

# Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **State of Nevada – Aging and Disabilities Services Division (ADSD)**

Funding Period: September 1, 2017 to February 28, 2021

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Primary Goal: **Strengthen and support services for family caregivers in Nevada through advocacy and capacity building.**

Key Performance Measures	Notable Achievements
<p>The grantee collected data documenting: increases in the number of people served through public programs; increases in funding across the lifespan; and the percent of caregivers receiving respite services having more choice and control in their services. Products developed included: caregiver intake forms; respite enrollment applications; and respite pre- and post-surveys. In addition, an evaluation of the Respite Rx Project was conducted, and results were included in a <a href="#">report</a> that was disseminated to stakeholders.</p>	<p>The grantee completed a pilot project on self-directed caregiver respite, the Respite Rx Project, that incorporated best practices designed to translate to positive outcomes among caregivers receiving respite. The grantee’s goal was to remove internal and external barriers to respite services. The process of identifying these barriers led to continuous changes made to original policies to make them more relevant and supportive of caregivers using respite services.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p><b>Objective 1. Coordinate respite services across state partners to expand capacity across the lifespan.</b></p> <p><b>Notable Performance Outcomes</b></p> <ul style="list-style-type: none"> <li>• During the grant period, ADSD saw the need for availability of one-time emergency funding to assist families during unplanned circumstances that results in an unavoidable absence of a primary caregiver, or occasions when primary caregivers needed other assistance.                             <ul style="list-style-type: none"> <li>▪ An “emergency funds for caregivers” flyer was distributed statewide by respite partners Nevada Care Connection Resource Centers (Aging and Disability Resource Centers), ADSD community partners and staff, and other aging and disability professionals and were shared by word-of-mouth at various meetings with community partners.</li> <li>▪ ADSD assisted 34 caregivers with emergency funding assistance.</li> </ul> </li> </ul> <p><b>Objective 2: Strengthen the Nevada Lifespan Respite Care Coalition to provide advocacy and education of respite in Nevada.</b></p> <p><b>Notable Partnerships and Activities</b></p> <ul style="list-style-type: none"> <li>• The Nevada Lifespan Respite Care Coalition, an advocate for respite services in Nevada’s No Wrong Door implementation, met monthly and worked to organize stakeholders, including competing providers, to create a strong voice for Nevada’s caregivers.</li> <li>• The Nevada Aging and Disability Services Division, in partnership with the Nevada Lifespan Respite Care Coalition, worked to identify a sustainable structure and expand membership to</li> </ul>	<p><b>State and Community Partners</b></p> <p>Key partners in Nevada’s Lifespan Respite Project included the Nevada Lifespan Respite Care Coalition; the Department of Health and Human Services, Office of Community Partnerships and Grants; and the Division for Healthcare Financing and Policy (Nevada Medicaid); and Nevada Care Connection Resource Centers.</p> <p><b>State Respite Coalition/Organization Role</b></p> <p>The Nevada Lifespan Respite Care Coalition, a key advocacy partner for respite services in Nevada’s No Wrong Door implementation, worked to organize stakeholders, including competing providers, to create a strong voice for Nevada’s caregivers.</p>

support education and advocacy, expand the Coalition's efforts to diversify membership and engage stakeholders, and enhance their involvement in the state's lifespan respite program.

- In 2020, the Nevada Lifespan Respite Care Coalition held a two-day [Virtual Respite Summit](#).
  - Topics presented by state and national respite leaders during the Summit included: *Current Status of Respite in Nevada; Respite Needs in the United States; and Innovative Respite Services for Families Caring for Children and Youth with Special Needs.*
  - Break-out sessions included strong representation from caregivers, occurred in tandem with presentations according to topic, and provided a forum for discussion and exchange of information and multiple perspectives.

### Objective 3: Expand self-directed respite services to underserved populations including those in rural areas and adults with disabilities.

#### Notable Performance Outcomes

- The grantee conducted a pilot project on self-directed caregiver respite, the **Respite Rx Pilot Project**, that included a person-centered philosophy aimed at supporting caregivers; and filling gaps in the social service delivery system, specifically in rural areas.
  - During the pilot project period, 160 eligible families participated and received two to four hours of respite each week. Caregivers used on average 4.4 hours of respite per week.
  - Caregivers expressed their motivation for electing to use respite as: a desire for freedom (86%); social connections (71%); and need for support (56%).
  - Caregivers reported having a better perception of health; better relationship with their care recipient; and better relationships with others after having received respite services.
  - Caregivers rated their health status before receiving respite as good, very good, or excellent 67% of the time, and after having received respite, caregivers rated their health status as good, very good, or excellent 76% of the time.
  - Caregivers rated their relationship with the loved one they provided care for before receiving respite as good, very good, or excellent 85% of the time, and after receiving respite, they rated their relationship as good, very good, or excellent 94% of the time.
  - Caregivers reported high levels of commitment to care, signified by the desire to continue providing caregiving in their home, with 79.5% of respondents committed to caring for loved ones during their loved one's lifetime.
- Nevada's Division of Family Services (DFS) expressed interest in replicating a self-directed respite model for families of children with severe emotional disabilities. The grantee has been meeting with DFS to explore replication.

#### Program Flexibilities and Supports Introduced in Response to COVID-19

- The grantee used emergency respite funds to respond to COVID-19 related requests for respite.
- The Respite Rx pilot voucher program was not entirely affected during the pandemic. As a self-directed pilot program, the majority of caregivers used their own informal supports and felt comfortable continuing to do so.

#### Aging and Disability Resource Center Role

As part of implementation efforts, ADSD conducted refresher training for the Nevada Care Connection Resource Centers (ADRCs). As the designated entities to provide person-centered counseling and caregiver support services in Nevada, ADRCs are uniquely positioned to help caregivers identify the full range of respite and other caregiver support services available in Nevada.



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