

**Lifespan Respite Technical Assistance Center
2020-2025 Project Work Plan Summary (Year 2 Update)**

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. See archived updates. • 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>Review RAISE Family Caregiving and Supporting Grandparents Raising Grandchildren Advisory Councils' recommendations for possible research areas.</p>	<ul style="list-style-type: none"> ✓ Committee members announced at the 2020 Respite Research Summit ✓ Two Committee meetings held. Reviewed Summit Report findings ✓ Workgroups identified and underway: <ol style="list-style-type: none"> 1) Cost-Benefits Research 2) Identifying Common data elements 3) Conducting culturally relevant research
	<p>Convene a Respite Research Summit to assess progress made to date in stimulating new respite research.</p>	<ul style="list-style-type: none"> • Second 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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	Collaborate with Building Respite Evidence and Knowledge (BREAK) Exchange Partnership to build a global data base of model, research-ready respite services, and a cadre of researchers willing to study them. The BREAK Exchange is housed at Marquette University.	Ongoing <ul style="list-style-type: none"> • ARCH serves on the steering committee of the BREAK Exchange. • Link ARCH's Innovative and Exemplary services to the BREAK Exchange annually to encourage researchers to study these models. • Cohost Webinars. See Webinars below.
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.	Individual technical assistance. Respond to telephone, email or mail requests.	Ongoing
	Training/TA Needs assessment of lifespan respite networks. Conduct biannually to determine technical assistance and training needs of Lifespan Respite grantees, partners, and ARCH respite network.	✓ 2021 Training and TA Needs Assessment completed.
	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.	Produced monthly. For archived copies, click here .
	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	At least one annually: 9 Steps to Respite - Consumer Focused Fact Sheets <i>Updated in 2021</i>

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	Family Caregiving and Grandparents Raising Grandchildren Advisory Council respite recommendations.	<ul style="list-style-type: none"> ✓ <i>Nine Steps to Respite for Military Caregivers</i> ✓ <i>Nine Steps to Grandfamilies (also translated into Spanish)</i> <p><u>Fact Sheets</u> targeted to professionals</p> <p>In draft:</p> <ul style="list-style-type: none"> • <i>Adult Day Services</i> • <i>Volunteer Respite</i> • <i>Faith-based Respite</i>
	Identify and promote Natural and Informal Respite Supports	<ul style="list-style-type: none"> • Promotion of best practice use of <u>LifeCourse Tools for Respite</u> 2022 LifeCourse Nexus Showcase, April 13 and 14. ARCH, AL Lifespan Respite Network, NV Lifespan Respite Coalition. and NV Dept of Health and Human Services will present on use of Respite Tools. • Identify and feature model volunteer and faith-based respite services in webinars, conference presentations, and through Innovative and Exemplary Respite Services recruitment and recognition.
	Hold network-wide and national webinars on a variety of topics using outside experts	<p>Co-hosted webinars with the BREAK Exchange. Archived webinars</p> <ul style="list-style-type: none"> ✓ <i>Focus on Equity and Diversity in Respite Research</i>, November 4, 2020. ✓ <i>Co-Creating, Commissioning and Delivering Personalised Short Breaks: Observations from Research, Policy And Practice</i>, December 9, 2020 ✓ <i>Respitivity and Shared Care Scotland</i>, January 13, 2021. ✓ <i>Repositioning respite within consumer directed service systems in the Australian context</i>, April 28, 2021. ✓ <i>How emerging U.S. Children’s Hospice Homes are fulfilling the unmet need for overnight respite</i>, Sept 1, 2021

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		<p>Upcoming:</p> <ul style="list-style-type: none"> • <i>Exhale: The Family Caregiver Initiative</i>, Feb. 23, 2022 • <i>TimeBanking for Respite: Communities Supporting Caregivers</i>, March 29, 2022 <p>ARCH Webinars ARCH Archived webinars</p> <ul style="list-style-type: none"> ✓ <i>Respite for Family Caregivers of Individuals with Brain Injury – Exploring New Partnerships</i>, April 14, 2021 ✓ <i>Supports for Veteran Caregivers and Families: Elizabeth Dole Foundation's Respite Relief Program</i>, April 21, 2021 ✓ <i>Needs of Diverse Family Caregivers Webinar Series, Co-hosted with the New York State Caregiving and Respite Coalition and the NY State Office for the Aging</i>, May and June 2021
	<p>Learning Collaboratives</p>	<ul style="list-style-type: none"> • Respite Voucher Learning Collaborative meets quarterly. • Volunteer and Faith Based Respite Learning Collaborative meets quarterly • Performance Measurement Learning Collaborative meets quarterly • Sustainability Planning Learning Collaborative meets monthly
	<p>ARCH National/International Lifespan Respite Conference with Lifespan Respite track and Grantee/Partner Learning Symposium</p> <p>Hold annually in collaboration with a State Respite Coalition.</p>	<ul style="list-style-type: none"> ✓ In June 2021, ARCH partnered with the International Short Break Association (ISBA), the University of WI-Madison School of Nursing and the Respite Care Association of WI to host the virtual International Short Break Conference ✓ Lifespan Respite Grantee and Partner Learning Symposium (grantee meeting) was held virtually in July 2021.

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		<ul style="list-style-type: none"> National Lifespan Respite Conference and Grantee Learning Symposium to be held September 13-15, 2022 in Madison, WI. Call for Presentations is open until 3/1/2022
	Support development and implementation of Culturally and Linguistically Competent Respite Services by developing a self-assessment checklist.	<ul style="list-style-type: none"> Partnership with the Georgetown National Center for Cultural Competence (planning underway) Listening Sessions with grantees, providers and family caregivers in the planning stages
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.	ARCH-sponsored State Lifespan Respite Summits 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.	Four state summits held virtually in 2020-21 <ul style="list-style-type: none"> ✓ New York Lifespan Respite Sustainability Summit, Oct 2021 ✓ Arkansas Lifespan Respite Summit, July 2021 ✓ Idaho Lifespan Respite Summit, May 21, 2021 ✓ Nevada Lifespan Respite Summit, August 2020
	Lifespan Respite 101 Introductory Webinars for New States	Update Lifespan Respite “101” Toolkit and hold webinars as requested
	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.	Ongoing New platform under development
	State respite registry development. Determine state needs and provide resources and assistance.	Ongoing Will be explored through Respite Provider Recruitment, Training and Retention Pilot Project in collaboration with NASHP

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<p>3. Support long-term capacities and sustainability of lifespan respite programs, activities and/or state respite coalitions.</p>	<p>Facilitate Sustainability Planning Learning Collaborative for Lifespan Respite grantees and partners.</p>	<p>Meets monthly ARCH facilitator prepares discussion guides or tools to generate exchanges, supplement learning and respond to questions. See Learning Collaboratives above.</p>
	<p>Monitor State progress in Sustainability Planning</p>	<p>Ongoing</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. Document peer-to-peer contacts and sustainability planning progress.
	<p>Update Respite funding/financing strategy documents.</p> <p>Update in years 3-5</p>	<ul style="list-style-type: none"> • Financing Strategies Matrix for Lifespan Respite Programs and State Respite Coalitions (<i>updated 2019</i>) • Medicaid Waivers that Pay for Respite (<i>updated 2019</i>) • Federal Funding and Support Opportunities for Respite (<i>updated Feb 2021</i>)
<p>4. Identify, disseminate, and promote implementation of Lifespan Respite Best Practices</p>	<p>Grow Innovative and Exemplary Respite Services Registry</p> <p>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).</p>	<ul style="list-style-type: none"> ✓ Call for 2022 Innovative and Exemplary Respite Services open through 3/15 ✓ Five services recognized in 2021

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	<p>Promote Innovative and Exemplary Respite Services.</p>	<ul style="list-style-type: none"> ✓ 2021 Innovative and Exemplary Respite Services recognized at International Lifespan Respite Conference. ✓ Presentation at International Short Break Conference on ARCH's Innovative and Exemplary Respite Services initiative, June 2021 ✓ Network-wide webinar held in January 2021 to highlight recognized services and promote Call for Services for national recognition. Similar webinar planned for the end of Feb. 2022. • Planning underway for two podcasts that will include interviews conducted by ARCH staff with innovative and exemplary practice honorees. • Online searchable data base in development as part of overall website redesign. • An Innovative and Exemplary Respite Services panel will be held at the Respite Research Summit to promote model testing, evaluation, and service replication (year 3).
	<p>Develop report on <i>Lessons Learned in Innovative and Exemplary Respite Services</i></p>	<p>To be finalized in year 4</p>
	<p>Grow Lifespan Respite Grant Activities Database Summarize grantees' final reports to ACL, supplement with grantee interviews, and update state facts sheets of grantee objectives, activities, outcomes and partnerships in years 2 and 5.</p>	<ul style="list-style-type: none"> ✓ Requests made to grantees to obtain final reports for ARCH to review and summarize. See past State Summaries (2019) • Online searchable data base in development as part of overall website redesign.
	<p>Develop report on <i>Lifespan Respite Care Program Best Practices and Lessons Learned</i></p>	<p>To be developed in year 5</p>

Updated January 2022