

# Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Tennessee Commission on Aging and Disability (TCAD)**

Funding Period: **2014-2017**

Primary Goal: **Expand and enhance respite resources, opportunities for respite services, and invest in strategies to sustain respite for all family caregivers in Tennessee.**

Key Performance Measures	Notable Achievements
<p>Data collected on lifespan respite includes: expanded training of respite volunteers; number of hours provided through vouchers; number of hours of respite provided by volunteers; extent of engagement and dissemination of the state lifespan respite plan; and number of calls to the Statewide Respite Helpline.</p>	<p>To provide respite training and expand respite service availability, the Tennessee Respite Coalition (TRC) established one-on-one partnerships with several churches, a group of local ministers, and an Intentional Older Adult Ministry Group. TRC offered the groups Respite Education and Support Tools (REST) respite provider training and helped them design or expand caregiver and care recipient support tailored to their communities' needs.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p><b>Objective 1: Expand respite service delivery.</b></p> <ul style="list-style-type: none"> <li>As a result of the grant, 144 additional caregivers were provided with 13,278 hours of respite through Tennessee's Voucher Program.</li> </ul> <p><b>Objective 2: Increase the availability of trained respite providers statewide.</b></p> <ul style="list-style-type: none"> <li>Using the REST curriculum, a Master training (train the trainer course) was provided to seven Family Caregiver Coordinators from across the state so that they could provide training to local providers.</li> <li>REST training was also provided to Senior Companions and volunteers at a local United Methodist church.</li> <li>The Aging and Disability Resource Center (ADRC) in Upper Cumberland collaborated with Tennessee Technological University to train and support social work interns on respite provision. Through its cooperative education program, the University gives \$500 stipends to interns who provide 80 hours of respite after receiving 25 hours of respite training.</li> <li>Through word-of-mouth in the community and connections with Faith-Based and Community Initiatives in the Office of Minority Health, TCAD and TRC are working directly with a variety of faith-based groups to help them expand volunteer respite in their communities.</li> <li>The project staff worked with social work and occupational therapy programs to ensure that caregiver support and respite are part of their professional training curricula.</li> </ul>	<p><b>State Respite Coalition/Organization Role</b></p> <ul style="list-style-type: none"> <li>The Tennessee Respite Coalition (TRC) is a statewide nonprofit organization that provides services across the lifespan for all family caregivers of children or adults with special needs. TRC provides respite services through the Family Directed Respite Voucher Program and the Corporation for National and Community Service's Senior Companions Program and operates the Statewide Respite Helpline. They are a key partner in the State Lifespan Respite grant.</li> </ul> <p><b>Aging and Disability Resource Center (ADRC) Role</b></p> <ul style="list-style-type: none"> <li>Upper Cumberland ADRC, one of Tennessee's Area Agencies on Aging and Disability (AAAD)/ADRCs, developed a model for collaboration with social work students that trained the students using REST training, and provided each student</li> </ul>

**Objective 3: Improve cooperation among public, nonprofit and corporate partners.**

- The Tennessee Respite Coalition implemented an inclusive public input needs assessment via a listening tour that engaged caregivers, professionals, community partners, caregiver staff, and aging and disability network participants and staff in providing input for the state lifespan respite strategic plan.

**Objective 4: Increase community awareness of available respite resources.**

- The TRC made presentations across the state to a wide range of groups who are interested in respite or working with caregivers of individuals with disabilities and older adults, including The Arc, the Intentional Older Adult Ministry Program, and the Alzheimer's Association.
- The TRC's executive director also conducted public television and radio interviews on respite and caring for caregivers.

with a \$500 stipend as long as they would provide at least 80 hours of respite care.

**State and Community Partners**

- Tennessee Commission on Aging and Disability (TCAD) is the state agency responsible for administering programs under the federal Older Americans Act (OAA) and for administering OAA Title III-E. TCAD administers nine Area Agencies on Aging and Disability (AAADs)/ADRCs; each has a coordinator for the National Family Caregiver Support Program. TCAD also maintains a website with information about aging and disability services.
- Tennessee Respite Coalition
- Upper Cumberland ADRC
- Tennessee Technological University



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# Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Tennessee Commission on Aging and Disability (TCAD)**

Funding Period: **2017-2020**

Primary Goal: **Respond to the needs determined by the community conversations held under the current Lifespan Respite Care Act funding.**

Key Performance Measures	Notable Achievements
<p>Data will be collected to document the number of respite providers completing training by the end of project period; the accessibility of providers to family caregivers; and increases in the number of calls to the Statewide Respite Helpline over baseline FY2017 (762 calls); the number of respite vouchers provided to caregivers per project year; and caregiver outcomes as a result of using respite services (with a goal of 80% of caregivers using respite reporting a reduction in stress and the desire to utilize respite again). Products include a business plan and proposal by year 2 of funding; the completion of four meetings with potential business funders of respite vouchers and the finalization of a relationship with one of the four to increase respite voucher funding for caregivers; a respite provider training registry system; and marketing materials.</p>	<p>Tennessee Respite Coalition (TRC)'s easy to locate and navigate website, <a href="http://tnrespite.org">tnrespite.org</a>, offers a universal online application for respite services, and a caregiver survey. The TRC website also connects the broader community with respite through opportunities to become involved – individual and business sponsorships; volunteering; financial and material donations; and through notification of respite events.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p><b>Objective 1: Establish a standard training curriculum for respite providers in Tennessee.</b></p> <ul style="list-style-type: none"> <li>In partnership with Tennessee Tech University (TTU), the grantee is exploring curricula and training delivery methods, including technology supported training.</li> <li>The TRC entered into a three-year agreement with TTU to create a respite training video.</li> </ul> <p><b>Objective 2: Create a seamless system for family caregivers to access trained providers.</b></p> <ul style="list-style-type: none"> <li>The TRC entered into a three-year agreement with TTU to construct a statewide system via website to provide a storehouse for information and products generated by the grant.</li> </ul> <p><b>Objective 3: Promote current respite services to caregivers and the general public.</b></p> <ul style="list-style-type: none"> <li>The TRC entered into a three-year agreement with TTU to design a 360-degree visual experience for smart devices.</li> </ul>	<p><b>State Respite Coalition/Organization Role</b></p> <ul style="list-style-type: none"> <li>In June 2017, the Tennessee Commission on Aging and Disability (TCAD) and the TRC hosted four community conversations and opened an online survey to help assess the needs of caregivers across the state. The results will be used to guide grant activities, including the development of a statewide respite plan.</li> <li>The TRC, a key partner in the grant, is a nonprofit organization that supports statewide respite services; manages the Family Directed Respite Voucher Program statewide and the Corporation for</li> </ul>

**Objective 4: Increase the availability of respite vouchers for all caregivers.**

- The TRC was on target in 2018 to serve 150 caregivers with respite vouchers.

National and Community Service Senior Companions Program in Davidson County; maintains a comprehensive list of respite resources across the state; and operates the Statewide Respite Helpline. The TRC provides services across the lifespan for all family caregivers of children or adults with special needs.

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

- The Tennessee State Plan on Aging 2017–2020 includes strategies for partnerships between the Area Agencies on Aging and Disability (AAAD)/ADRCs and TRC to ensure that the National Family Caregiver Support Program (NFCSP) focuses on the needs of caregivers by providing respite and other long-term services and supports (LTSS) to families. TCAD oversees and ensures that the AAAD/ADRCs use standardized protocols for dissemination of information, assistance, and referrals to federal- and state-funded LTSS.

**State and Community Partners**

- Tennessee Respite Coalition (TRC)
- Tennessee Tech University (TTU)



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