



# **The BREAK Exchange**

## ***ARCH Virtual Respite Research Summit***

*Presented by:*

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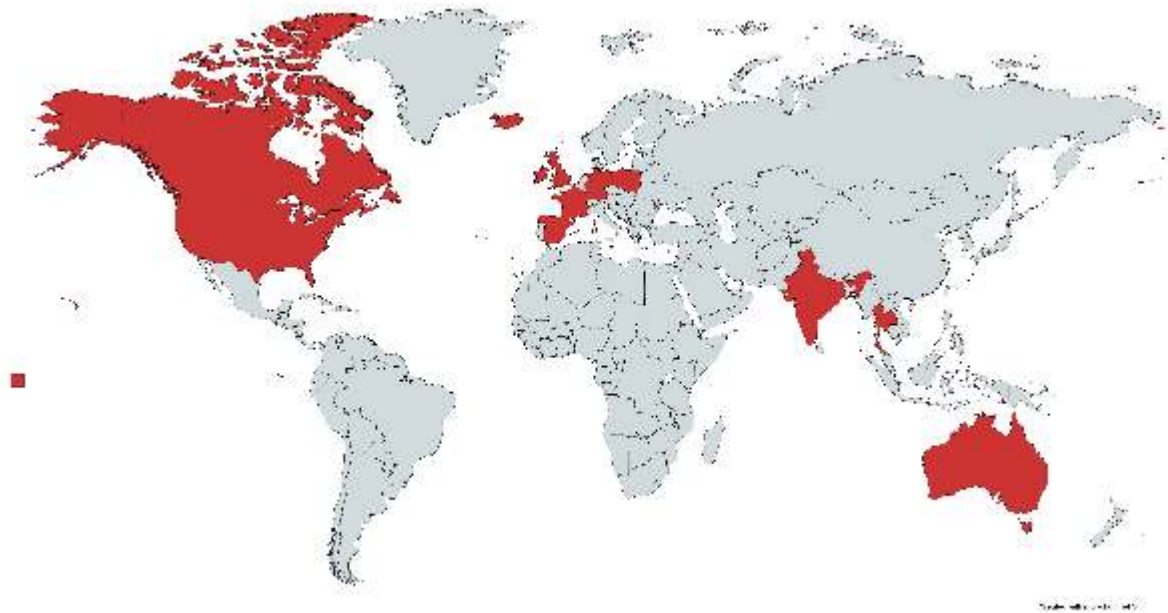
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# Overview

- ❖ What is the BREAK Exchange?
- ❖ Benefits of joining the BREAK Exchange
- ❖ Global Assessment
- ❖ Supporting Caregivers During the COVID-19 Pandemic Survey
- ❖ How to stay connected



# The BREAK (Building Respite Evidence And Knowledge) Exchange



- ❖ International group of researchers, respite providers, agencies, and individuals who are committed to building a culture of evidence-based respite care



# BREAK Exchange Partners



SHARED**CARE**  
scotland



School of Nursing  
UNIVERSITY OF WISCONSIN-MADISON



ISBA

International Short  
Break Association



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# ISBA Conference



JUNE 22 - 25, 2021  
**MADISON**  
WISCONSIN USA

Learn more and register at [isba.me](https://isba.me)



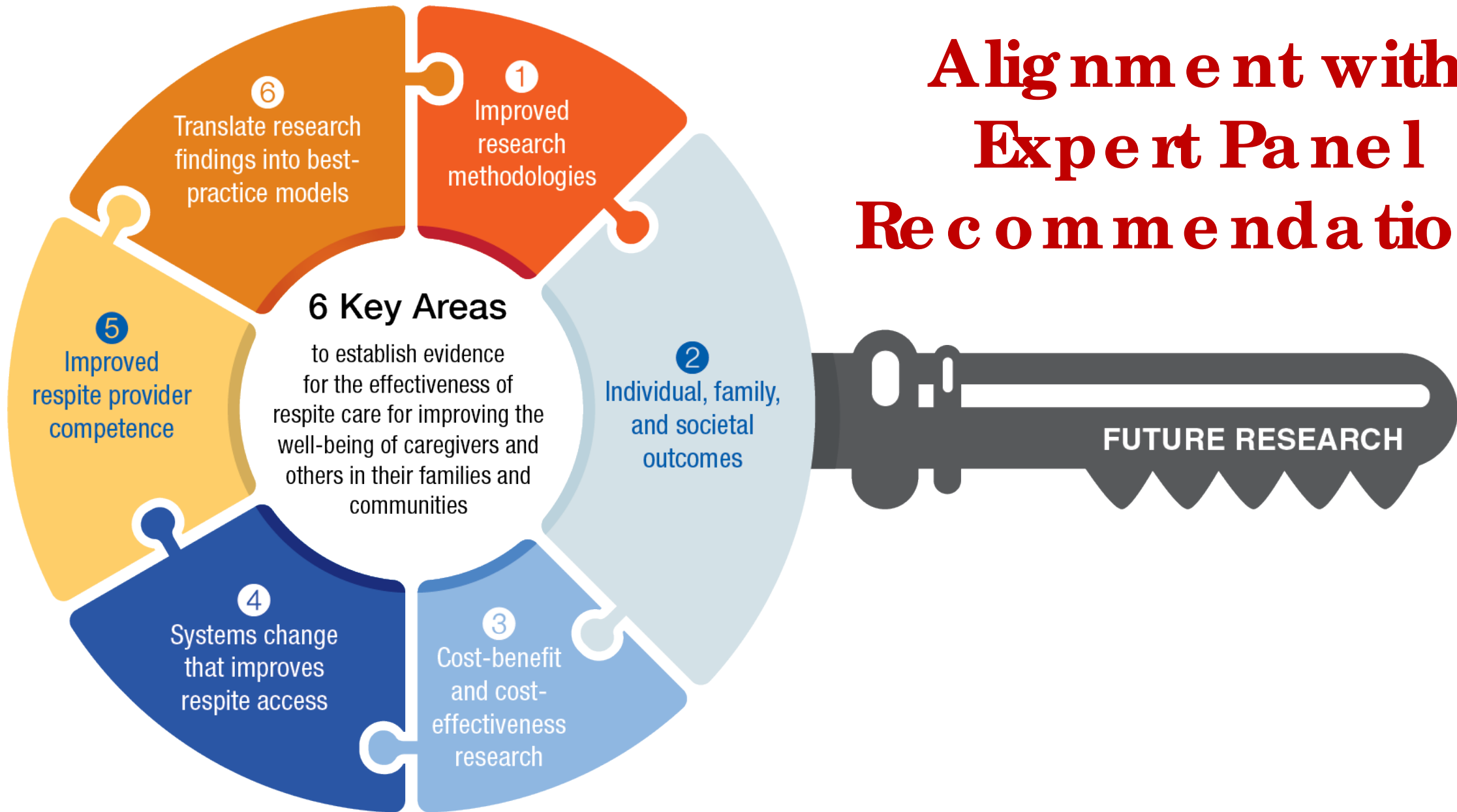
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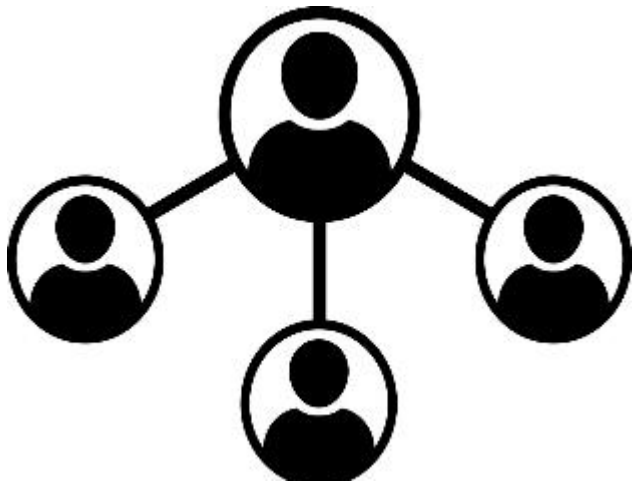
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# Alignment with Expert Panel Recommendations



# Benefits of joining the BREAK Exchange



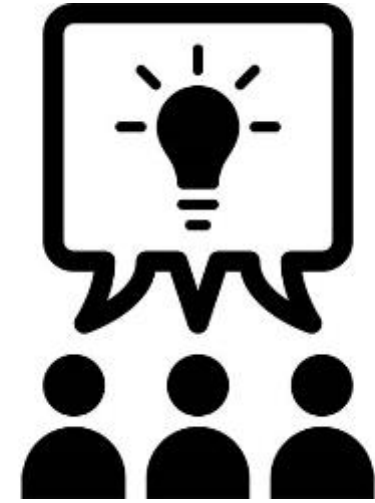
*CONNECT*



*LEARN*



*SHARE*



*COLLABORATE*



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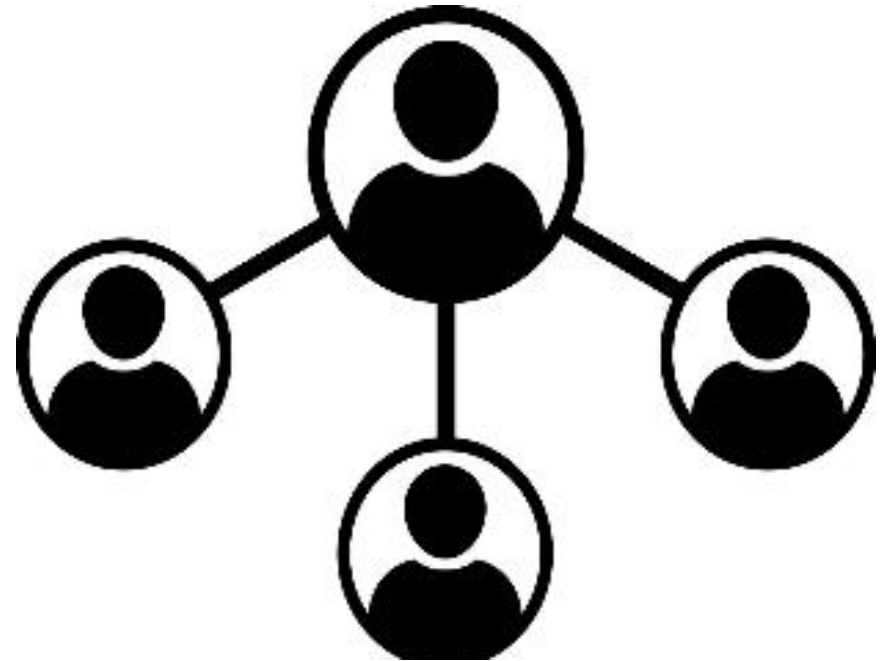
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# CONNECT

- ❖ Connect with a global network of researchers, respite providers, agencies, and individuals.
- ❖ Currently, there are more than 130 members from more than 13 countries in the Exchange!





# LEARN

- ❖ Learn about evidence-based respite care practices and research happening around the world.



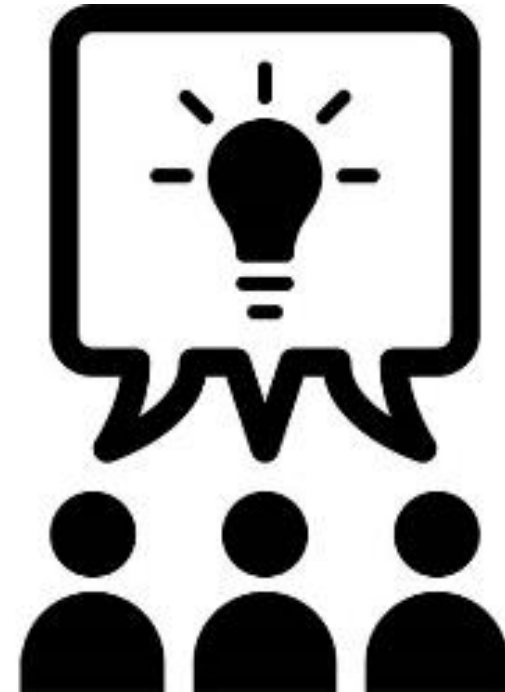
# SHARE

- ❖ Share your evidence-based practices or research with international partners.
- ❖ Feature your work in the monthly e-newsletter, on the BREAK Exchange website or social media platforms, or present a quarterly webinar.



# COLLABORATE

- ❖ Collaborate on an evaluation or research project.
- ❖ Leverage the Exchange to identify a potential partner for your next project!
- ❖ Create your Member Profile
- ❖ Search for partners in the Member Database



# Global Health Institute Grant

- ❖ Project aimed to leverage and enhance the capacity of the BREAK Exchange
- ❖ Global Assessment of the Current State of Respite Care
- ❖ Supporting Caregivers During the COVID-19 Pandemic Survey



# PRELIMINARY RESULTS

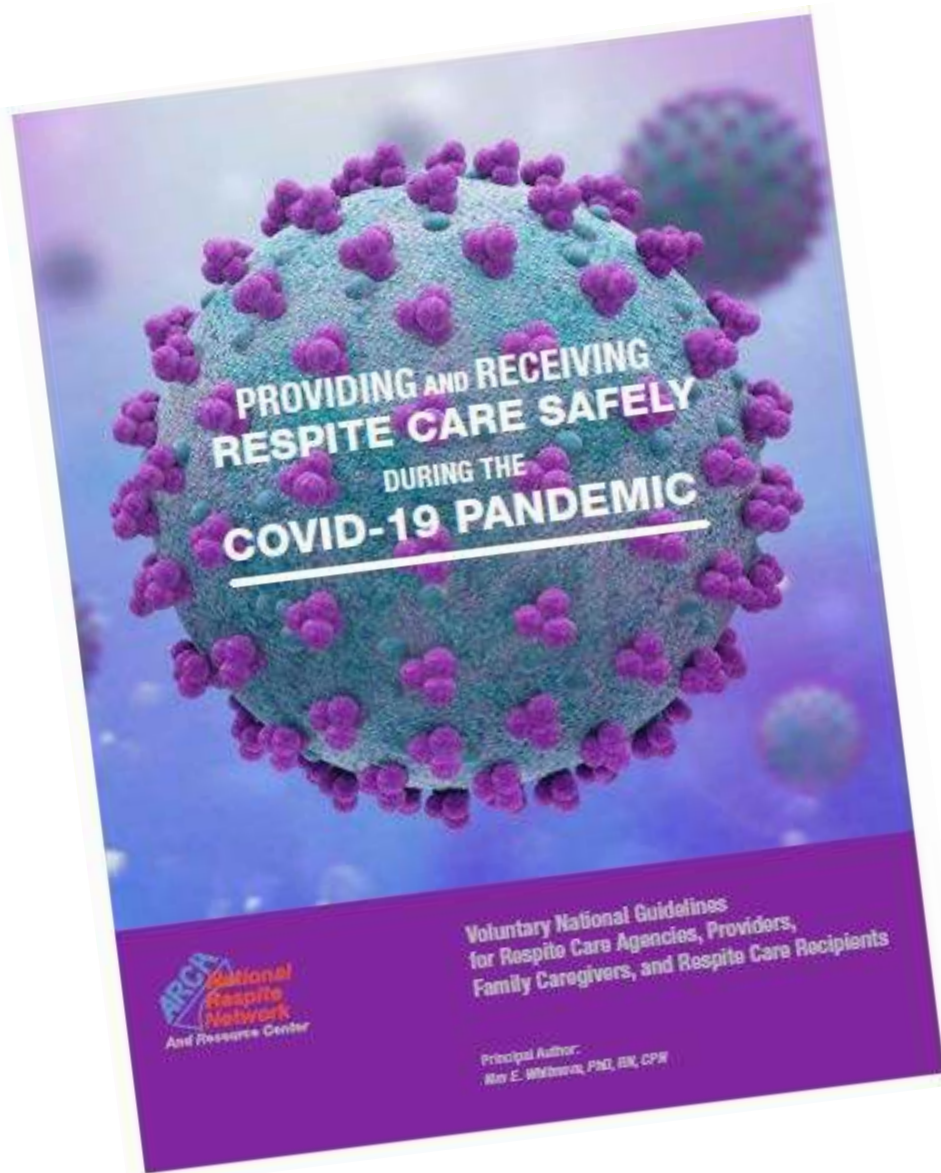
- ❖ 244 valid responses representing 15 countries
- ❖ Key lessons learned about the impact of the pandemic on respite and caregiver services, including:
  - *Key challenges*
  - *How programs have adapted*
  - *New and innovative services that have been created*
  - *Helpful resources*
- ❖ Recorded webinar of detailed results available online at <https://breakexchange.wisc.edu/webinars-preliminary-results-june-3-2020/>



# IMPLICATIONS

- ❖ Despite numerous challenges, many organizations have been able to adapt services or create new services to continue to help support caregivers
- ❖ Most organizations prioritized supporting basic needs and mental health of caregivers, families, and staff
- ❖ Organizations that were most successful were able to plan and adapt quickly and appeared to have good leadership and support





# Providing and Receiving Respite Care Safely During the COVID-19 Pandemic

Guidelines and downloadable fillable PDFs of all appendices available on the ARCH website at:

<https://archrespite.org/national-respite-guidelines-for-covid-19>



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# Stay Connected!



- ❖ Like us on Facebook **@ExchangeBREAK**
- ❖ Join our Facebook Group called “**The BREAK Exchange**”
- ❖ Follow on Twitter **@exchange\_break**
- ❖ Follow on Instagram **@break.exchange**
- ❖ Visit our website, join the email list, and complete your member profile at **breakexchange.wisc.edu**
- ❖ Email us at [break.exchange@son.wisc.edu](mailto:break.exchange@son.wisc.edu)





ALMOST  
EVERYTHING  
WILL WORK AGAIN  
IF YOU  
UNPLUG  
IT FOR A FEW MOMENTS  
EVEN  
you



— ANNE LAMOTT —



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