

Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Idaho Commission on Aging (ICOA)**

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

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Primary Goal: **The Idaho Commission on Aging's (ICOA) project goal was to expand access to respite services for family caregivers and strengthen Idaho's policy framework to support and sustain the respite program.**

Key Performance Measures	Notable Achievements
<p>Idaho Commission on Aging/Idaho Caregiver Alliance documented: numbers of Summits; Annual Caregiver Conferences; Powerful Tools for Caregiver Classes; and contracts with seven community respite providers. Numbers served by community respite providers were regularly collected and demonstrated a steady increase in caregivers served over the grant period. In conjunction with the Alzheimer's Disease and Related Dementia grant, Boise State University-Center for the Study of Aging evaluated the impact of participation of the Consumer-Directed Lifespan respite (CDR) program. (See Objective 4.) A retrospective survey was used to assess the impact of the CDR program. An evaluation of the Family Caregiver Navigator Pilot Program was conducted in 2021.</p>	<p>Idaho was one of six states selected to participate in the Center for Health Care Strategies <i>Helping States Support Families for an Aging America Initiative</i>. Following their selection, the Idaho Commission on Aging and the Idaho Caregiver Alliance (ICA) participated in a collaborative to address identified needs at state and national levels to advance innovations that support family caregivers. As part of the initiative, Idaho has committed to work with Medicaid to develop an online resource center of respite and other caregiver and family supports, accessible by families, health insurers of people dually eligible for Medicaid and Medicare, and community-based organizations.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p>Objective 1. Coordinate and strengthen lifespan respite systems at the state and local levels.</p> <p>Notable Partnerships and Systems Strengthening Activities</p> <ul style="list-style-type: none"> The ICOA developed a State Strategic Plan in 2018 that includes a commitment to implement the Action Plan, sustain the ICA, and continue to develop and enhance lifespan respite. Actionable steps demonstrating that commitment include continued work with policymakers to improve social, financial, and supportive services environments for caregivers across the lifespan. The ICA convenes quarterly, develops respite workshops for three state and regional conferences each year. In 2017, Idaho conducted a Registry study that concluded: "A more successful method of connecting family caregivers to providers seems to involve personal interaction, either by calling a resource careline or by word-of-mouth." This led ICA to Medicaid Follows the Person Family Caregiver Navigator Pilot Program. 	<p>State and Community Partners</p> <p>The Idaho Commission on Aging's key partners include: the Idaho Caregiver Alliance (ICA), led by Boise State University, Center for the Study of Aging, South West Area Agencies on Aging, Idaho Department of Health and Welfare (IDHW), and seven community respite providers throughout the state.</p> <p>State Respite Coalition/Organization Role</p> <p>The Idaho Caregiver Alliance (ICA) has more than 1,182 individual and agency subscribers and an alliance of 27 key stakeholders,</p>

- ICA coordinates with the ICOA to develop a comprehensive list of resources in addition to the web-based site: FindHelpIdaho.org

Objective 2: Provide innovative and emergency respite services to family caregivers.

Notable Performance Outcomes

- Over a three-year period, seven community partners provided respite.
 - The number of caregivers receiving respite services from respite partners totaled more than 1,900.
 - During the funding period, the number of caregivers receiving respite more than doubled from 400 in 2019 to more than 800 in 2021.
- IOCA contracted with Southwest Area Agency on Aging/AAA III to implement Consumer-Directed Lifespan Respite (CDR) and caregiver supports system development to establish best practices for Idaho's Family Caregiver Support Program.
 - While establishing processes, procedures, and training protocols, AAA III provided consumer-directed outreach and respite to 119 caregivers using a \$600 every six months/\$1,200 a year voucher program.
 - During September 2020 - August 2021, lifespan enhancement activities supported respite services to more than 190 caregivers across Northern, Southern, Southwest and Southeastern Idaho, rural and frontier areas, with implementation plans to expand into North Central and Eastern Idaho in 2022.
 - An evaluation of the CDR Program showed statistically significant improvements in caregivers' perceived ability to pay for services; perceived ability to cope with caregiving stress; perceived ability to manage burnout; and perceived ability to care for loved one at home.
- An evaluation of the Family Caregiver Navigator Pilot Program showed that:
 - Caregivers' confidence increased in their ability to identify actions to reduce stress; ability to access resources from their care plan; make positive changes in their role as caregiver; and communicate needs as caregiver.

Objective 3: Increase the level of knowledge and professionalism in respite care by providing training to caregivers, providers, and volunteers.

Notable Performance Outcomes

- During the funding period, ICOA/ICA:
 - Held two Lifespan Respite Caregiver Summits.
 - Held four Annual Caregiver Conferences.
 - Instituted Powerful Tools for Caregiver classes.
 - Made Idaho lifespan respite information and tools accessible on the ICOA, ICA, and seven community respite providers websites.
 - Implemented a consumer-directed lifespan respite pilot.
 - Piloted the Family Caregiver Navigator through the Idaho Department of Health and Welfare (IDHW) Medicaid Money Follows the Person Program.
- These initiatives increased the number of caregivers accessing respite information and services.

representing the private and public sectors who work to increase public awareness about the value of family caregivers to healthcare teams and to inform providers about resources and supports available to caregivers, and how to access them.

Aging and Disability Resource Center Role

As specified in the fourth objective, ADRC/AAAs are key partners in establishing information access points that enhance respite care information access.

Objective 4: Enhance access to respite care information by establishing new information access points in addition to the Area Agencies on Aging/Aging and Disability Resource Centers (AAAs/ADRC).

Notable Outreach and Education Activities

- The ICA regularly sends out quarterly newsletters/toolkits with respite care messaging, training, and presentations for distribution statewide through local channels utilizing the ICA network.
- In addition to providing tips for organizations on how to identify and encourage caregivers to seek respite, toolkits equip access points like the AAA/ADRCs, 211 Careline, Idaho Parents Unlimited, IDHW Navigators and Regional Medicaid Units, the Idaho Healthcare Association (private long term care providers), Community Partnerships of Idaho, the MS Society, Critical Access Hospitals (CAH), Idaho school districts, and Easterseals of Idaho with essential respite information for lifespan caregivers.

Program Flexibilities and Supports Introduced in Response to COVID-19

- All providers remained flexible and creative and adjusted their programs by offering, family-fun drive-up activities and vouchers, virtual and telephone call check-ins, and more 1:1 counseling and education.
- To assist with making appropriate volunteer/family respite-care matches, vaccination status was added to all intake forms to ensure all families and volunteers were matched safely and in accordance with preference.



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