

**Caregiving in SE Idaho: Lifespan Respite Summit**  
**Moving Respite Forward through Communities of Strength**  
**Virtual Event Hosted by the Area V Agency on Aging and Idaho Caregiver Alliance**  
**May 21, 2021 8:30AM - 1:00PM**

48 registered participants (42 individuals signed in to virtual event)

- Event webpage available [HERE](#)
- Presentations from the Summit available [HERE](#)
- Recording available [HERE](#)
- Evaluation Report available [HERE](#)

**Summary of Lifespan Respite Summit**

Welcome:

Judy Taylor, Idaho Commission on Aging  
Mike Hirschi, Area V Agency on Aging  
Senator Mark Nye, Idaho District 29  
Sarah Toevs, Center for the Study of Aging

Thank You to Sponsors:

AARP Idaho, ARCH National Respite Network, Blue Cross of Idaho, Boise State University Center for the Study of Aging, Idaho Commission on Aging, Molina Healthcare, and Optum Idaho

Respite from a Caregiver Perspective- Caregiver Panel:

Lynda Pfaff:

A caregiver for her husband and nine year old granddaughter; a retired professional caregiver after 40 years; granddaughter has autism, husband's physical health is declining, takes care of both of them at her house and their long list of needs; was referred to the Powerful Tools for Caregiving Course, gained invaluable skills; found autism resources through school district and influential teachers

Brent Moore:

Caregiver of four years for wife with dementia and fibromyalgia; is responsible for her medication and ensuring she does not drive or get lost; often has to force feed her medication, food, and water; she often resists doctor's appointments; wife suggested a dementia support groups that has given him a safe space; respite program has given him part time help so far and is seeking out more help.

Donald Colby:

Caregiver to his late wife; was the sole caregiver for many years as she battled with Alzheimer's; had a difficult time finding consistent and affordable caregivers; wife was very independent prior to her diagnosis and it was difficult to come to terms with reliance on another person; found caregivers that his wife loved and made all of the difference in his experience; became an advocate for Alzheimer's and raised additional funding for state funded programs

Lifespan Respite: Building and Sustaining Best Practices and Innovation: *Moving Respite Forward through Communities of Strength*:

Provided by Jill Kagan from the ARCH National Respite Network and Resource Center

Break Out Room #1 (Sponsored by Blue Cross of Idaho)

What are the barriers and gaps in your community and in Idaho for connecting caregivers with respite and other support?

- Difficult to find resources and information for different groups
- Differing experiences between paid and unpaid caregivers
- Caregivers do not recognize themselves as caregivers
- Sometimes help is not timely
- Challenging to find paid caregivers in rural areas
- Medicaid eligibility can create gaps in ability to access
- Insufficient funding for programs
- Inadequate training for home caregivers
- Need for more transportation service
- Identifying the appropriate respite provider
- Family members reluctant to seek help

What are the strengths and assets that exist in your community and in Idaho for connecting caregivers with respite and other?

- Consumer-directed respite and traditional respite through the AAA
- Powerful Tools for Caregiving as a resource
- A network of community that offers support
- A strong connection between AAA and Veteran Services
- Willing and dedicated caregivers
- Strong AAA leadership

## Overview of Available Respite Programs:

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Presented by Lynn Fynes and Janet Miller from the Idaho Commission on Aging\_\_

## Idaho Lifespan Respite:

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Presented by Gina Stucki from Area V Agency on Aging\_\_\_\_\_

## Breakout Room #2 (Sponsored by Optum Idaho)

How can we work together to improve caregiver supports? What could lifespan caregiver support look like in your community?

- Powerful Tools for Caregivers is a great outreach tool
- Local partners who can help
  - University extension service (students in social services/healthcare)
  - Senior centers
  - Employers (incentivize staff)
  - Faith based organizations (identify key leaders)
  - Chambers of commerce
  - Libraries (teaching and sharing technology)
  - Hospice care
  - School systems
  - Key stakeholders in healthcare
    - Use an advisory committee to help establish goals
- Include legislators in outreach (newsletters regarding resources)
- Utilize all media venues for outreach (news, newspaper, radio, etc)
- Intervene early with parents and schools
  - Education and information for parents of preschoolers and elementary students
  - Train teachers, parents, school administrators
  - Provide outreach to school/child care personnel
- Educate and engage businesses on the importance of supporting caregivers
- Encourage collaboration between Voice Program and schools (for secondary and post secondary special education students)
- Reducing professional jargon and acronyms when speaking to caregivers
- Provide grief support for caregivers working in long term care facilities

## Next Steps:

- Enlist community partners to facilitate the statewide demo of Consumer Directed Respite

- By the ICA meeting held in October of 2021 the Area V Agency on Aging will report back on new partnerships established within the K-12 education system, as well as within the universities
- ICA to work with healthcare systems in getting caregivers recognized as health care providers, report progress at October ICA meeting
- Add summit participants, and Senator Nye and other legislators to ICA communication distribution list