

exhale

THE FAMILY
CAREGIVER INITIATIVE

BREAK Exchange Webinar
February 23, 2022



Today's Speakers

Introductions:

- Ken Genewick, Senior Program Officer for Caregiving, Health Foundation for Western & Central New York
- Lisa Payne Simon, Partner, The Philanthropic Initiative (TPI)
- Amber Slichta, Vice President of Programs and Learning, Ralph C. Wilson, Jr. Foundation

Presentation Overview:

- Why Caregivers? Why Respite?
- What is Exhale? – Overview and design
- Exhale's existing program and 3 respite pilots
- Evaluation design & use of ARCHANGELS' Caregiver Intensity Index
- Ongoing regional expansion and next steps

Why Caregivers? Why Respite?

Why Caregivers?

- Caregivers are a large and growing part of our communities
- Caregivers are an integral part of long-term care
- Caregivers make up a large part of our workforce
- Caregivers are burned out, stressed and need support

Why Respite?

- Provides a short break or relief from caregiver duties
- Can lower caregiving stress
- Can link caregivers to other valuable supports and services
- Improves overall health and wellbeing of caregiver and those they care for

Exhale Overview and Design

What is Exhale?

Exhale is an opportunity to reimagine respite together & receive financial support to try new ideas

- Exhale funds innovative collaborative projects that increase respite opportunities for **family caregivers of older adults**
- Opportunity to collaborate and think differently

Exhale has three components

- 1. Training** in creative problem solving and project management
- 2. Grant funding** of pilot projects or other initiatives that create respite opportunities for family caregivers
- 3. Support** - TA and a Learning Community support project implementation, sustainability, expansion

The Exhale Team

- Funders:
 - Ralph C. Wilson, Jr. Foundation
 - Health Foundation for Western & Central New York
 - Ann Arbor Area Community Foundation
- Project staff:
 - The Philanthropic Initiative (TPI) - program director
 - Teresa Lawrence/ International Deliverables – creative problem solving
 - New York Academy of Medicine – evaluation team
- Other partners:
 - ARCHANGELS – creators of the Caregiver Intensity Index
 - Fidelis Care
 - Centene Corporation



Who can participate in Exhale?

- **Any organization that interacts with or supports family caregivers of older adults can:**
 - **Re-imagine & improve existing respite services or opportunities**
 - **Implement new strategies to increase respite opportunities**
 - **Refer and support caregivers to seek out respite services**
- Non-profit organizations and government entities can be Exhale grantees
 - Others may participate in partnership with non-profits

Why Creative Problem Solving?

Purpose & scope of Exhale's applied learning



- **Build the skill set, tool set, and mind set of creative leadership and project management competencies**
- **Apply this skill set to reimagine respite and meet caregivers where they are**



Gain & practice Creative Problem-Solving skills

Divergent Thinking

Convergent Thinking

Applied to re-imagining respite; caregiver & community engagement



Gain & practice Project Management Skills:

Initiating

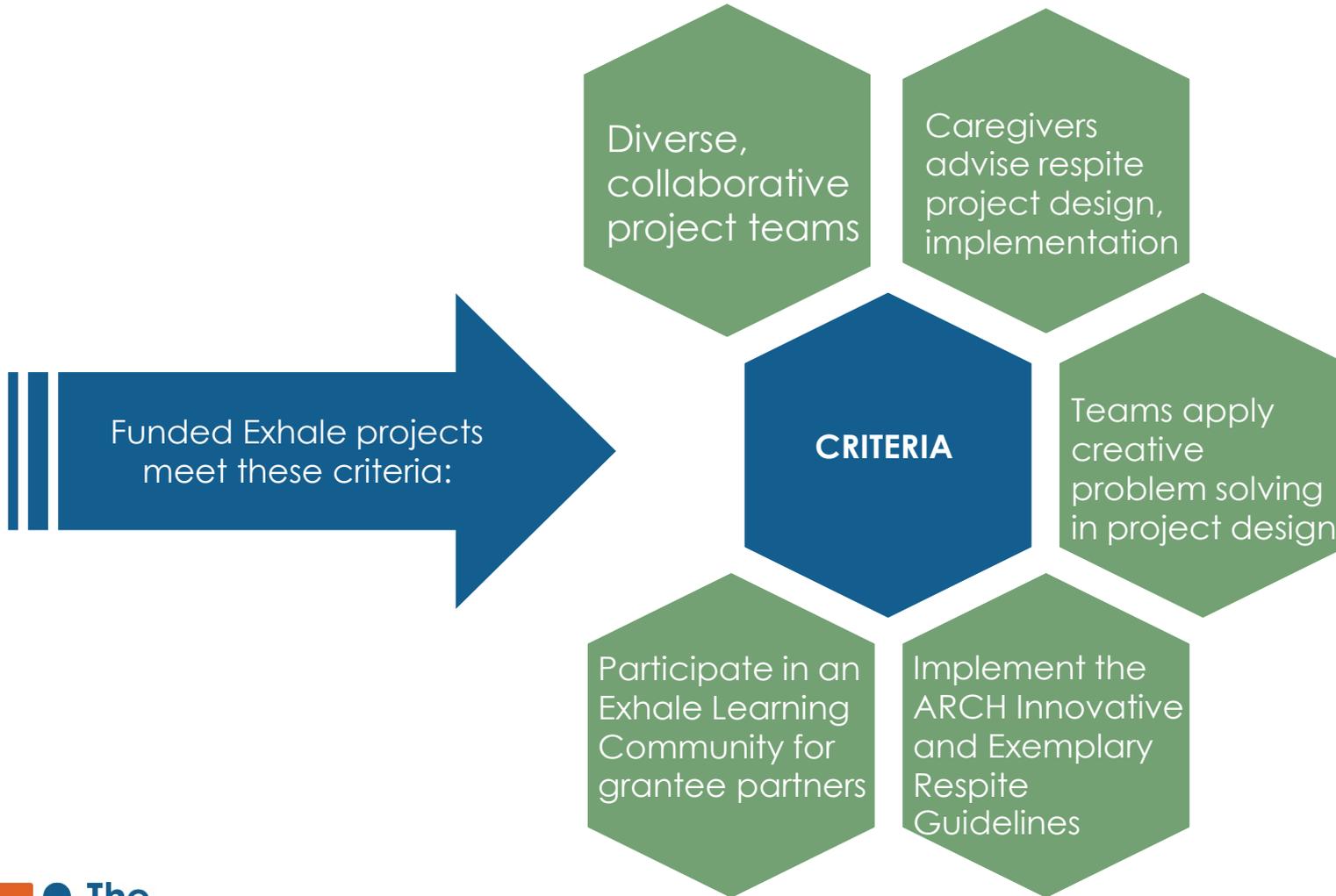
Planning

Executing

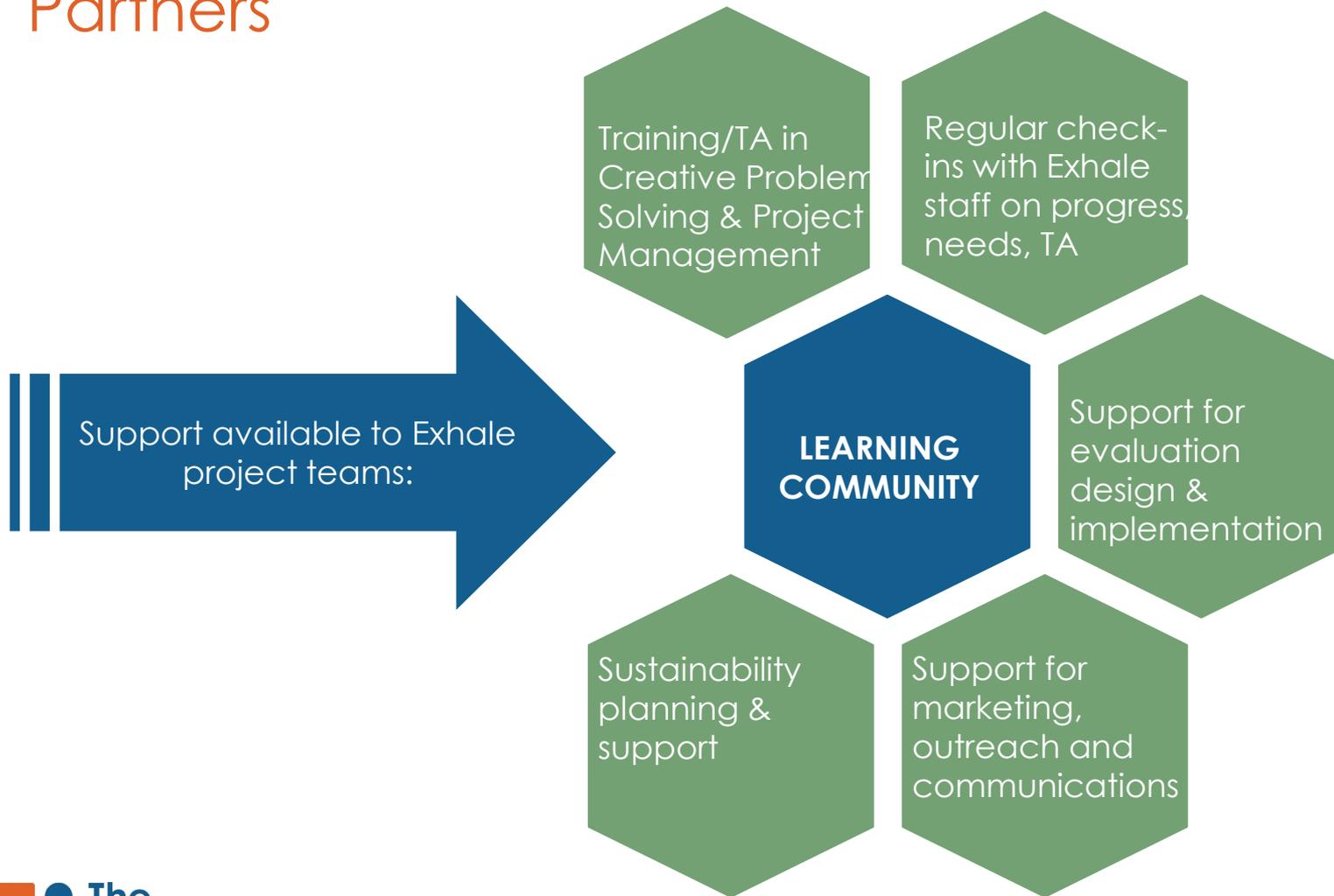
Monitoring

Closing

Exhale Grant Criteria



Technical Assistance and Support for Grantee Partners



Exhale's First Cycle

Exhale began in 2019 in 4 rural WNY counties

- Workshops in creative problem solving & project management (2019 – 2020)
- Grant applications (Spring 2020)
- 3 pilots funded to increase respite opportunities for caregivers (July 2020)
- Ongoing evaluation, TA and Learning Community (August 2020 – July 2023)

3 respite pilot projects emerged from Exhale's 1st cycle:

- Forever Young - Intergenerational Respite – Ardent Solutions, Inc.
- Caregiver Tech Solutions – Healthy Community Alliance
- Musical Memories Café – West Falls Center for the Arts
- [Exhale: The Family Caregiver Initiative – YouTube](#)

Exhale Evaluation

Designed and conducted by the New York Academy of Medicine

- Led by Linda Weiss, Ph.D., Sr. Director, Center for Evaluation & Assessment Research
- Developmental evaluation applies mixed methods design and examines the impact of Exhale on caregivers, participating organizations, communities
- Results-Based Accountability: How much did we do? How well did we do it? Is anyone better off?

Evaluation Themes

- Is there an increase in supply of respite opportunities for caregivers of older adults?
- What are caregiver perceptions of the respite opportunities created?
- What is the impact on caregivers?
- Is there increased capacity of participating organizations and communities?
- Do grantees implement ARCH Innovative & Exemplary Respite Guidelines?
- To what extent are pilot projects sustainable? What data supports sustainability?

Using ARCHANGELS' Caregiver Intensity Index

CII is an online questionnaire for assessing caregiver attitudes, experience, health & wellbeing

- Used by teams as a repeat assessment & to identify support needs
- CII is offered/administered to all Exhale participating caregivers

CII also used in cross-sectional research among caregivers in Exhale regions to inform respite project design

- Currently being fielded in WNY and SE MI, CII data:
- Influences respite design: 1) 50% of respondents indicate they would prefer a respite experience *with* their care; 2) transportation needs identified & incorporated in respite services
- Informs research publications, including CDC's *MMWR*

Exhale pilot challenges & bright spots

COVID 19 pandemic

- Hit as projects got underway – led to creative adaptations, challenges with group planning, dramatic increase in community needs/demand for services
- Continues to present challenges with caregiver recruitment - pilots offering in-person respite services must continuously adapt

Reaching & engaging caregivers

- Teams experimenting with new messages, referral and outreach strategies to reach unpaid caregivers of older adults
- Challenges: Do caregivers identify as caregivers? Do they see/agree that respite may be worth their time/attention?
- Caregiver feedback & testimonials are extremely positive!

Caregiver feedback about Exhale

Caregiver Tech Solutions - Testimonials

- *“With the cameras installed, it was the first time I didn’t feel anxious and worried about leaving my mom while I went to Roswell Park for my own treatment as I was able to check-in on her.”*
- *“My husband has a lot of bad days with his pain, but the iPad keeps him busy with different games and reading the news. I'm also grateful that I can go grocery shopping for an hour and keep an eye on my husband with the indoor camera installed now.”*

Musical Memories Café (MMC) - Evaluation Data

- 80% said MMC helped reduce stress associated w/ caregiving
- 93% felt emotionally supported
- 74% said that MMC helped them to be a better caregiver
- 87% said that MMC is beneficial to the wellbeing of their caree
- 66% said they are better informed because of MMC
- 50% said MMC helped them find community resources to help their loved one or with caregiving

Exhale is Expanding in 2022!

Exhale is expanding to urban, suburban and rural communities in six WNY counties (Erie, Niagara, Genesee, Orleans, Wyoming, Monroe), and in Washtenaw County, MI

Expansion Timeline:

Workshops in Creative Problem Solving & Project Management

Workshop #1	Jan 5, 2022
Workshop #2	Jan 26
Workshop #3	Feb 15
Workshop #4 & CII field research summary	March 8
Workshop #5 – for grant applicants	March 28 in Ann Arbor March 30 in WNY

Grant Applications

Letters of Intent due	April 12, 2022
Project & proposal planning for invited teams	May - June 2022
Final Applications due	June 24, 2022
Grant funding decisions announced	Mid August 2022

Exhale Expansion – Funding Guidelines

Exhale funding is intended for respite programs & services

- Grants of up to \$300,000 considered (only a few will be funded at this level; smaller budgets preferred)
- Grant duration – up to 3 years (or less)
- Projects may be new respite ideas or improvements to existing respite services
- In addition to providing respite programs/services, project partners can play supporting roles

Learn more about Exhale, The Family Caregiver Initiative

Visit the
Exhale
Website

- www.Exhaleforcaregivers.org

Questions?
Contact

- Lisa Payne Simon at lsimon@tpi.org

Question and Answer:

1. Questions about Exhale?
2. What ideas do you have for Exhale's evaluation?
3. What ideas do you have for driving respite policy change (through efforts like Exhale)?

Thank you!