

# Lifespan Respite Care Program Enhancement Grant

## PROJECT SUMMARY

**Grantee Organization:** Alabama Department of Senior Services (ADSS)

**State:** Alabama

**Project Period:** July 1, 2020 to August 31, 2023

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### Project Overview:

The Alabama Department of Senior Services (ADSS), in partnership with Alabama Lifespan Respite Resource Network™ (Alabama Lifespan Respite), a program of United Cerebral Palsy of Huntsville and Tennessee Valley, Inc. (UCP), Alabama Lifespan Respite Coalition, and other stakeholders propose to continue expanding Alabama's lifespan respite care initiatives for caregivers.

These organizations share a united **goal** – to enhance and expand existing respite and support services to family caregivers of children and adults, while developing a policy framework that will expand and strengthen Alabama's current lifespan respite care initiatives.

**Project objectives:** 1) reach underserved populations, including caregivers in rural areas, to increase new and existing support services; 2) increase collaborations with state and local agencies, as well as public-private partnerships, to increase respite and respite education opportunities for all caregivers; and 3) advance coordinated systems of respite options to improve the delivery, quality, and availability of respite services for all caregivers.

The goal and objectives presented will allow ADSS and Alabama Lifespan Respite to help all caregivers in Alabama to have *access to available high-quality education, mental health support, resources, public awareness, advocacy, and respite services.*

**Proposed interventions:** develop new counseling stipend program for caregivers and utilize the Zung Self-Rating Anxiety Scale (SAS) pre- and post-counseling; support caregivers with existing and new initiatives, including Care Chats (one-on-one support by phone or video conferencing); expand virtual reality training to include first responders, law enforcement, and Alabama Department of Public Health (ADPH); produce public service announcement and

respite awareness video(s) with ADPH to increase awareness of respite; expand online calendar of events and caregiver education opportunities; start a new monthly e-newsletter to support caregivers using voucher respite reimbursement; and create a new Caregiver Consumer Task Force.

### Outcomes and Products:

**Anticipated outcomes:** 1) increase in number of family caregivers served with respite care by 5% compared to previous grant data; 2) decrease in stress caregivers experience before utilizing respite services; and 3) decrease in anxiety after receiving counseling through the new counseling stipend program for caregivers.

**Expected products:** public service announcement/respite awareness videos; monthly e-newsletter; and comprehensive online calendar of statewide caregiver respite education opportunities.

