Charting the LifeCourse
Tools for Respite:
Examples from State Lifespan
Respite Care Programs

Charting the LifeCourse Showcase
April 13, 2022
The ARCH National Respite Network and Resource Center

- **Training and Technical Assistance Division** provides support to State Respite Coalitions, service providers and families through consultation, training, evaluation, and research (archrespite.org);

- **National Respite Locator Service (NRLS)** helps family caregivers and professionals locate respite services and funding sources in their communities (archrespite.org/respitelocator);

- **National Respite Coalition** is the policy and advocacy division of ARCH (archrespite.org/national-respite-coalition); and

- **Lifespan Respite Technical Assistance Center**, funded by the U.S. Administration for Community Living, supports State Lifespan Respite grantees and their partners in developing state respite systems serving caregivers of persons of all ages and conditions (archrespite.org/ta-center-for-respite)
This Presentation

- What is Respite and why is it important?
- Development and overview of the LifeCourse Tools for Respite
- Examples of use, adaptation and benefits of the tools to maximize Person and Family-Centered services

**Alabama**
- Vonda Reeves, Alabama Lifespan Respite

**Nevada**
- Cheryl Dinnell, Nevada Lifespan Respite Care Coalition
- Jamie Ahumada, Nevada Department of Health and Human Services
Respite is...

Planned or emergency care provided to a child or adult with special needs in order to provide temporary relief to family caregivers who are caring for that child or adult.

*Lifespan Respite Care Act definition PL 109-442*
Types of Respite

- Formal Services
  - Home care agencies
  - Group Home, Adult Day or Child Care Centers
  - Facility-based
  - Community-based

- Informal Services
  - Family and Friends
  - Volunteer or Faith-based
Everyone Needs Respite!

- Reduces Stress
- Improves physical and emotional health
- Enhances relationships and reduces social isolation
- Care recipients benefit, too!
Respite: Too Little, Too Late

- Yet, 86% of family caregivers of adults are not receiving respite services at all.
- A significant percentage of caregivers of children with an unmet need do not receive respite (63% to 75%).
- Of those who do, they often receive too little, too late.
- Barriers to Respite
LifeCourse Tools for Respite

Purposes are to provide:

- information on the importance of respite;
- tools for thinking about and planning for respite; and
- additional resources for finding respite in the community.

LifeCourse Respite tools can be found at archrespite.org/consumer-information/lifecourse-tools-for-respite or www.lifecoursetools.com/lifecourse-library/exploring-the-life-domains/respite
# Integrated Respite Schedule

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# Integrated Support Star and the LifeCourse Portfolio

[Image: LifeCourse Portfolio and Integrated Support Star]

- **Integrated Support Star**: A planning tool for supporting people.
- **LifeCourse Portfolio**: A resource for exploring respite options.

[www.LIFECOURSETOOLS.com](http://www.LIFECOURSETOOLS.com)
Respite During the Pandemic

- Technology
- Personal Strengths and Assets
- Relationships
- Community-based
- Eligibility Specific
Charting the LifeCourse Showcase

Vonda Reeves
Training Specialist
**Past Life Experiences**
- List past life experiences and events that have supported your vision for a good life.
  - *family
  - *friends
  - *church family
  - *doctors
  - *nurses
  - *technology
  - *respite

**Moving Forward**
- List current or future life experiences or goals that will continue to support your good life vision.
  - *respite
  - *accepting help

**Vision for What I Want**
- List what you want your "GOOD LIFE" to look like.
  - *family
  - *friends
  - *respite
  - *doctors
  - *nurses
  - *church family
  - *sitter service
  - *accepting more help
  - *nursing home
  - *longterm care
  - *keeping her home as long as possible

**What I Don’t Want**
- List the things you don’t want or what is NOT a “good life.”
  - *not accepting help anymore

**Past Life Experiences**
- List past life experiences that pushed your trajectory toward things you don’t want.
  - *did not want help
  - *felt ashamed
  - *embarrassed

**Moving Forward**
- List things to avoid that could keep you from your good life vision or lead to what you don’t want.
  - *not accepting help
  - *not understanding

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Developed by the Charting the LifeCourse Network - LifeCourseTools.com • © 2021 Caritas of the University of Missouri | UMHIC-IND • September 2021
# Mapping Family Roles

This tool is to help families think through the roles they play in their loved one’s life, and to help them plan for who else could help fulfill those roles now and in the future.

<table>
<thead>
<tr>
<th>Reciprocal Roles</th>
<th>People’s Roles in G’s **’s life</th>
<th>Looking Ahead</th>
<th>What’s important to know, make sure continues, or make happen?</th>
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<tbody>
<tr>
<td><strong>Affection and Self-Esteem</strong></td>
<td>Who loves and cares about him/her? wife children church family</td>
<td>Who else makes him/her feel loved? children children</td>
<td>Being able to take care of his wife</td>
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<td><strong>Repository of Knowledge</strong></td>
<td>Who else knows things that others don’t know well? (celebrations, traditions, habits, history) husband</td>
<td>With whom does he/she have special memories or experiences? husband</td>
<td>Mr. G</td>
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<td><strong>Lifetime Commitment</strong></td>
<td>Who has a lifetime bond with him/her? wife children siblings</td>
<td>Who else would step up when/if needed? children</td>
<td>Mr. G</td>
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<td><strong>Provider of day-to-day care</strong></td>
<td>Who makes sure activities of daily living and healthcare needs are met? Mr. G</td>
<td>Who else could provide oversight for these needs?</td>
<td>Mr. G</td>
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<td><strong>Material and Financial Needs</strong></td>
<td>Who makes sure his/her day-to-day basic and quality of life needs are met? Mr. G</td>
<td>Who else could help make sure this happens?</td>
<td>Mr. G</td>
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<td><strong>Facilitator of Inclusion and Membership</strong></td>
<td>Who helps connect him/her to inclusive opportunities and maintain relationships? Mr. G</td>
<td>Who would be good at helping him/her connect with and maintain inclusive activities?</td>
<td>Mr. G</td>
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<td><strong>Advocate for Support</strong></td>
<td>Who helps him/her advocate in planning meetings? Mr. G</td>
<td>Who else could help advocate for/with him/her? Mr. G</td>
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256-859-8300

www.alabamarespite.org

@alabamarespite

Vonda Reeves

vreeves@ucphunstville.org
State of Nevada
Department of Health and Human Services

Utilization of LifeCourse Respite Portfolio
Nevada Aging & Disability Services Division
Jamie Ahumada & Cheryl Dinnell

5/29/2022
Helping people. It’s who we are and what we do.
Priorities for Lifespan Respite
Implementation

“RESPITE DESIGN SESSION”

• Builds Rapport
• Guides Conversation
• Plumbs for Resources
• Details Support Needs
• Find where Respite “Fits”
• Discuss Benefits Sought
• Outline Strategy for Securing Respite
Person-Centered Tool for Respite Design
Where Respite “FITS”
Respite Review
Results from Implementation

- Details on Care Needs
- How Respite Fits
- Support Resources
- Goals & Objectives
- Recruitment Strategy
- Evidence of Person-Centered Approach
- Gather Common Survey Questions for Group
- Success Criteria for Outcomes
Contact Information

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Questions?
Conference Hosts

The Madison Concourse Hotel

NATIONAL LIFESPAN RESPITE CONFERENCE
September 13-15, 2022

Website:
https://arch.wildapricot.org/2022-Natl-Respite-Conference
For More Information

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ARCH National Respite Network
and Resource Center
archrespite.org

Lifespan Respite
Technical Assistance Center

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