

Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Colorado Department of Human Services, State Unit on Aging (SUA)**

Funding Period: September 1, 2017 to August 31, 2021

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Primary Goal: **Colorado's overriding goal was to build upon the Colorado Respite Care Program's work in previous grant periods to strengthen Colorado's respite and caregiving infrastructure and increase access to resources and supports.**

Key Performance Measures	Notable Achievements
<p>Data collected by the grantee documenting the extent to which objectives were achieved included: number of families served; number of respite hours provided; number and types of meetings held; number and types of products developed; number, types, and sustainability of partnerships established; scope of website and social media presence; and number of inquiries from families and partnerships. The Colorado Respite Care Program (CRCP) also partnered with an external evaluation team in 2019 to better understand barriers to access families faced when participating in the voucher program. The evaluation identified areas in the award process that the CRCP was able to adjust to simplify steps for families, which increased efficiency and accessibility.</p>	<p>The CRCP made significant enhancements to its website, including the addition of mobile responsiveness and development of user accounts to save favorites and submit content, such as upcoming trainings and resources. As part of the Respite Care Task Force project, the CRCP recreated its Respite Locator, now called the Online Resource Finder, to include trainings and events, educational materials, and broader resources, as well as respite providers. The Online Resource Finder features more narrow search options to increase user friendliness, and a resource hotline, available to the public and listed at coloradospitecoalition.org.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p>Objective 1. Colorado will have a stronger respite infrastructure, which builds on the growth of the previous six years.</p> <p>Notable Partnerships and Infrastructure Activities</p> <ul style="list-style-type: none"> The Colorado Respite Care Program (CRCP) led new regional efforts in southwest and southeast Colorado, and supported and reengaged groups in Northern and Southern Colorado, the Denver Metro, and Summit and Mesa counties. These partnerships strengthened Colorado's respite infrastructure, helped CRCP identify gaps in services across the state, and allowed recognition of successes as well as collaboration to promote respite awareness. The CRCP leveraged State General Funds and the At Risk Persons Surcharge funds to support respite care services, and caregiver training and education. Funds for direct care services are designated for underserved families, most of whom do not have access to alternative funding sources other than private pay. 	<p>State and Community Partners</p> <p>Key partners include: Chronic Care Collaborative, MindSource, the Colorado Department of Human Services (CDHS) Brain Injury Program, Aging and Disability Resource Centers (ADRC), Colorado Respite Coalition, which is a program of Easterseals Colorado, and regional respite coalitions.</p> <p>State Respite Coalition/Organization Role</p> <p>The Colorado Respite Care Program (CRCP) began in 2011 with a federal lifespan respite grant which focused on laying the foundation for a more streamlined way of supporting families. The CRCP provides resources</p>

- The CRCP partnered with the Bell Policy Center to explore the potential role of private insurance in covering the costs of respite care services. Although the report showed that insurance coverage is rare, the efforts highlight opportunities for future collaboration.

Objective 2: Family caregivers in Colorado will be able to more easily access respite resources and supports.

Notable Performance Outcomes and Infrastructure Activities

- The family respite voucher program provided increased access by utilizing a new source of funding to operate a small secondary voucher program for adoptive, foster and kinship families.
 - The family respite voucher program provided more than 15,000 hours of respite, helping 456 Colorado families.
- CRCP staff and one partner led Stress Busting for Family Caregivers and Stress Busting for the Caregiving Professional classes.
 - Two additional CRC staff members completed the Stress Busting courses and plan to become master trainers, and the CRCP hosted a training session to increase the number of class facilitators in the state.
- The CRCP held one in-person and one virtual conference for faith communities to offer resources about caregiving across the lifespan and to share a [faith community toolkit](#).
- Building upon earlier efforts to engage local employers, the CRCP published the Caregiving-Friendly Workplace Toolkit, available in hard copy and electronically to the public. CRCP staff and partners hosted lunch and learns about caregiving wellness and resources and presented the toolkit to local human resources and employee wellness groups.
- The CRCP made significant enhancements to its website including the addition of mobile responsiveness, a redesign, and development of user accounts to save favorites and submit content such as upcoming trainings and resources. The website can also be translated into multiple languages. As part of the Respite Care Task Force project, the CRCP recreated its Respite Locator, now called the Online Resource Finder, to include trainings and events, educational materials, and broader resources, as well as respite providers. The Online Resource Finder features narrowed search options to increase user friendliness. A resource hotline is also available to the public on the [website](#).

Program Flexibilities and Supports Introduced in Response to COVID-19

- The CRCP:
 - Created an online COVID-19 caregiving resource list.
 - Focused on sharing resources about basic needs, self-care, mental health, and creative ways to access respite.
 - Distributed self-care toolkits.
 - Offered scholarships for the NextStep online COVID-19 caregiver training.

to caregivers caring for individuals of all ages and care needs across Colorado, including providing information, resources, and referrals to family and professional caregivers; distributing respite vouchers to caregivers with limited access to respite; administering grants to agencies to increase access to respite care services statewide; collaborating with organizations that provide training on respite and caregiver supports; and facilitating training and educational opportunities for respite providers, caregivers, and employers across Colorado.

Aging and Disability Resource Center Role

The State Unit on Aging (SUA) oversees and coordinates the ADRC program. The CRCP worked with ADRCs by sharing respite and caregiver resources to expand the number of resources available to families. The CRCP partnered with ADRCs to promote its caregiving awareness campaign and to share their hotline with people seeking resources.



For more information, contact ARCH at (703) 256-2084