

**Lifespan Respite Technical Assistance Center  
2015-2020 Project Work Plan Summary, Year 5 and no-cost extension  
February 1, 2020 – Present**

**Goal:** To develop and enhance the competence, capability and effectiveness of Lifespan Respite grantees, their partners, and the respite network to ensure respite care is responsive to family caregivers of individuals of all ages and disabilities.

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

Objectives	Key Tasks	Activity Status
<b>1. Advance the practice and delivery of sustainable, integrated, and high quality respite serving all ages and special needs populations through tools, information dissemination, training, and technical assistance.</b>	<b>Individual technical assistance.</b> Respond to telephone, email or mail requests.	<b>Ongoing</b>
	<b>Training/TA Needs assessment of lifespan respite networks.</b> Conduct annually to determine technical assistance and training needs.	✓ <a href="#">2018 Training and Technical Assistance Needs Assessments Results</a> ✓ <a href="#">2020 Training and Technical Assistance Needs Assessment conducted Spring 2020</a>
	<b>ARCH Quick News Update.</b> Research, write and disseminate e-newsletter monthly to lifespan respite networks on timely news related to best practices, new research findings and reports, data sources, and policy issues related to respite, family caregiving, disability and aging issues.	<b>Produced monthly.</b> For archived copies, click <a href="#">here</a> .  <b>April 2020 through September 2020.</b> ARCH Quick News Supplement on COVID-19 and Respite Resources produced monthly.
	<b>Update Lifespan Respite 101 and other Training Materials</b>	✓ <b>Volunteer Respite Manual –</b> <a href="https://archrespite.org/volunteer-respite-manual-appendices">https://archrespite.org/volunteer-respite-manual-appendices</a>
	<b>Fact Sheets.</b> Research and develop fact sheets (at least one annually) on topics to be	<b>9 Steps to Respite - Consumer Focused Fact Sheets</b> <a href="https://archrespite.org/consumer-">https://archrespite.org/consumer-</a>

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	<p>determined from training/TA needs assessment, work plan objectives, TA requests.</p>	<p><a href="#">information/family-caregiver-fact-sheets</a></p> <ul style="list-style-type: none"> <li>✓ <i>Respite for Military Families</i></li> <li>✓ <i>Respite for Caregivers of Individuals with Dementia</i></li> <li>✓ <i>Respite for Caregivers of Persons with I/DD</i></li> <li>✓ <i>Respite for GrandFamilies</i></li> </ul> <p><b>Fact Sheets targeted to professionals</b></p> <p><a href="https://archrespite.org/productspublications/arch-fact-sheets">https://archrespite.org/productspublications/arch-fact-sheets</a></p> <ul style="list-style-type: none"> <li>✓ <i>Respite for Adoptive Families</i></li> <li>✓ <i>Crisis Nurseries as Respite for Families at Risk of Abuse or Neglect</i></li> <li>• <i>Adult Day Services – draft in development</i></li> </ul>
	<p><b>Innovative and Exemplary Respite Services</b></p>	<p><b>2019 Innovative and Exemplary Respite Services</b></p> <ul style="list-style-type: none"> <li>✓ Application widely disseminated in 2018-19 and 13 services recognized as exemplary and innovative. See <a href="#">description of services</a>.</li> </ul> <p><b>2020 Innovative and Exemplary Respite Services</b></p> <ul style="list-style-type: none"> <li>✓ Inclusion criteria refined and application modified to reflect changes.</li> <li>✓ Application widely disseminated in 2019-2020.</li> <li>✓ 16 services recognized. See <a href="#">description of services</a>.</li> </ul>

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	<p><b>COVID-19 Training and Technical Assistance and Product Development Activities</b></p>	<ul style="list-style-type: none"> <li>✓ <b>Website Resources on COVID-19 and Respite</b>  For providers and grantees  <a href="https://archrespite.org/Covid-19-Respite-Resources">https://archrespite.org/Covid-19-Respite-Resources</a>  For family caregivers  <a href="https://archrespite.org/consultant-information/covid-19-info-for-caregivers">https://archrespite.org/consultant-information/covid-19-info-for-caregivers</a> </li>   <li>✓ <b>Voluntary National Respite Guidelines for Providing and Using Respite</b>  <a href="https://archrespite.org/national-respite-guidelines-for-covid-19">https://archrespite.org/national-respite-guidelines-for-covid-19</a>  <b>Spanish Version of Guidelines</b> (in draft) </li>   <li>✓ <b>Provider and Family Decision Guides</b> for Providing and Using Respite  <a href="https://archrespite.org/national-respite-guidelines-for-covid-19#Decisions">https://archrespite.org/national-respite-guidelines-for-covid-19#Decisions</a>  <b>Spanish Version of Decision Guides</b> (in draft) </li>   <li>✓ <b>Four Case Studies</b> of Respite Services that Reopened Safely (ongoing)  <a href="https://archrespite.org/national-respite-guidelines-for-covid-19#Cases">https://archrespite.org/national-respite-guidelines-for-covid-19#Cases</a> </li>   <li>✓ <b>Networking Calls and Webinars</b> (for details, see 1) 2020 Webinars below; 2) Networking Opportunities – p 4; and 3) <i>LifeCourse Respite Tools during the Pandemic</i> – p 10) </li> </ul>

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	<p><b>Webinars.</b> Prepare content and hold two webinars annually using key experts in the field of lifespan respite on topics to be determined from training/TA needs assessment, work plan objectives, TA requests.</p>	<p><b>2020 Webinars:</b></p> <ul style="list-style-type: none"> <li>✓ <a href="#"><u>BREAK Exchange Webinar: Preliminary Results of the Supporting Caregivers During the COVID-19 Pandemic Survey</u></a>, June 3, 2020</li> <li>✓ <a href="#"><u>Webinar Release of Voluntary National Respite Guidelines During COVID-1 and Presentation of Four Case Studies</u></a>, July 16, 2020.</li> <li>✓ <a href="#"><u>Cultural and Linguistic Competence: What do they mean for respite services?</u></a>, July 30, 2020</li> </ul> <p><i>(see LifeCourse Training, Networking Opportunities, Voucher and Sustainability Learning Collaboratives for additional webinars)</i></p>
	<p><b>Networking Opportunities</b> within states and among states through <b>topical conference calls</b> for Lifespan Respite grantees and partners.</p>	<ul style="list-style-type: none"> <li>✓ <b>Lifespan Respite Network Calls on <a href="#"><u>Respite in the Time of COVID-19</u></a></b> (Six recorded Calls/Webinars March-May 2020 – two webinars in June and July – see webinars above)</li> </ul> <p><b>Voucher Learning Collaborative</b> (<a href="#"><u>Archived calls/webinars</u></a>)</p> <ul style="list-style-type: none"> <li>✓ Peer-learning calls planned and facilitated by Learning Collaborative leaders from the network are held quarterly. Last one held March 13, 2020, <i>Respite Voucher Programs in Oklahoma and South Carolina</i></li> <li>✓ Developed and disseminated survey on implementation of</li> </ul>

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		state voucher respite programs. <a href="#">Survey Results.</a>
	<b>On-site state training events.</b> Hold ARCH-sponsored Lifespan Respite Summits in at least 2 states.	<b>None scheduled in 2020 due to COVID-19</b>
	<b>ARCH presentations in national and state conferences/virtual events,</b> and hosting of <b>ARCH National Lifespan Respite Conference</b> with Lifespan Respite track and <b>Grantee/Partner Learning Symposium</b>	<b>National/International</b> (since February 2020): <ul style="list-style-type: none"> <li>✓ <i>Respite and Crisis Care, Community-Based Child Abuse Prevention Program Grantees Meeting, U.S Children’s Bureau</i>, March 12, 2020, Washington, DC</li> <li>✓ ARCH virtual presentation before the <b>RAISE Family Caregiving Advisory Council</b>, May 21, 2020 <a href="https://youtu.be/6Oe4zuklGak">https://youtu.be/6Oe4zuklGak</a></li> <li>✓ Co-hosting <b>International Short Break Conference</b>, Madison, WI, June 16-19, 2020. POSTPONED UNTIL JUNE 2021</li> <li>✓ <b>Lifespan Respite Grantee and Partner Learning Symposium</b>, Held virtually on June 16-17 <a href="https://lifespanrespite.wildapricot.org/2020-Learning-Symposium">https://lifespanrespite.wildapricot.org/2020-Learning-Symposium</a></li> </ul>
	<b>National Respite Locator Service (NRLS).</b> Expand and keep current database and funding/eligibility information and maximize visitation and search engine capabilities.	<b>Ongoing</b>

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	<p><b>State respite registry development.</b> Determine state needs and provide resources and assistance.</p>	<p><b>Ongoing</b></p>
<p><b>2. Assure Lifespan Respite grantees work with a broad range of stakeholders from across the age and disability spectrum and from additional untapped public, private and corporate sectors in state planning and program design and development.</b></p>	<p><b>Tools to Increase Stakeholder Involvement in Lifespan Respite activities.</b></p>	
	<p><b>Tools for Collaboration.</b> Update training materials, including <a href="#">fact sheet</a> and webinar.</p>	<p>✓ <b>All activities completed prior to year 4.</b> Find webinar and related materials at <a href="https://archrespite.org/webinar-sustaining-respite">https://archrespite.org/webinar-sustaining-respite</a></p>
	<p><b>Checklist.</b> Develop a generalized user-friendly step-by-step checklist or infographic for identifying, recruiting and retaining new partners.</p>	<p>✓ <b>Completed in Yr. 2.</b> <a href="#">Infographic: What's the Key Ingredient for a Successful, Sustainable Coalition?</a></p>
<p><b>3. Support long-term capacities and sustainability of lifespan respite programs, activities and/or state respite coalitions.</b></p>	<p><b>Develop New Sustainability Tools on Lessons Learned</b></p> <p><b>Checklist.</b> Pull lessons learned from final qualitative evaluation of Exemplar States' Sustainability Planning Process to develop itemized checklist.</p> <p><b>Post State Sustainability Plans and Documents on Website.</b> Collect and post states' sustainability plans and related planning documents and worksheets on ARCH website.</p>	<p>✓ <b>Completed in Yr. 2.</b> <a href="#">Sustaining Lifespan Respite Systems: Lessons Learned and Practical Applications with a Checklist for Success</a></p> <p><b>Ongoing</b></p>

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	<p><b>Update Respite funding/financing documents.</b></p>	<ul style="list-style-type: none"> <li>✓ <a href="#">Financing Strategies Matrix for Lifespan Respite Programs and State Respite Coalitions</a></li> <li>✓ <a href="#">Medicaid Waivers that Pay for Respite</a>, Third Update Completed Dec 2019 and disseminated Jan 2020.</li> <li>• <b>Federal Funding Opportunities for Respite</b>, 3<sup>rd</sup> Update - final draft in review.</li> </ul>
	<p><b>Form a Sustainability Planning Learning Collaborative</b> and facilitate networking teleconferences to foster peer-to-peer exchange between Learning Collaborative leadership who successfully completed the sustainability planning process and the rest of the grantee network.</p>	<p><b>Sustainability Learning Collaborative</b></p> <p>Resources archived at <a href="https://lifespanrespite.wildapricot.org/Learning_Collaborative">https://lifespanrespite.wildapricot.org/Learning_Collaborative</a></p> <ul style="list-style-type: none"> <li>✓ <b>Learning Collaborative</b> meets quarterly on general issues related to sustainability.</li> <li>✓ <b>Sustainability Planning Workgroup.</b> Formed a smaller work group to focus on sustainability planning and writing the Sustainability Plan. Meets monthly.</li> </ul>
<p><b>4. Identify and disseminate Lifespan Respite Best Practices</b></p>	<p><b>Matrix Development.</b> With grantees' permission, final grantee reports were reviewed for systems change and direct service delivery activities, associated outcomes, and any data demonstrating success. This information was summarized in state fact sheets.</p>	<ul style="list-style-type: none"> <li>✓ <a href="#">Compendium of Summaries of State Lifespan Respite Grantee Activities</a></li> <li>✓ <a href="#">Fact Sheets via US Map</a></li> </ul>

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	<p><b>Develop Lifespan Respite Best Practices Document.</b> Inclusion criteria will be developed to select lifespan respite best practices from the state summaries. A report of Lifespan Respite Best Practices will be developed and disseminated widely.</p>	<ul style="list-style-type: none"> <li>• <b>Final Draft in Review</b></li> </ul>
<p><b>5. In collaboration with ACL, plan and carry out strategies to collect, synthesize, disseminate and stimulate research in the field of respite and family caregiver support.</b></p>	<p><b>Form Respite Research Consortium.</b> Link researchers to funding sources</p>	<p><b>Ongoing</b></p> <p>✓ 2020 Update of <a href="#">Annotated Bibliography</a></p>
	<p><b>New respite research will be initiated</b> using research framework developed by the Expert Panel on Respite Research.</p>	<p><b>Grow the Research Consortium:</b> Continue to identify and link researchers willing to develop research proposals using Expert Panel framework with funders who express interest in respite research.</p> <p><b>Quarterly Updates to Research Consortium</b></p> <p>✓ <b>Funding Research:</b> Health Foundation of Western and Central New York announced research award. Research underway.</p>
	<p><b>Respite Research Summit.</b> The Research Consortium, with assistance from the TA Center, will fund and convene a summit of researchers and funders to review initial findings, discuss practice and policy implications of the findings, and explore interest</p>	<p>✓ <b>Respite Research Summit - Held Virtually September 29 and 30, 2020</b></p> <p>Program Agenda, Speaker Presentations, Resource Materials and background can be found at</p>



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	<p>among the funders to continue the respite research initiative.</p> <p>Summary report of summit will be developed.</p>	<p><a href="https://archrespite.org/respite-research-summit">https://archrespite.org/respite-research-summit</a></p>
<p><b>6. Provide resources to address how respite can support families in the development of their own natural supports.</b></p>	<p><b>Phase I. Development of <a href="#">LifeCourse Tools</a> for Assessing Respite Natural Supports</b></p> <p>In collaboration with the <b>National Community of Practice on Supports to Families (CoP)</b> [National Association of State Directors of Developmental Disabilities Services (NASDDDS) and University of Missouri-Kansas City Institute for Human Development (UMKC-IHD)], workgroup will be formed to develop tools and provide feedback on LifeCourse Integrated Respite Strategies.</p>	<p>✓ <b>Field Testing of Tools, August – Sept 2017.</b> Tools refined for final release.</p> <p>✓ <b>Final <i>Charting the LifeCourse Respite Tools</i></b> released at National Lifespan Respite Conference in <b>October 2017.</b></p>
	<p><b>Phase II: Training for State Lifespan Respite Grantees and Partners.</b> Through webinars and teleconferences, Lifespan Respite Network will be trained on the purpose and use of the developed tools. Feedback will be used to modify tools.</p>	<p>✓ <b>Training Webinar</b> held for Respite Network on using the final tools most effectively, December 7, 2017</p> <p>✓ <b>Training session</b> at the 2017 National Lifespan Respite Conference in Huntsville, AL</p>
	<p><b>Phase III. Broad dissemination strategy</b> for LifeCourse training tools will be undertaken jointly by CoP and TA Center.</p>	<p><b>Year 5 Activities</b></p> <p>Two training webinars held for respite and LifeCourse networks in collaboration with LifeCourse Nexus (formerly National Community of Practice on Supporting Families) at the University of MO-KC.</p>

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		<ul style="list-style-type: none"> <li>✓ <a href="#"><u>Charting the LifeCourse Respite Tools</u></a>, February 19, 2020 that highlighted examples of successful state and local program use of the tools.</li> <li>✓ ARCH <a href="#"><u>Exploring Respite Opportunities and Options</u></a> – Database of alternative informal respite options</li> <li>✓ <a href="#"><u>Charting the LifeCourse for Respite During the Pandemic</u></a>, July 23, 2020, Training on how to use the LifeCourse Tools for Respite during the pandemic to help providers offer respite safely, and to guide family caregivers in using respite safely.</li> </ul>

October 2020