

# Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **State of Rhode Island Office of Healthy Aging**

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

Contact: Aleatha Dickerson at [Aleatha.Dickerson@oha.ri.gov](mailto:Aleatha.Dickerson@oha.ri.gov)

Primary Goal: **Integrate, bring to scale, and achieve long-term sustainability of Lifespan Respite Services in the State.**

Key Performance Measures	Notable Achievements
<p>In addition to evaluating the quality of student training and individual student learning, the grantee measured the number of nursing students providing respite; the duration of their service; and collected an unduplicated number of families served throughout the grant period. Caregiver characteristics, resources, individual goals, and outcomes were measured for each participating family, and family satisfaction with respite services was measured throughout, as were students' individual evaluations of their training and clinical experiences providing respite.</p>	<p>A <a href="#">promotional video</a> incorporating testimonials from nursing school grant partners, student participants, and caregivers conveying the importance and benefits of the volunteer nursing student respite initiative was produced and disseminated by the grantee, working in partnership with Healthcentric Advisors. A powerful tool demonstrating the meaning of respite and its worth to providers, families, and communities, the video has reached local, state and national audiences through two targeted marketing plans.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p><b>Objective 1. Expand the Rhode Island student nursing workforce development initiative.</b></p> <p><b>Notable Performance Outcomes, Partnership Activities and Products</b></p> <ul style="list-style-type: none"> <li>The grantee established two new programs – at Rhode Island College and the University of Rhode Island —as they continued previously established programs.</li> <li>A clinical placement option for nursing students was established at Salve Regina University and the New England Institute of Technology.             <ul style="list-style-type: none"> <li>New clinical placement options matched students with low to moderate income families lacking access to subsidized respite care.</li> </ul> </li> <li>During the project period, in the nursing training programs combined:             <ul style="list-style-type: none"> <li>191 students provided respite to more than 60 families.</li> <li>Caregivers reported experiencing relief from emotional stress, and increased time with family and friends, household routines, chores, and errands as a result of having used respite services.</li> </ul> </li> <li>The University of Rhode Island held eight group respite events for pediatric care recipients in 2021 with 26 students and more than 30 children participating.</li> </ul>	<p><b>State and Community Partners</b></p> <p>Key partners include Caregiver Alliance of Rhode Island, United Way of Rhode Island, Catholic Social Services of Rhode Island, Rhode Island College, University of Rhode Island, New England Institute of Technology, and Salve Regina University.</p> <p><b>State Respite Coalition/Organization Role</b></p> <p>In an ongoing collaboration with the Caregivers Alliance of Rhode Island, the grantee held regular meetings of the Family Caregiver Alliance of RI Advisory Committee; launched and updated the Family Caregiver Alliance of RI website; and planned and held annual Family Caregivers Conferences.</p>

- Catholic Social Services of Rhode Island assisted caregivers and families by providing a cost-share of Lifespan Respite funding for respite care provided by home care agencies, adult day centers, assisted living facilities and nursing homes under their CareBreaks respite program.
  - During the project period, 241 unduplicated caregivers and their families received respite, exceeding the anticipated target of 195 families.
- In partnership with the University of Rhode Island, Rhode Island College, Salve Regina University and New England Institute of Technology, the grantee created, tested, revised, and disseminated a Nursing Student Respite Training Toolkit to assist nursing programs throughout the nation interested in replicating a volunteer respite program.

### **Objective 2: Enhance the framework of the state’s respite program through the Family Caregivers Alliance of Rhode Island.**

#### **Notable Partnerships and Development Products and Activities**

- The lifespan respite framework was strengthened during the grant period by the development of the first *Rhode Island State Plan for Family Caregivers*.
  - The Plan identifies specific goals, objectives, and action steps to expand support for family caregivers, and it provides a framework for developing and expanding efforts to support caregivers through policies, programs, and partnerships going forward.
- In an ongoing collaboration with the Caregivers Alliance of Rhode Island, the grantee held regular meetings of the Family Caregiver Alliance of RI Advisory Committee; launched and updated the Family Caregiver Alliance of RI website; and planned and held annual Family Caregivers Conferences.

### **Objective 3: Improve awareness about and access to respite services.**

#### **Notable Access and Awareness Promotion Activities**

- Rhode Island’s access and awareness activities reached multiple audiences across the state.
- Rhode Island’s Aging and Disability Resource Center provided information at more than 1,000 outreach events in community settings throughout the state during the grant period. During these events, caregivers received assistance and caregiver information and resource booklets from staff trained specifically to share this information and support caregivers.
- Rhode Island’s lifespan respite project hosted the first Rhode Island caregivers conference, supported by 10 vendors, with attendance nearing 100.
- The grantee reached more than 500 medical providers including physicians, nurses, dietitians, pharmacists, certified nursing assistants, licensed practical nurses, and support staff at nursing homes, assisted living facilities, adult day centers, and other community organizations over the project period to increase awareness about respite and increase the number of referrals of caregivers for respite support services.
- Healthcentric Advisors reached more than 700 professionals in the medical community during the funding period, increasing awareness of respite, and increasing the likelihood that medical personnel will refer families to respite programs in the future.
- During the funding period, the Point (Rhode Island’s ADRC) trained 129 staff on available respite services.

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

- Catholic Social Services CareBreaks respite program funded by Lifespan Respite grant funds undertook rapid processing of program applications which enabled home care agencies to continue providing services to clients during the pandemic.

#### **Aging and Disability Resource Center Role**

The Rhode Island Aging and Disability Resource Center (ADRC), known as the “Point,” has been a partner in the Lifespan Respite project since its inception. The Point, operated by the United Way of Rhode Island (UWRI), serves as an accessible walk-in and call-in portal for the ADRC. In addition, throughout project funding, the ADRC provided information at more than 1,000 outreach events in community settings.

- Catholic Social Services staff contacted every participating client in the volunteer nursing student initiative to offer other CareBreaks services when the student initiative was put on hold.
- Although the COVID-19 pandemic interrupted volunteer nursing student respite services, three (3) of the four (4) nursing programs were able to utilize creative approaches to bring back some type of respite services during the fall 2020 or spring 2021 semesters, including in-home respite.



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