pilot with an emphasis on the underserved target population. No AAA/ADRC has the capacity to establish the program. Other alternatives are being pursued, including the ICOA establishing the program. An objective of this process is to develop business practices that are easy for the caregiving family to use, the respite worker to navigate, and the AAA/ADRC to manage.
- The ICOA is building a consumer directed portal into an existing management information system, allowing the Information and assistance staff at the AAA/ADRCs to automate service approvals for consumers.
- BSU-CSA created a Respite Project Coordinator role to engage a Respite Workgroup by soliciting general members and recruiting representatives from Idaho Division of Behavioral Health at the state level, Idaho Division of Family and Children’s Services at the regional level, and a nonprofit entrepreneur developing a sensory camp for adults with traumatic brain injuries.

Objective 3: Increase the level of knowledge and professionalism in respite care by providing training to caregivers, providers, and volunteers.

- The ICOA researched and selected existing core (common elements across the lifespan) and specialized (culturally specific, specific to particular health conditions, or specific to a respite model, like volunteer respite) training for caregivers, providers, and volunteers. Training is available on ICOA’s website and accessible through the Live Better Idaho and 211 Careline websites, and access is promoted through IDHW to Medicaid providers and through the ICA and their constituencies. In 2018, IDHW expanded Certified Family Home Providers roles to include community adult day services.
- The Caregiver Integration Project, part of Idaho’s Statewide Healthcare Innovation Plan (SHIP), a multi-year grant funded project to transform primary care practices to patient-centered medical homes, held an event during December, 2017, called “Coordinating Resources Across the Lifespan” attended by more than 50 primary clinic staff. Attendees gathered at tables and listened to caregivers and community health workers share stories about the benefits to caregivers of engaging with primary clinic staff, enabling the caregiver to take better care of herself/himself and the person in their care. Evaluation results from the event showed that the majority of participants experienced increased awareness of the role of unpaid caregivers, and they received adequate information to recognize and refer caregivers to supports, including access to respite.

Coalition, ADRC and Community Partners

(PCMH) through primary care system transformation. The ICOA/ICA was also instrumental in creating a pilot project to integrate caregivers into the PCMH.

Aging and Disability Resource Center (ADRC) Role

- The ICOA administers the National Family Caregiver Support Program (NFCSP) to provide respite to eligible consumers through the six state AAA/ADRCs.
- The ICOA contracts with six community-based nonprofit organizations to develop and implement lifespan respite programs targeting underserved populations in each of the AAA/ADRCs Planning and Service Areas. The AAA/ADRCs assist with marketing to the local community-based respite programs.

State and Community Partners

- The ICOA contracts with Boise State University-Center for the Study of Aging (BSU- CSA), to continue as lead agency for the ICA.
- Idaho Department of Health and Welfare (IDHW) Divisions of Medicaid (Money Follows the Person/Idaho Home Choice), Behavioral Health and Public Health
- 211 Careline
- Idaho Parents Unlimited
- IDHW Navigators and Regional Medicaid Units
- Idaho Healthcare Association
- Community Partnerships of Idaho
- MS Society
- Critical Access Hospitals
- Jannus Inc, Legacy Corps

Objective 4: Enhance access to lifespan respite care information by establishing new information access points in addition to the Area Agency on Aging/Aging and Disability Resource Centers.

- The ICA is creating a toolkit with uniform messaging and training for distribution statewide through local channels utilizing the ICA network. The toolkits will equip access points like the AAA/ADRCs, 211 Careline, Idaho Parents Unlimited, IDHW Navigators and Regional Medicaid Units, the Idaho Healthcare Association (private long-term care providers), Community Partnerships of Idaho, the MS Society, Critical Access Hospitals (CAH) and Easterseals of Idaho with essential respite information for lifespan caregivers.



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