

# Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Montana Department of Public Health and Human Services (DPHHS), Aging Services Bureau**

Funding Period: **2014-2017**

Primary Goal: **Establish a statewide, coordinated system of easily accessible, quality and affordable lifespan respite care services for Montana's family caregivers.**

Key Performance Measures	Notable Achievements
<p>Performance indicators tracked include: number and demographic diversity of caregivers receiving new respite vouchers; audience reach of public service announcements (PSAs); number of different providers and agencies referring caregivers for respite services; need for respite information as measured by number of caregivers requesting information about respite and applying for new respite vouchers; and increased number of members in the state Lifespan Respite Coalition.</p>	<p>Grant funds were used to establish a new Lifespan Respite Voucher program providing education to caregivers seeking respite, and funding vouchers for 285 caregivers to hire someone they know and trust to provide respite for the family member under their care.</p> <p>The lead agency enhanced the Lifespan Respite Website, with annual updates, to include a searchable database of resources for caregivers including in-home and out-of-home respite providers and educational resources about respite and links to a self-paced caregiver training video.</p> <p>The coalition gained the support of state legislators, and the governor advocated for increased funding to address the unmet need for respite in the state, including in frontier communities.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p><b>Objective 1: Develop innovative Lifespan Respite service models that simplify caregiver access to respite.</b></p> <ul style="list-style-type: none"> <li>The lead agency established a clearinghouse with accessible information on respite that became a single point of access for caregivers to call in and have their needs assessed, be linked to available respite services that they may be eligible for, and, if eligible, apply for the grant-funded lifespan respite vouchers that allow caregivers to hire someone they know and trust.</li> </ul> <p><b>Objective 2: Reduce structural barriers that impede the provision of respite.</b></p> <ul style="list-style-type: none"> <li>The Coalition expanded and updated its website, through coordination with the Aging and Disability Resource Centers (ADRCs), creating a statewide resource database of respite providers available to the public. They also created a state map allowing caregivers to easily locate providers serving their county.</li> <li>The grantee added a training module on lifespan respite to the required curriculum for Area Agency on Aging (AAA) and County Council on Aging staff so that they could provide</li> </ul>	<p><b>State Respite Coalition/Organization Role</b></p> <ul style="list-style-type: none"> <li>The Montana Lifespan Respite Coalition, which was created under the previous federal lifespan respite grant, developed Montana's Respite Strategic Plan in 2013. The coalition's four working groups and executive committee served as the planners and engines for many of the grant activities.</li> <li>Developmental Educational Assistance Program (DEAP) coordinated the establishment and administration of the lifespan respite voucher program, the clearinghouse function, and the maintenance and updating of the website.</li> </ul>

education and referrals to respite for clients seeking services as older adults or caregivers of older adults.

**Objective 3: Increase caregiver awareness of the purpose, need for and availability of respite.**

- The coalition wrote and disseminated numerous articles, press releases and caregiver materials in the media, at annual conferences and events, through organizational newsletters and the lifespan respite website.
- Coalition members presented on public television and radio including sharing caregivers' personal stories about the importance of respite breaks to providers.
- A 12-minute video was produced using interviews with caregivers throughout the state explaining the need for and benefits of respite.
- Through the Montana Broadcasters Association, the coalition developed and aired more than 10,000 radio and television PSAs about the importance and availability of the voucher program.
- Through presentations, conferences, and public media, the number of agencies and organizations referring caregivers to respite programming more than doubled during the grant period.

**Objective 4: Develop options for caregiver respite training.**

- The grantee worked with the Montana State University Extension Agency to revive a six-week train the trainer program for caregivers called Powerful Tools for Caregivers.
- The grantee supported access to training for family/primary caregivers through stipends and provision of respite and disseminated a PSA to inform the public about the Powerful Tools for Caregivers program.

**Objective 5: Implement the 2014 state Lifespan Respite sustainability, growth and succession plan.**

- During the grant period, the Lifespan Respite Coalition active membership nearly tripled in size.
- Lifespan Respite coalition members met with and educated state officials about the lifespan respite model and succeeded in gaining the support of a wide group of aging organizations, the Governor's office, and state legislators who advocated for continued resources to support lifespan respite services, including the voucher program.
- The Lifespan Respite Coalition and Money Follows the Person jointly funded the addition of a module of questions about caregiving to the state's 2016 Behavioral Risk Factor Surveillance System (BRFSS). The survey findings from that year documented how prevalent the role of family caregivers is across the state and how often caregivers are providing 40 or more hours of full-time caregiving for friends or family members with a health problem or disability.

**Aging and Disability Resource Center (ADRC) Role**

- The Montana DPHHS' Aging Services Bureau, which coordinates Montana's ADRC network and lies within the Senior and Long-Term Care Division, the lead agency for the grant, also coordinates the ADRC network across the state.
- ADRC's focus had mainly been on services for elders and people with disabilities, but under the Lifespan Respite grant they have evolved into a focal point of information and supports for caregivers looking for respite.

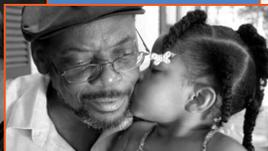
**State and Community Partners**

- Developmental Education Assistance Program (DEAP), a private nonprofit organization serving 17 mostly rural and frontier counties in Eastern Montana, is the longest continuous provider of Lifespan Respite services in the state. DEAP provides direct respite services as well as caregiver and care provider education, links caregivers with respite resources and services, and supports a lifespan respite website. A staff person at DEAP is the point of contact for the statewide Lifespan Respite Coalition.
- The Montana Lifespan Respite Coalition includes staff from the five DPHHS divisions that provide respite care, caregivers, service providers, ADRC staff and other interested parties.



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# Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Montana Department of Public Health and Human Services (DPHHS), The Aging Services Bureau, Senior and Long Term Care Division**

Funding Period: **2018-2021**

Primary Goal: **To advance the Montana Lifespan Respite (LR) Coalition by strengthening the framework to ensure sustainability for the provision of services and related supports that are easily accessible to family caregivers of children or adults with special needs.**

Key Performance Measures	Notable Achievements
<p>Data are collected on the number of formally trained family caregivers, providers and volunteers; the extent to which there is improved access to trained caregivers through a respite registry; increases in the use of the respite voucher program, and in the use of the sustainable Montana LR Program. Products of the grant include: a caregiver training program; a respite registry; marketing and outreach materials; a faith-based caregiver education model; and annual respite summits.</p>	<p>The information gathered through the Lifespan Respite Summits helped shape the activities of the LR Coalition and launch the media campaign and statewide Lifespan Respite Voucher Program.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p><b>Objective 1: Offer training to family caregivers and potential respite providers.</b></p> <ul style="list-style-type: none"> <li>The LR Coalition collaborates with the Montana State University Extension’s Powerful Tools for Caregivers (PTC) program, a six-week educational program to teach informal caregivers better self-care. The program has expanded curriculum for informal caregivers of those with chronic illness, parents of children with special needs, and grandparents raising grandchildren.</li> </ul> <p><b>Objective 2: Develop respite registry of trained individual providers utilizing the Aging and Disability Resource Center (ADRC) Resource Directory.</b></p> <ul style="list-style-type: none"> <li>ADRCs/Area Agencies on Aging (AAAs) are working collaboratively with the grantee to add a respite registry to the common searches of the ADRC Resource Directory.</li> </ul> <p><b>Objective 3: Support outreach efforts to best educate caregivers and providers about Lifespan Respite.</b></p> <ul style="list-style-type: none"> <li>The grantee is engaged in an ongoing statewide awareness campaign to ensure caregivers, providers, agencies and individuals are knowledgeable of the importance and need for respite services. Public service announcements (PSAs) have been shown to be very effective</li> </ul>	<p><b>State Respite Coalition/Organization Role</b></p> <ul style="list-style-type: none"> <li>The State Lifespan Respite Coalition is a key partner in strengthening Montana’s statewide Lifespan Respite Care System to include a sustainable policy framework to continue provision of respite and related supports to family caregivers across the lifespan. This grant builds upon the coalition’s previous work.</li> </ul> <p><b>Aging and Disability Resource Center (ADRC) Role</b></p> <ul style="list-style-type: none"> <li>ADRCs/AAAs are working collaboratively with the grantee to add a respite registry to the common searches of the ADRC Resource Directory.</li> </ul>

in reaching caregivers and providers across the state. Grant funds support development of new PSAs focusing on educational opportunities specific to caregivers and individual providers.

**Objective 4: Continue educational efforts of policy decision makers to secure funding for the Lifespan Respite program.**

- In 2012, the state's LR Coalition completed an environmental scan that outlines the respite funding and services available in Montana in addition to identifying unmet needs. The environmental scan revealed DPHHS Divisions have limited respite funds available for those meeting categorical and financial eligibility criteria. In collaboration with AARP, the Alzheimer's disease and related dementias (ADRD) state planning workgroup and the Money Follows the Person (MFP) program were successful in getting caregiver related questions added to the Behavioral Risk Factor Surveillance System (BRFSS).
- Data available in 2018 from the 2015 Behavioral Risk Factor Surveillance System (BRFSS) will lend strength for future funding requests. Data collected from Montana's LR Voucher program will be shared with administration, policy makers and other stakeholders. The LR Coalition is also exploring nonprofit 501 (c)(3) status. Contingent on this effort, a contribution fund will be established.

**State and Community Partners**

- Montana Lifespan Respite Coalition
- Aging and Disability Resource Center (ADRC/No Wrong Door (NWD) System) network
- County Councils on Aging
- Faith-based programs
- AARP
- Children's Trust Fund
- Montana State University



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