

# ARCH Advisory Committee

to the Lifespan Respite Technical Assistance and Resource Center

October 16, 2020

# Role of Committee Members

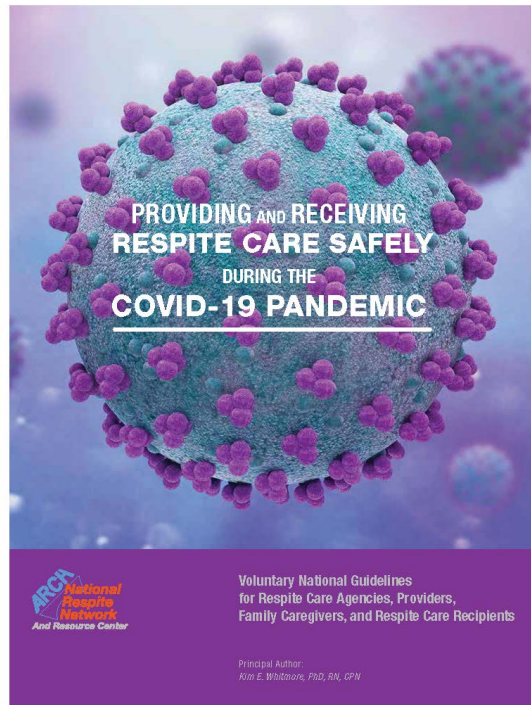
- Attend virtual meetings 2 times/yr
- Review work plan activities and provide suggestions
- Review ARCH products
- Serve on ad hoc work groups or selection committee
- Webinar presentations
- Disseminate ARCH materials and events
- Assist with outreach for National Respite Conference

# Respite Resources during COVID-19

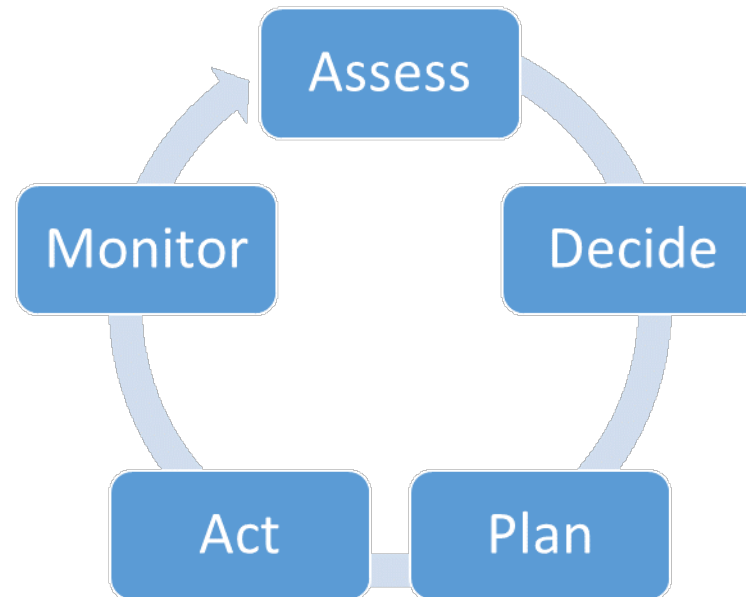
- Networking Calls and Webinars
- Resource Webpages
- Monthly Supplements to ARCH QUICK NEWS UPDATES with COVID-19 Respite Resources
- *Exploring Respite Opportunities and Options* – table of informal and alternative respite ideas
- Other Speaking Events

# National Voluntary Guidelines for Providing and Using Respite Safely During the Pandemic

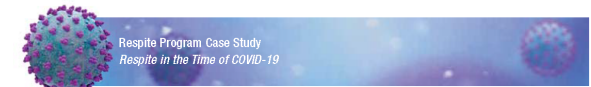
## Guidelines



## Decision Guides



## Case Studies



### New Jersey Family Resource Network

#### Program Description

The Family Resource Network (FRN) provides direct support services to children and adults with intellectual and developmental disabilities and their family caregivers statewide in New Jersey. Originally known as the Epilepsy Foundation of New Jersey, the Family Resource Network is in its 50th year of operation and includes Epilepsy Services of NJ, Autism Family Services of NJ, and Caregivers of NJ.

The FRN roughly serves 1,800 children and adults with disabilities monthly. Services are funded by the Department of Human Services. Children's services are coordinated through the NJ Department of Children and Families, and adult services are coordinated through the Division of Developmental Disabilities (DD).

The FRN provides respite services through their voucher program, in-home services, and various out-of-home community-based options, such as an afterschool program, summer camp, and community inclusion activities and events.

Due to the COVID-19 pandemic all community-based respite services were closed March 12 at the time of the statewide shutdown. For voucher and in-home services, a phased-in approach was used to reopen due to different state agency oversight guidance and requirements for child vs. adult services. Direct Support Professionals (DSPs) were determined to be essential workers by the Governor, which allowed FRN to continue to offer voucher and in-home respite services. During the shutdown, the voucher service for children was able to continue, and in-home respite continued where possible, available, and agreed upon. Though significantly reduced, services were maintained. This occurred within 30 days of the shutdown.

#### Planning and Guidance for Reopening Respite Services

The Family Resource Network immediately began planning to explore pandemic resources and information, address staff financial support, and determine feasible strategies for addressing reopening in-home respite services safely for staff and families.

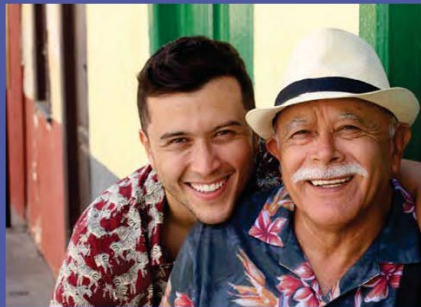
- Researched information and resources through the Centers for Disease Control and Prevention (CDC), NJ Department of Children and Families, Division of Developmental Disabilities (DD), NJ Academy of Pediatrics, FRN Health and Innovations Department (internal public health experts), and Governor Orders/Guidance.
- To gain clarity on how to proceed, communicated on a regular basis with the NJ Department of Human Services, Department of Children and Families and Division of DD.
- Applied for and received a Paycheck Protection Program (PPP) loan from the federal government to continue to maintain DSP staff salaries and benefits.
- Applied for free Personal Protective Equipment (PPE) with NJ organizations such as the NJ Association for Community Providers.
- Immediately contacted all DSP staff to discuss options for continuing to work as PPP loan provided option to retain staff. Some staff did not continue to work. Others were repurposed and used in other services or administrative tasks.
- Conducted extensive outreach to families including weekly emails, social media posts, and individual phone calls to each family.
- Identified regional Respite Coordinators in each area of the state to assist with planning, PPE purchase and dissemination, family outreach, and service reopening protocols.
- Developed the FRN Guide for Use of PPE<sup>2</sup> to instruct DSPs around using masks and gloves, including how to decontaminate masks, and provided specific guidance on hand washing techniques. Also addressed other ways to stop the spread of the coronavirus, including proper sneezing and coughing etiquette, social distancing, cleaning surfaces, and when to seek medical care.
- Identified best options for purchasing PPE, delivering or shipping to Regional Coordinators, and disseminating to DSPs.
- Developed COVID health screening procedures for both families and DSPs to be conducted 24 hours prior

Access Resources here: <https://archrespite.org/national-respite-guidelines-for-covid-19>

# Products/Activities since January

- ❑ Virtual Lifespan Respite Grantee and Partner Learning Symposium
- ❑ Innovative and Exemplary Respite Services Recognition
- ❑ Webinar on Cultural and Linguistic Competence for Respite Services
- ❑ Two Webinars on using the LifeCourse Respite Tools
- ❑ Ongoing Learning Collaboratives
- ❑ Lifespan Respite Best Practices Report

**Volunteer Respite Manual:**  
Creating Valuable Options for Family Caregivers



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# Volunteer Respite Manual: Creating Valuable Options for Family Caregivers

<https://archrespite.org/volunteer-respite-manual-appendices>

# Respite Research Summit

Ray Kirk, PhD, ARCH Consultant

# 2020-2025 Overview of Lifespan Respite Technical Assistance and Resource Center (TARC)

- Goal and Objectives
- Major Themes
  - Respite research and model development
  - Focus on virtual training and peer-to-peer learning
  - Advancing RAISE Family Caregiving and Supporting Grandparents Raising Grandchildren Advisory Council respite recommendations



# Review of Current Year 1 Workplan Activities (August 1, 2020 – July 31, 2021)

- Focus on Learning Collaboratives
- Performance Measurement Learning Collaborative  
*Cassandra Firman*
- 2021 Innovative and Exemplary Respite Services  
*Susan Summers*
- Committee for the Advancement of Respite Research  
*Ray Kirk*
- International Respite Conference and Grantee and Partner Learning Symposium

# Next Steps

- Lifespan Respite Care Program Special Projects in collaboration with National Academy for State Health Policy
- Questions?
- Next meeting