

# LIFESPAN RESPITE FUNDING ALERT



## ***House Appropriations Committee Approved Funding Increase for the Lifespan Respite Care Program in FY 2023 Urge House and Senate to Include Increase in Future Action***

***The Lifespan Respite Care Program (LRCP):*** The U.S. Administration for Community Living (ACL) provides competitive grants to state agencies working with Aging and Disability Resource Center/No Wrong Door Systems and state respite coalitions. The program's purpose is to make quality respite more available to family caregivers regardless of age or disability through direct services and coordinated State Lifespan Respite systems.

***Funding:*** Funding for the LRCP is \$8.1 million in FY 2022.

***Program Status:*** Thirty-seven states and DC have received at least one LRCP grant from the U.S. Administration for Community Living (ACL) since 2009 (see [archrespite.org](http://archrespite.org)).

- ➔ ***FY 23 FUNDING REQUEST:*** The NRC is asking Congress to fund the LRCP at \$14.2 million in FY 2023. This is the amount included in the bill approved by the House Appropriations Committee and the amount in the President's FY 2023 budget request. 18 Members of the U.S. House or Representatives sent a [recent bipartisan letter](#) to appropriators requesting for this amount.
- ➔ ***ACTION:*** Call your Representative and Senators at 202-225-3121. When connected, ask for health, disability or appropriations staff. If you don't reach them, leave a message!
- ➔ ***MESSAGE to MEMBERS:*** Make sure to include \$14.2 million for the Lifespan Respite Care Program in any final FY 2023 appropriations bill. *The pandemic cast a harsh light on the severe lack of support for family caregivers, who remain socially isolated and at risk for poor physical and emotional health. Respite may be their only link to needed supports.*

## **Lifespan Respite Grants Make a Difference**

- The LRCP provides planned and emergency respite services to family caregivers, ensures services are person and family-centered, and makes respite more available and affordable to underserved families. See [Key Accomplishments of Lifespan Respite Grantees](#).

- Grantees **deliver care** and **help hard-to-reach and unserved families pay for respite**, including adults with Alzheimer’s disease, MS, ALS, or I/DD; those on Medicaid waiver waiting lists; grandparents raising grandchildren; rural family caregivers; and culturally diverse groups.
- Grantees are addressing the **workforce crisis** through provider training and recruitment and funding innovative **volunteer and faith-based respite** care to make more respite available.
- Caregivers in **NE's Lifespan Respite Network** reported significant decreases in stress levels, fewer physical and emotional health issues, reductions in anger and anxiety, and reported being in a better financial situation when receiving respite. **AL Lifespan Respite’s** voucher program found a substantial decrease in the percentage of caregivers reporting how often they felt overwhelmed with daily routines after receiving respite.

## Respite – A Critically Necessary and Beneficial Family Support Service

- More than 53 million family caregivers of children and adults provide the vast majority of long-term services and supports to individuals of all ages living at home, yet 86% of those caring for adults, and a similar percentage caring for children, have not received respite services.
- Respite, the most requested service by family caregivers, has been shown to reduce stress and social isolation, help improve caregiver health and wellbeing, bolster family stability, keep marriages intact, and help avoid or delay costlier out-of-home placements.
- In an evaluation by the U.S. Administration for Community Living, caregivers who received 4 or more hours of respite care per week had a decrease in self-reported burden over time. As respite hours per week increased, so did the probability of a more favorable response regarding caregivers' perception that services helped them continue caregiving.

## Respite Reaps Cost Savings

- The economic value of respite is exceptional. Delaying nursing home care for one individual with a chronic condition for several months can save Medicaid, private insurance, or the family tens of thousands of dollars.
- In 2017, the estimated value of family caregiving of adults was \$470 billion -- more than all out-of-pocket spending on U.S. health care in 2017 (\$366 billion) for that year. Families caring for children with special health care needs provide nearly \$36 billion worth of care annually. Respite and other supports can help ensure that they continue to provide care at home.
- Researchers at the University of Pennsylvania studied the records of over 28,000 children with autism ages 5 to 21 who were enrolled in Medicaid in 2004. They confirmed that for every \$1,000 states spent on respite services in the previous 60 days, there was an 8 percent drop in the odds of hospitalization.
- American businesses lose \$17.1 to \$33.6 billion annually in lost productivity costs related to employees’ caregiving responsibilities and related stress.