

# Building an Evidence Base for Respite Care

*Background on the ARCH Expert Panel on Respite Research*

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# Literature Review

## Highlights

Respite reduces stress, sleep deprivation and burden among family caregivers

Positive trends on QOL (e.g., caregiver health, family relationships)

Reduces risk of child abuse potential

## Challenges

Clarity about intended recipient of respite

Model clarity/categorization

Lack of objective/standardized outcome measures

Weak efficacy testing or even outcome evaluation

# Why is research important to the future of respite?



MODEL  
DEVELOPMENT  
AND CQI



EFFICACY  
TESTING &  
OUTCOME  
EVALUATION



BUILDING THE  
EVIDENCE BASE  
FOR RESPITE  
CARE



IMPROVING  
LIVES AND WELL-  
BEING (QOL)



ADVOCACY AND  
FUNDING

# The Expert Panel on Respite Research

## GOALS

- Current status of respite research
- Respite definition and research framework
- Make specific recommendations
- Methodological approaches and analytic strategies
- Translate research into action
- Engage researchers in respite research
- ID funders to support respite research using Panel's recommendations



# Respite as a Family Caregiver Intervention\*

## Definition of Respite

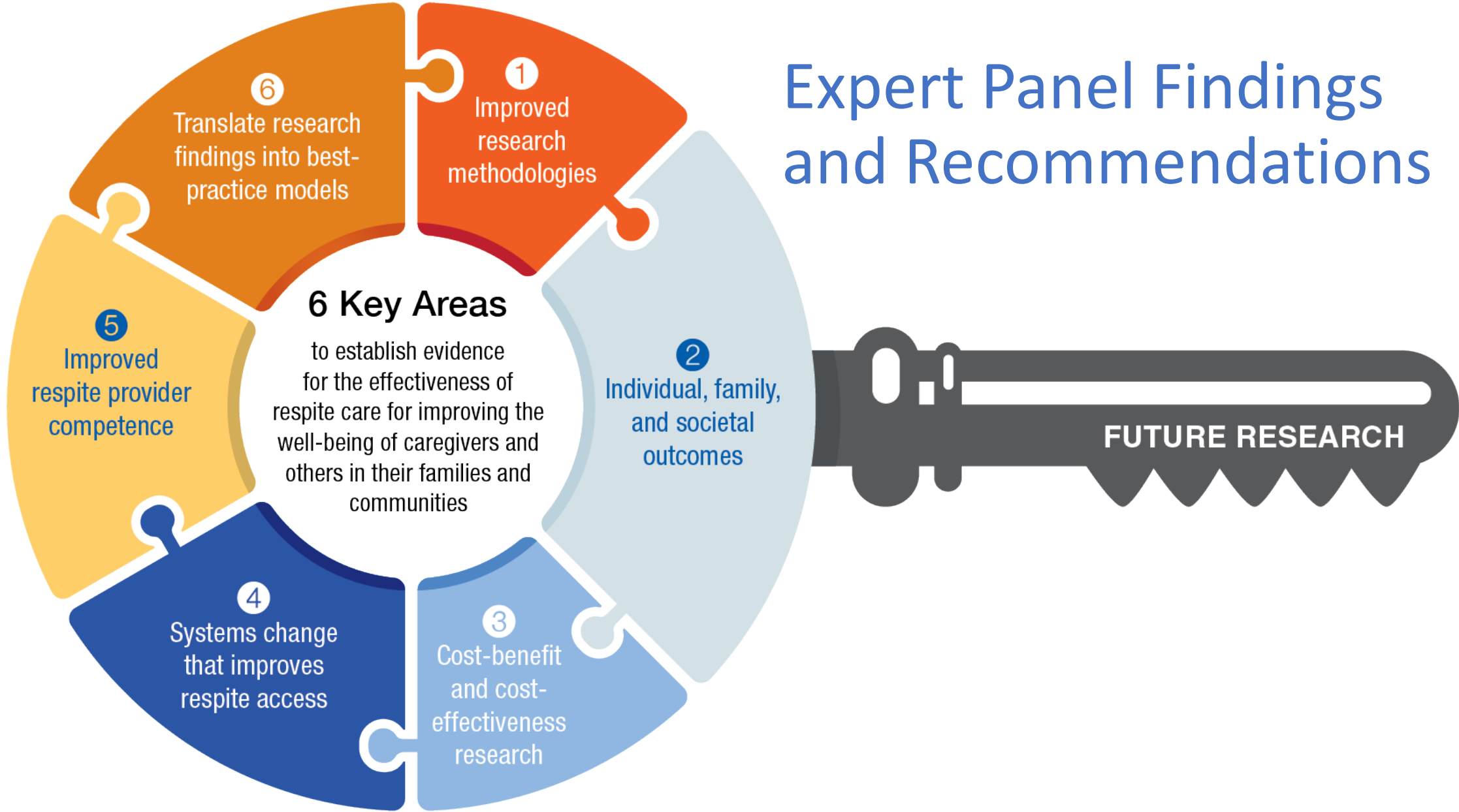
Respite is planned or emergency care that provides a family caregiver some time away from caregiver responsibilities, and results in some measurable improvement in the well-being of the caregiver, care recipient, and/or family system.

(\* pre-Covid-19)

Source: ARCH (2015). *A Research Agenda for Respite Care, Deliberations of an Expert Panel of Researchers, Advocates and Funders.*

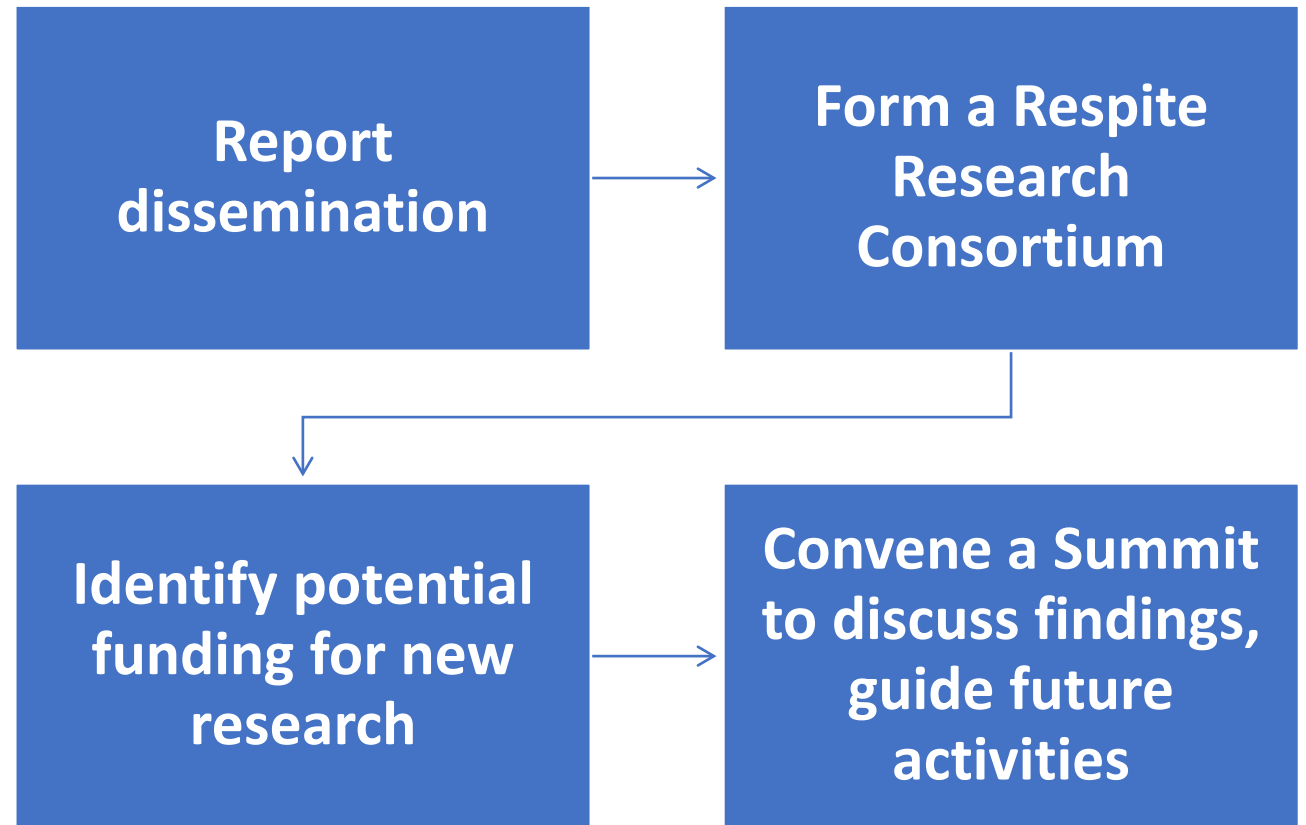
[https://archrespite.org/images/docs/2015\\_Reports/ARCH\\_Respite\\_Research\\_Report\\_web.pdf](https://archrespite.org/images/docs/2015_Reports/ARCH_Respite_Research_Report_web.pdf)

# Expert Panel Findings and Recommendations





# Post Expert Panel deliberations and Final Report



# We're here! Welcome to the Summit

The Summit is designed to:

- Highlight current research in relation to Expert Panel's framework
- Assess progress on Panel's 6 key recommendations
  - Presenters and panelists
  - Reactor panels, breakout discussions
- Next Steps



# Questions about the Summit?



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## Lifespan Respite Technical Assistance Center

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