

# Lifespan Respite Care Program Enhancement Grant

## PROJECT SUMMARY

**Grantee Organization:** Idaho Commission on Aging (ICOA)

**State:** Idaho

**Project Period:** October 1, 2020 to September 30, 2023

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### Project Overview:

The Idaho Caregiver Alliance (ICA), Idaho's Lifespan Respite Coalition, worked with the Idaho Commission on Aging (ICOA) to identify the priorities and shared work in this proposal. The ICA, an unincorporated membership organization, is led by the Boise State University Center for the Study of Aging (BSU-CSA).

The ICOA will work with the ICA and the six Idaho Area Agencies on Aging (AAAs), to achieve the **goal** of establishing a Lifespan Respite Program that expands, enhances, and improves access to respite services throughout the state for family caregivers of people of all ages.

**Project objectives:** 1) implement a statewide consumer-directed lifespan respite program designed for caregivers who do not have access to respite through other means, and 2) expand access to information about the value of respite and respite care resources to lifespan caregivers through established and new information access points including the AAAs, ADRCs, the ICA, Family Caregiver Navigator, churches, and employers.

**Proposed interventions:** conduct a SWOT analysis with each AAA to inform statewide implementation of the consumer-directed respite protocol; use expanded email capacity to share information about caregiving, respite options, trainings, support groups and other supports through monthly updates; gather, share, and disseminate caregiver information via quarterly meetings; conduct and evaluate the Caregiver Navigator pilot program to help caregivers implement respite plans and reduce burnout, hospital admissions, and institutionalization; and conduct retrospective survey to assess change in family caregiver awareness and knowledge.

### Outcomes and Products:

**Anticipated outcomes:** 1) increase availability of statewide consumer-directed lifespan respite services; 2) increase caregiver well-being as a result of consumer-directed lifespan respite services; 3) caregivers experience increased awareness and knowledge of respite and other supports; and 4) caregivers increase use of caregiver resources.

**Expected products:** consumer-directed lifespan respite implementation plan with tools; SWOT analysis instrument and results; regional AAA outreach plans and implementation results; consumer-directed lifespan respite caregiver survey results; impact results of Family Caregiver Navigator pilot on respite usage; analysis of various communications by ICA members to support the outreach efforts of the AAAs, and to increase knowledge about and access to respite; and lessons learned.

