

**Lifespan Respite Technical Assistance Center
2020-2025 Project Work Plan Summary**

Goal: Provide technical support to the Lifespan Respite Care Program, its grantees and partners, and the national effort currently underway to ensure the availability of, and access to comprehensive, high quality respite care services and information for family caregivers across the lifespan.

- ✓ = Completed Task/Event
- = Underway or in development

Objectives	Key Tasks	Activity Status
<p>1. Advance a respite research agenda that supports activities and innovations to develop an evidence base for respite care and related services</p>	<p>Respite Research Consortium</p>	<p>Ongoing</p> <ul style="list-style-type: none"> • Link researchers to funders. • Provide quarterly updates on research and funding opportunities. • Link researchers to ARCH-recognized Innovative and Exemplary respite services to study impact of respite models.
	<p>Establish and convene a Committee for the Advancement of Respite Research charged with examination of how to improve access to and quality of respite services; identification of aspects of respite models that make them exemplary; encouragement of evaluation and replication of promising services; and translation of research findings into practice. Committee will also identify methods for evaluating the impact of alternative respite options to support family caregivers during the pandemic.</p>	<p>To be implemented in years 1-4</p> <ul style="list-style-type: none"> ✓ Committee members identified and announced at the 2020 Respite Research Summit • Develop strategies to implement research recommendations from the 2020 Respite Research Summit; • Review RAISE Family Caregiving and Supporting Grandparents Raising Grandchildren Advisory Councils regarding possible research areas.
	<p>Respite Research Summit to assess progress made to date in stimulating new respite research.</p>	<ul style="list-style-type: none"> • Summit to be convened in year 3. • Final report summarizing Summit conclusions and recommendations in year 4. • Update Annotated Bibliography as needed through monitoring of literature.

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	<p>Building Respite Evidence and Knowledge (BREAK) Exchange Partnership to build a data base of model respite services from around the globe to prepare them to become research-ready, and a cadre of researchers willing to study them. The BREAK Exchange is housed at the University of WI-Madison School of Nursing.</p>	<p>Ongoing</p> <ul style="list-style-type: none"> • ARCH serves in an advisory capacity in monthly BREAK Exchange meetings. • Link ARCH's Innovative and Exemplary services to the BREAK Exchange annually to encourage researchers to study these models through joint webinars.
<p>2. Target the needs of Lifespan Respite Care Program grantees (past, present and future), and advance the overarching goals of the Lifespan Respite Care Program in program implementation, technical assistance, and resource development by identifying, developing, and disseminating T/TA resources that address the role of respite in supporting families in developing natural support systems.</p>	<p>Individual technical assistance. Respond to telephone, email or mail requests.</p>	<p>Ongoing</p>
	<p>Training/TA Needs assessment of lifespan respite networks.</p>	<p>Conduct biannually to determine technical assistance and training needs of Lifespan Respite grantees, partners, ARCH respite network.</p>
	<p>ARCH Quick News Update. Disseminate monthly e-newsletter to respite field on timely news related to best practices, new research findings and reports, data sources, policy issues, family caregiving, disability and aging issues.</p>	<p>Produced monthly. For archived copies, click here.</p>
	<p>Fact Sheets. Research and develop fact sheets on topics to be determined from training/TA needs assessment, work plan objectives, TA requests, consumer requests, and RAISE Family Caregiving and</p>	<p>At least one annually: 9 Steps to Respite - Consumer Focused Fact Sheets https://archrespite.org/consumer-information/family-caregiver-fact-sheets</p>

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	Grandparents Raising Grandchildren Advisory Council respite recommendations.	Fact Sheets targeted to professionals https://archrespite.org/productspublications/arch-fact-sheets
	Identification and promotion of natural and informal respite supports	<ul style="list-style-type: none"> • Webinar training on best practice use of LifeCourse Tools for Respite • Identify and add new informal supports to data base Exploring Respite Opportunities and Options • Identify and feature model volunteer and faith-based respite services in webinars, conference presentations, and through Innovative and Exemplary Respite Services recruitment and recognition.
	Network-wide and national webinars on a variety of topics using outside experts.	Hold 2 webinars on selected topics in years 1, 4 and 5.
	Learning Collaboratives	<ul style="list-style-type: none"> • Respite Voucher Learning Collaborative to meet three times/yr. • Volunteer and Faith Based Respite Learning Collaborative to meet at least twice a year • Performance Measurement Learning Collaborative to meet quarterly • Emerging Issues Collaborative – currently meeting 1-2 times/month on COVID-19 and Respite networking and featuring case studies of states or services providing services safely.
	ARCH National/International Lifespan Respite Conference with Lifespan Respite track and Grantee/Partner Learning Symposium	Hold annually in collaboration with a State Respite Coalition. In 2021, ARCH will partner with the International Short Break

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		<p>Association (ISBA), the University of WI-Madison School of Nursing and the Respite Care Association of WI to host the International Short Break Conference in Madison, WI</p> <p>The Lifespan Respite Grantee and Partner Learning Symposium (grantee meeting) will be held in conjunction with the ISBA Conference.</p>
<p>3. Build national capacity at federal, state, and local levels to increase respite capacities in former grantee states, and states yet to receive funding, and to support their efforts to build or strengthen their state respite coalitions.</p>	<p>ARCH-sponsored State Lifespan Respite Summits</p>	<p>Plan for and convene Summits in at least two states in years 2, 4 and 5 with priority given to states that have never had a Lifespan Respite grant or to former grantee states that need assistance in rebuilding or strengthening their respite coalitions or for sustainability planning.</p>
	<p>Lifespan Respite 101 Introductory Webinars for New States</p>	<p>Update Lifespan Respite “101” Toolkit and hold webinars as requested</p>
	<p>National Capacity Building Activities at the federal and state levels</p>	<ul style="list-style-type: none"> • Network-wide Webinar Series on <i>Implementing the RFC and SGRG Advisory Council Recommendations</i> (2-4 webinars in years 2-5). • Network-wide Webinar Series on <i>Addressing the Workforce Crisis by Recruiting and Training Respite Providers</i> (2-4 webinars over years 2-5). • National and state in-person or webinar training/presentations at national and state conferences/events

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	<p>National Respite Locator Service (NRLS). Expand and keep current database and funding/eligibility information and maximize visitation and search engine capabilities. Develop updated or new web platform.</p>	<p>Ongoing</p>
	<p>State respite registry development. Determine state needs and provide resources and assistance.</p>	<p>Ongoing</p>
<p>3. Support long-term capacities and sustainability of lifespan respite programs, activities and/or state respite coalitions.</p>	<p>Sustainability Planning Learning Collaborative for Lifespan Respite grantees and partners.</p>	<p>Meets monthly</p> <p>ARCH facilitator will prepare discussion guides or tools to generate exchanges, supplement learning and respond to questions.</p>
	<p>Monitor State Progress</p>	<ul style="list-style-type: none"> • Post State Sustainability Plans and Documents on Website. Collect and post states' sustainability plans and related planning documents and worksheets on ARCH website. • Organize and support an all-network webinar presenting accomplishments of select Sustainability Learning Collaborative members (one each year in years 2 and 4) • Promote mentoring by matching collaborative members possessing specific expertise with members needing information and guidance in those areas. Document peer-to-peer contacts and sustainability planning progress (each year in years 2-4)

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	Update Respite funding/financing documents.	<ul style="list-style-type: none"> • <i>Financing Strategies Matrix</i> for Lifespan Respite Programs and State Respite Coalitions • <i>Medicaid Waivers that Pay for Respite</i> • <i>Federal Funding Opportunities for Respite</i>
4. Identify, disseminate, and promote implementation of Lifespan Respite Best Practices	Grow Innovative and Exemplary Respite Services Registry https://archrespite.org/innovative-and-exemplary-respite	<ul style="list-style-type: none"> • Annually disseminate applications nationally and review applicants through a selection committee • At least 10 new Respite Services will be recognized as Innovative and/or Exemplary and will be added to the registry (annually in years 1-5).
	Promote Innovative and Exemplary Respite Services.	<ul style="list-style-type: none"> • National Lifespan Respite Conference recognition and presentations (years 1-3) • Network-wide webinars or podcasts including live interviews conducted by ARCH staff with innovative and exemplary practice honorees at least once annually (years 1-5) • An Innovative and Exemplary Respite Services panel at the Respite Research Summit to promote model testing, evaluation, and service replication (year 3).
	<i>Lessons Learned in Innovative and Exemplary Respite Services Development and Implementation report.</i>	To be finalized in year 4
	Grow Lifespan Respite Grant Activities Database	Summarize grantees final reports to ACL and supplement with grantee interviews, and update state facts sheets of grantee objectives, activities, outcomes and partnerships in years 2 and 5

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	<i>Lifespan Respite Care Program Best Practices and Lessons Learned report</i>	To be finalized in year 5

October 2020