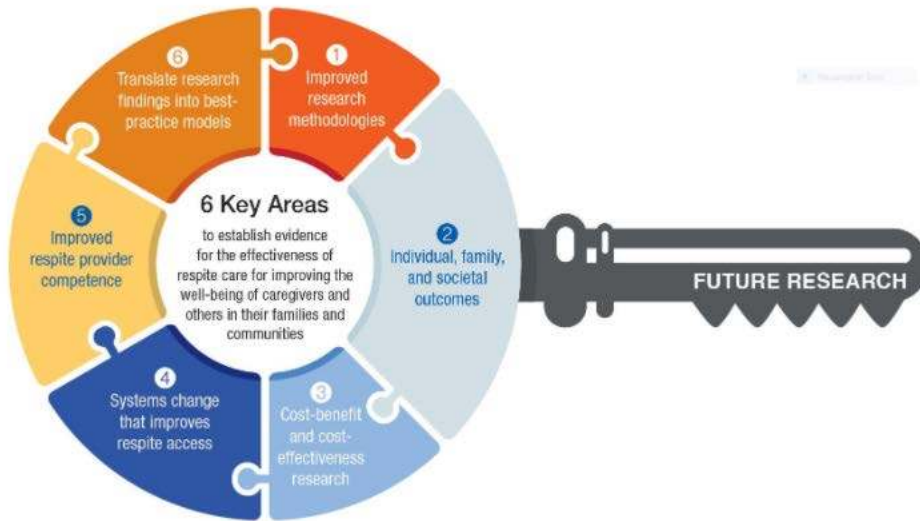


# Summary of Respite Research

By: Sarah Swanson, MPH

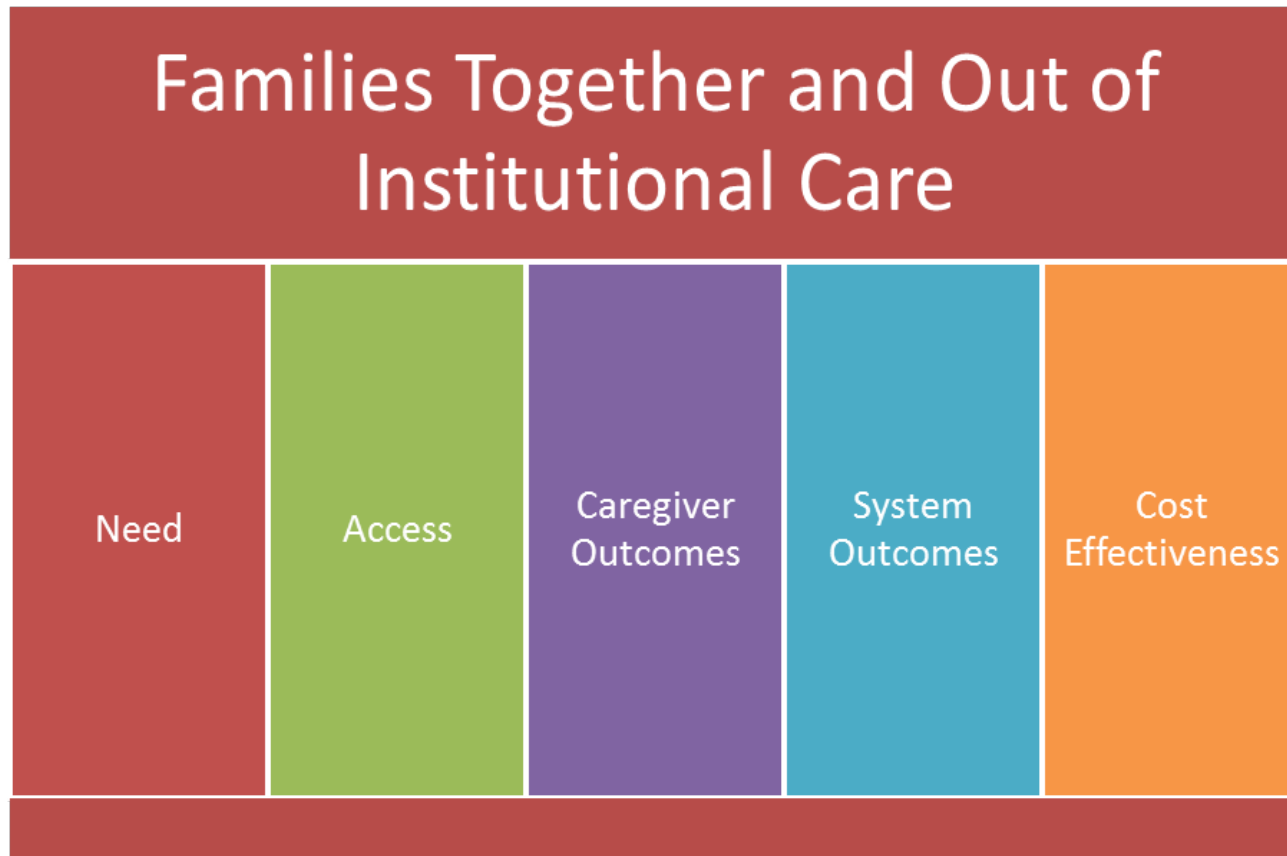
August, 2020



- Impacts of Providing Respite
- Systems Change that Improves Respite Access
- Respite Provider Competence



# Evaluation Framework



# Evaluation

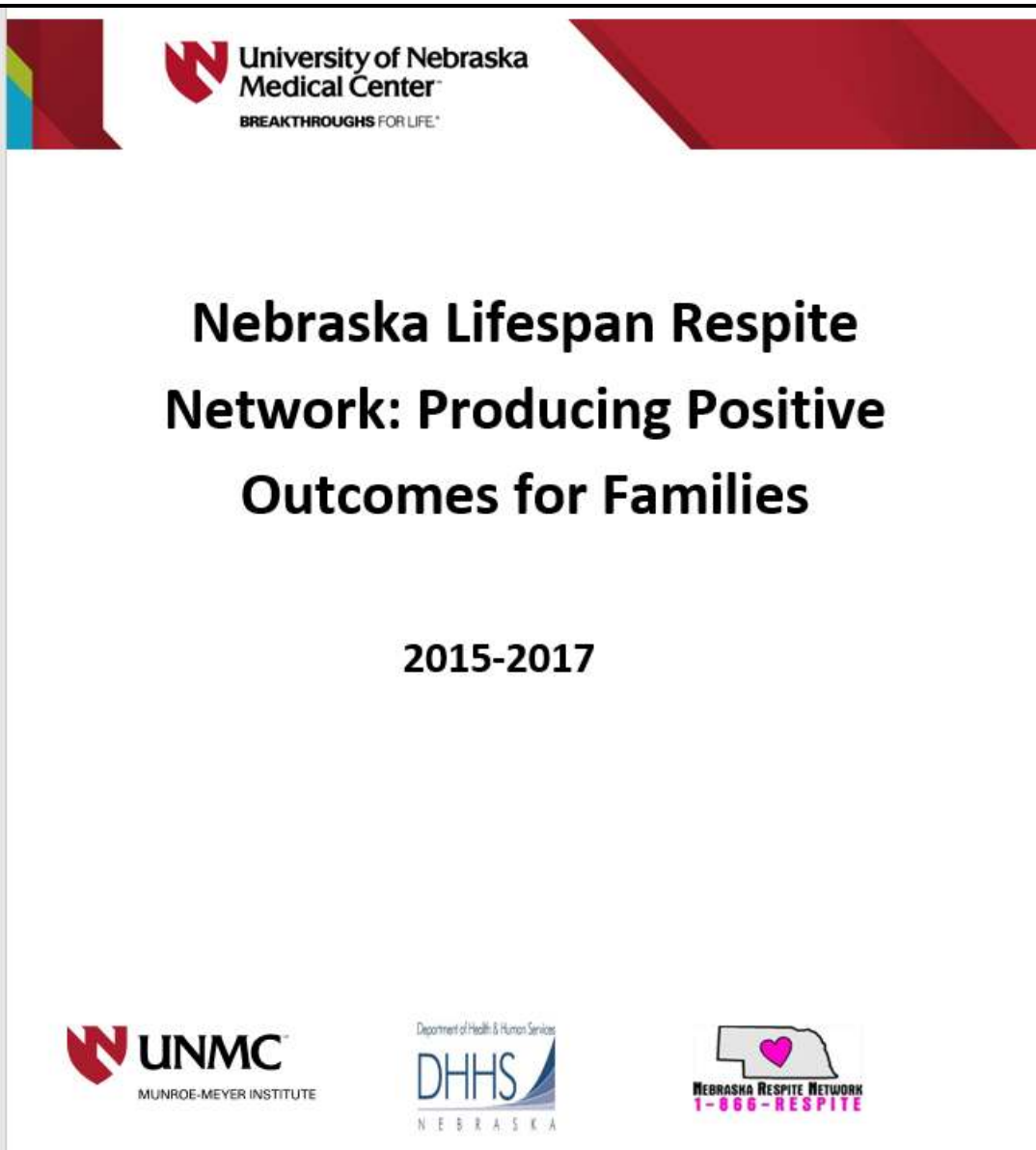
## Family Caregiver Outcomes

- Year One- one program (N=26)
- Year Two- multiple programs (N=73)
- Year Three- multiple programs (N=78)

## Other

- Respite Providers
- Focus groups with families, Respite Coordinators
- Employer Engagement
- Respite Provider Training Program



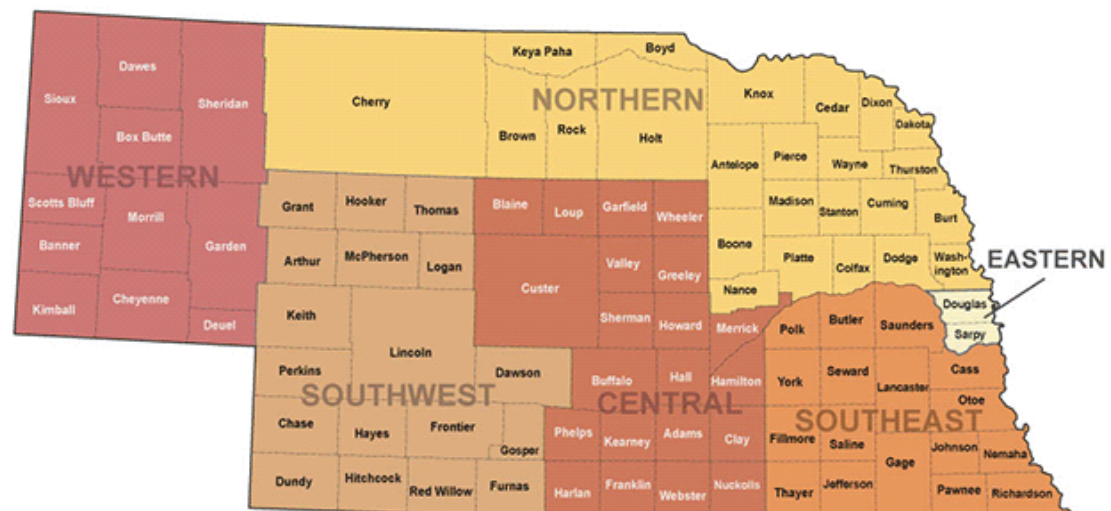


[https://lifespanrespite.wildapricot.org/resources/Documents/State%20Tools/Nebraska/2017\\_Evaluation\\_Tools/FINAL\\_2015-2017\\_DHHSMMI\\_Respite\\_Report.pdf](https://lifespanrespite.wildapricot.org/resources/Documents/State%20Tools/Nebraska/2017_Evaluation_Tools/FINAL_2015-2017_DHHSMMI_Respite_Report.pdf)

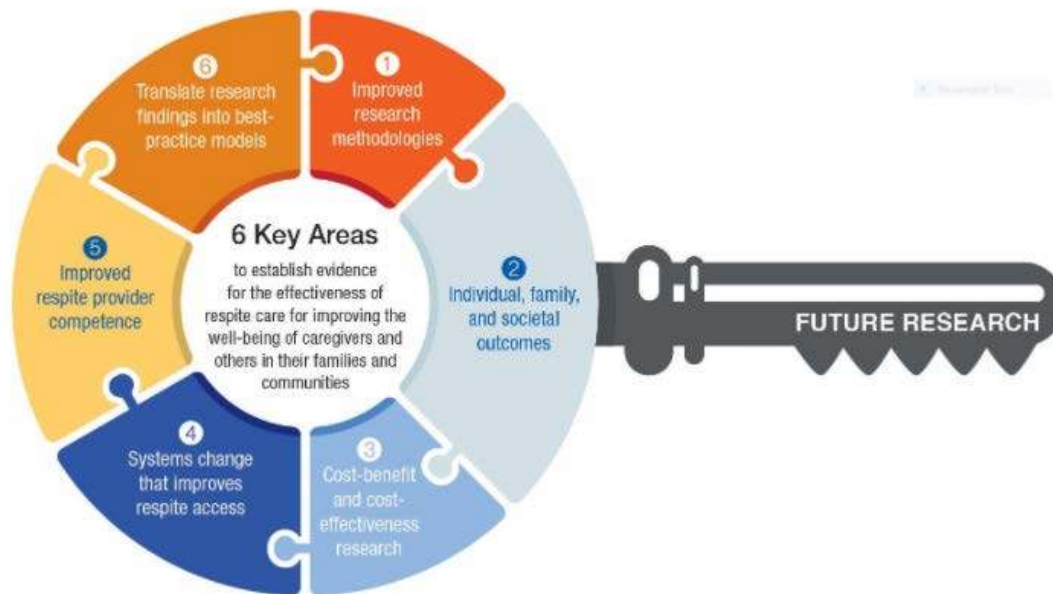


# Nebraska Lifespan Respite - a Best Practice State

- Established by State legislation in 1999
- Lifespan Respite Network: Coordinated regional infrastructure
- Lifespan Respite Subsidy Program
- Basis for federal Respite Care Act



# Impacts of Providing Respite

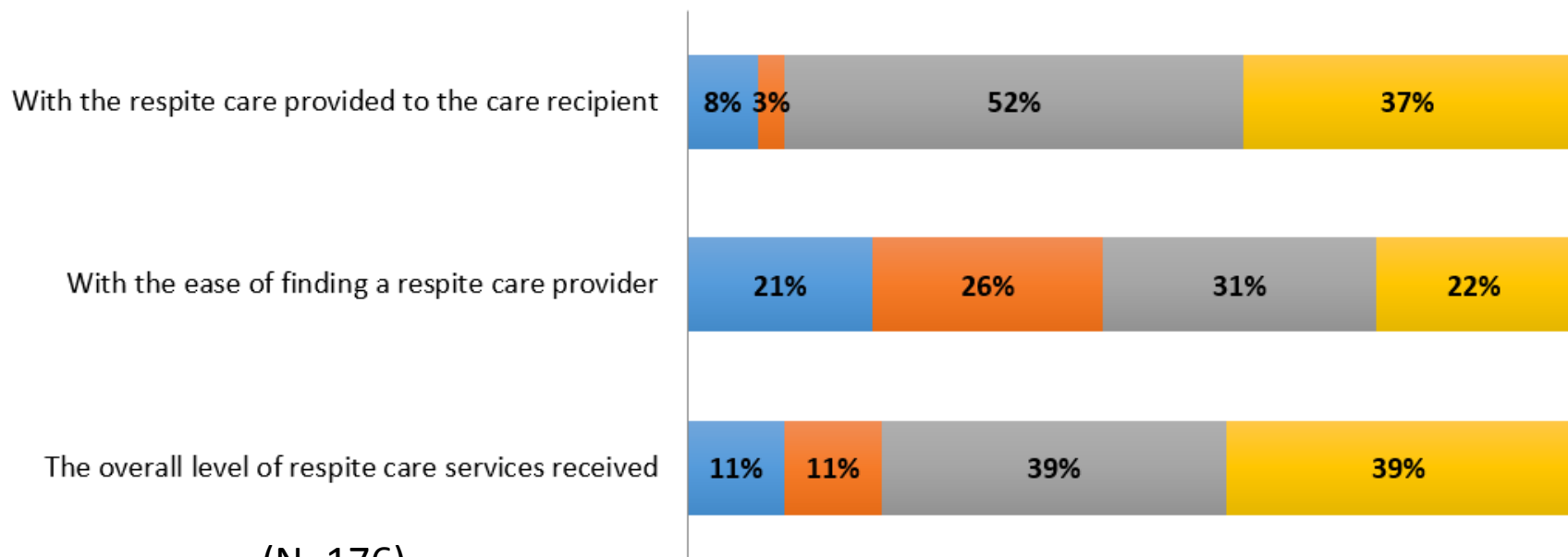


# Family Caregiver Satisfaction with Respite

2015-2017

**Family Caregivers were Highly Satisfied with the Respite Care Provided**

■ Strongly Disagree ■ Disagree ■ Agree ■ Strongly Agree

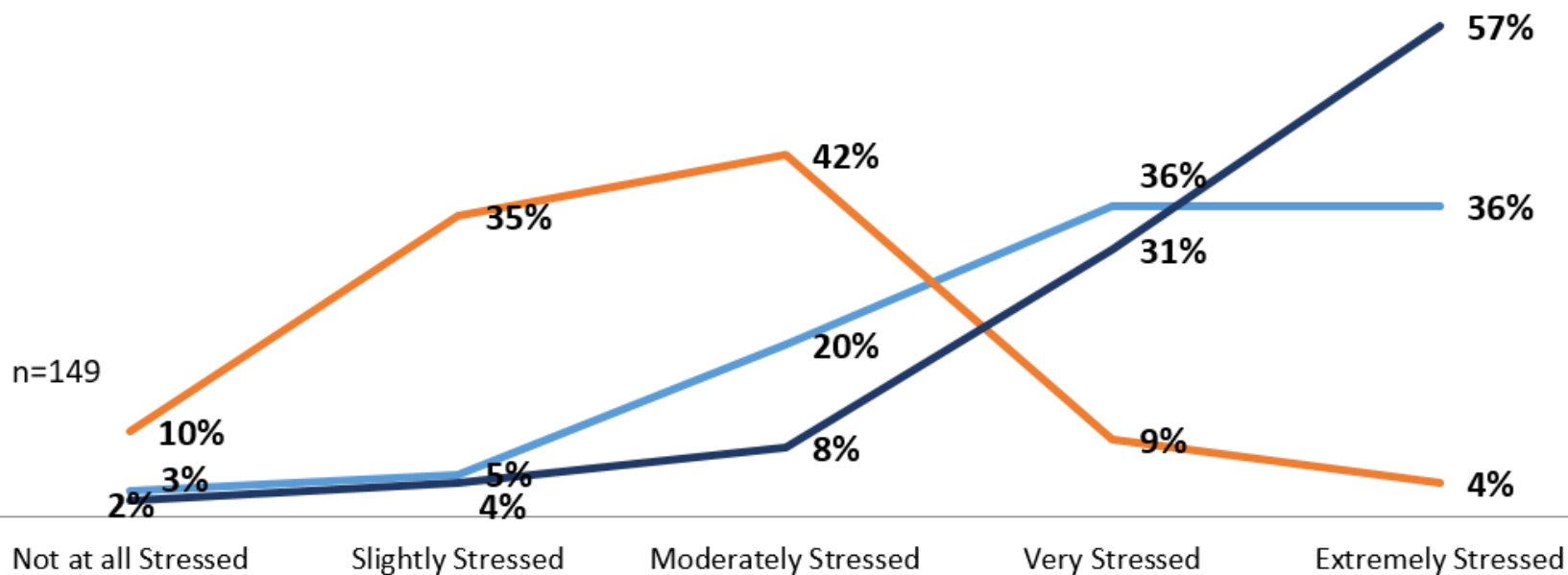


(N=176)

# Decreased Stress

## Caregiver Stress Decreased with Respite Services

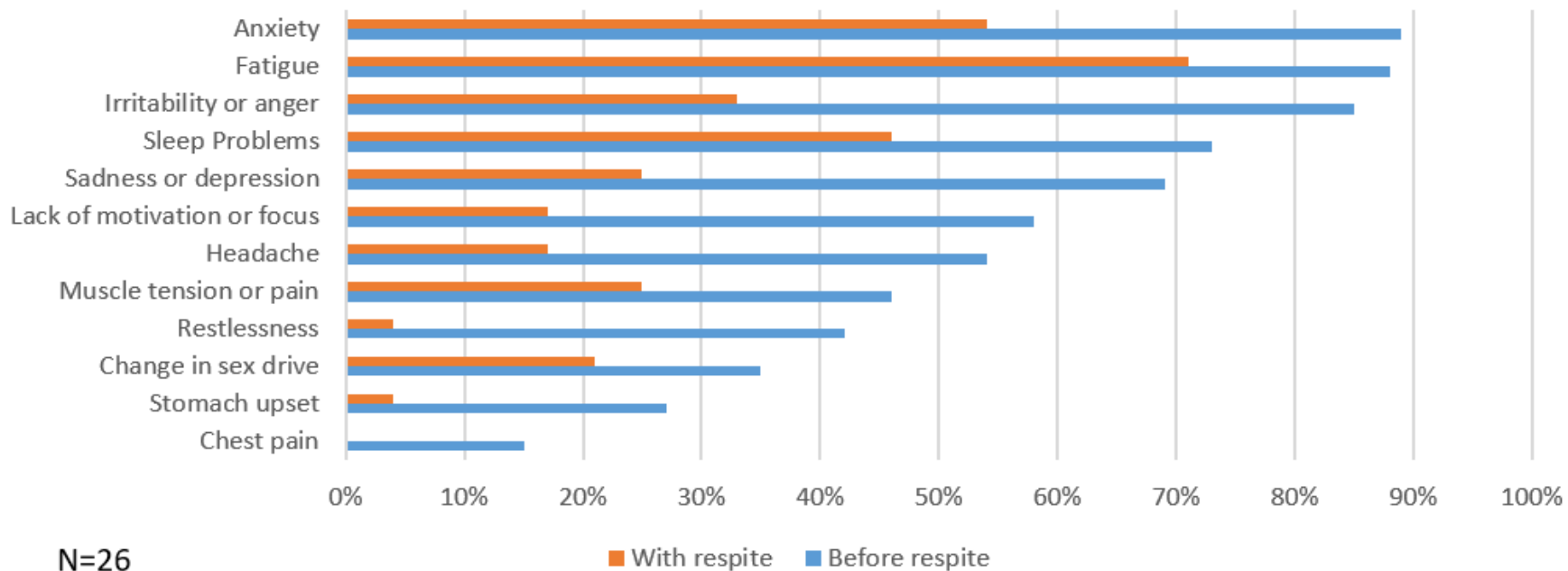
— Before Respite — Receiving Respite — If Respite Ended





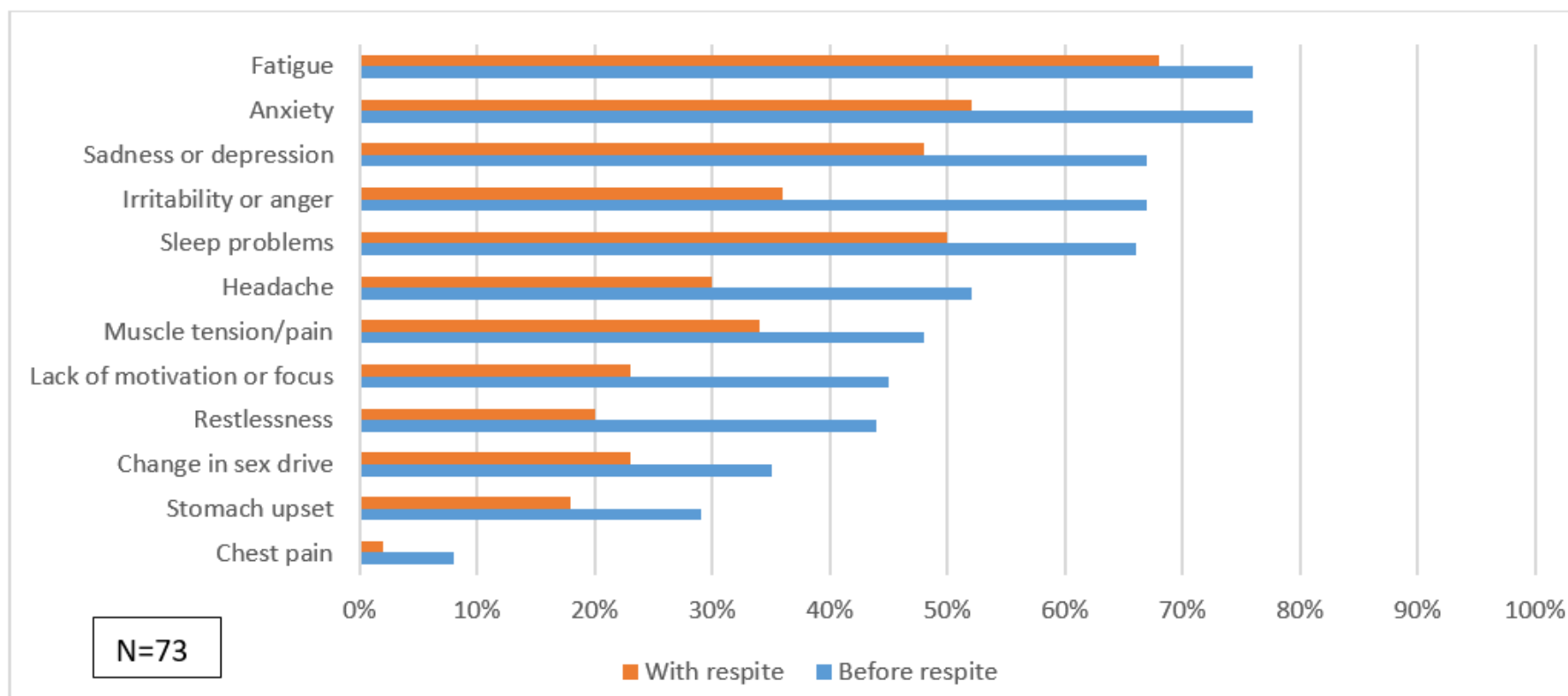
# Year 1 - (2015)

## Family Caregivers Reported Large Decreases in Anxiety and Irritability/Anger



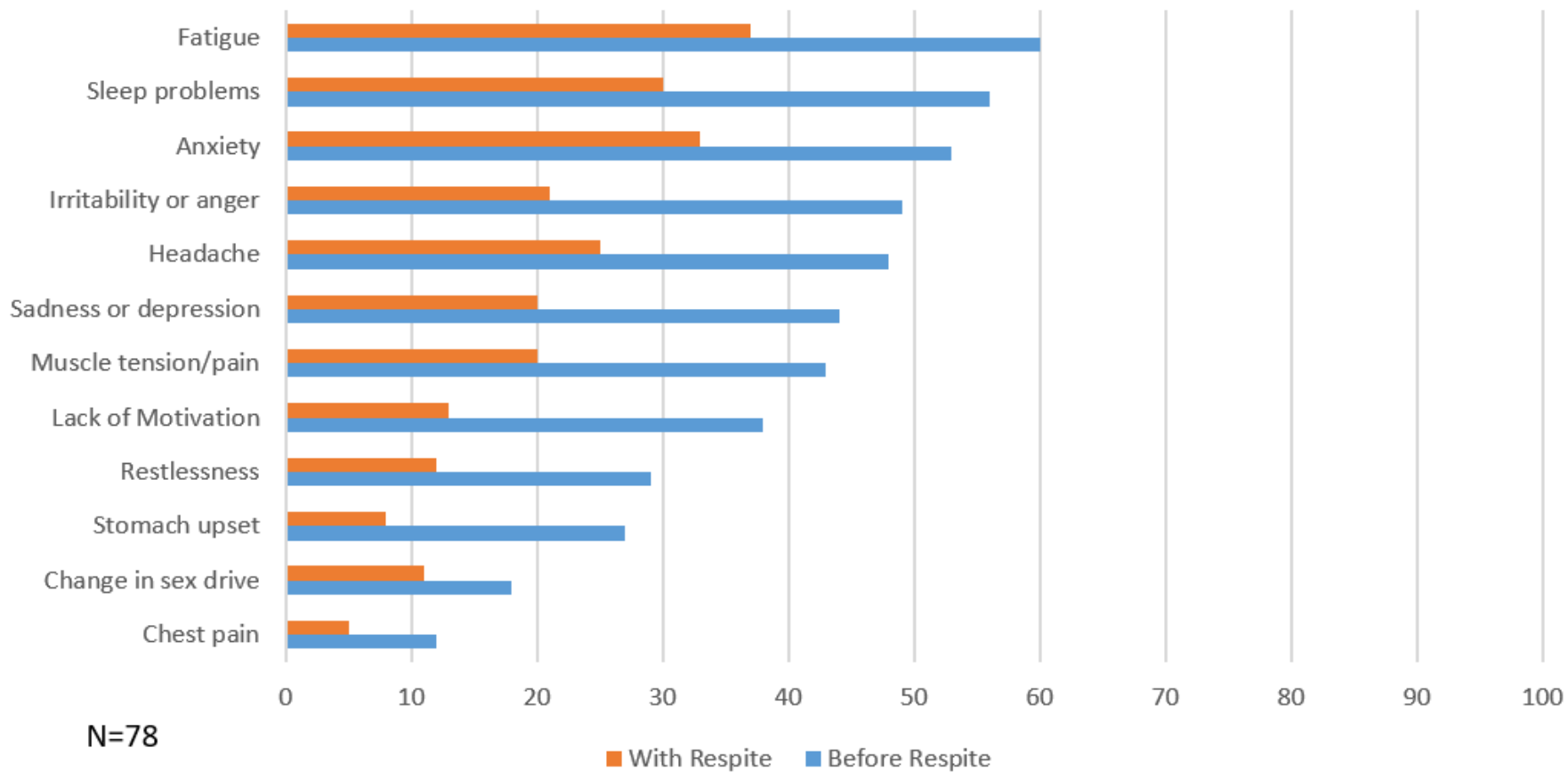
# Year 2 - (2016)

## Family Caregivers Experienced Reduced Health Symptoms While Receiving Respite



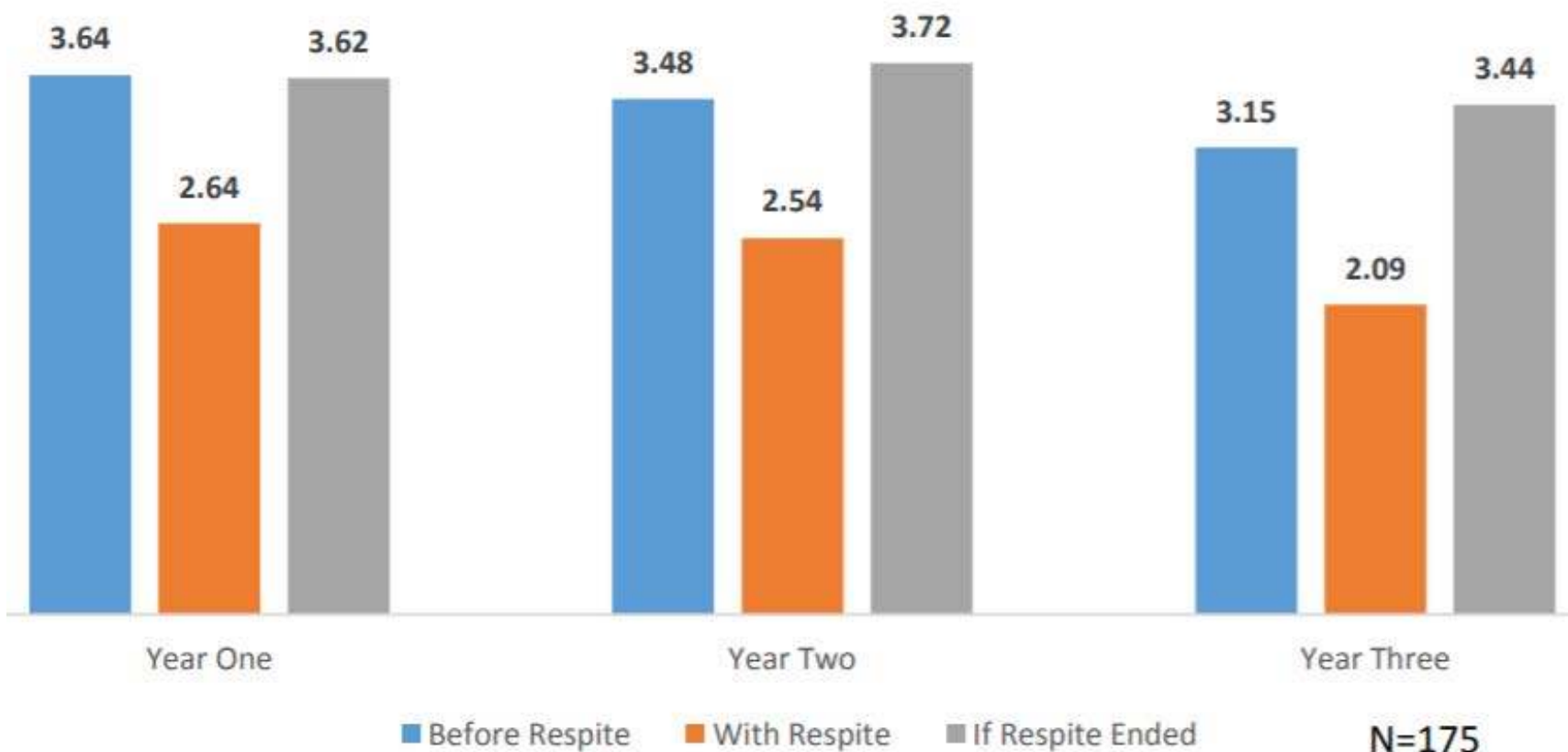
# Year 3 - (2017)

Respite Care Resulted in Fewer Health Symptoms Reported by Family Caregivers



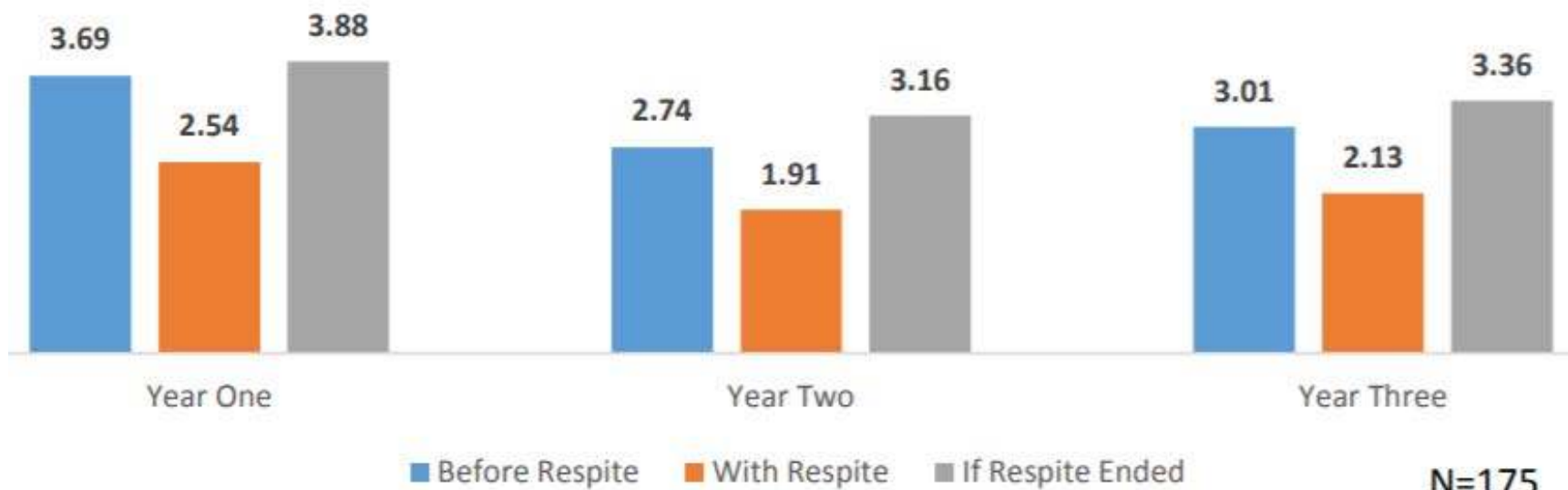
## Level of Strain in Relationship with Spouse Decreased

*(1=Not at all Strained to 5=Extremely Strained)*



## Relationship Strain with Care Recipient Decreased When Respite was Provided

*(1=Not at all Strained to 5=Extremely Strained)*

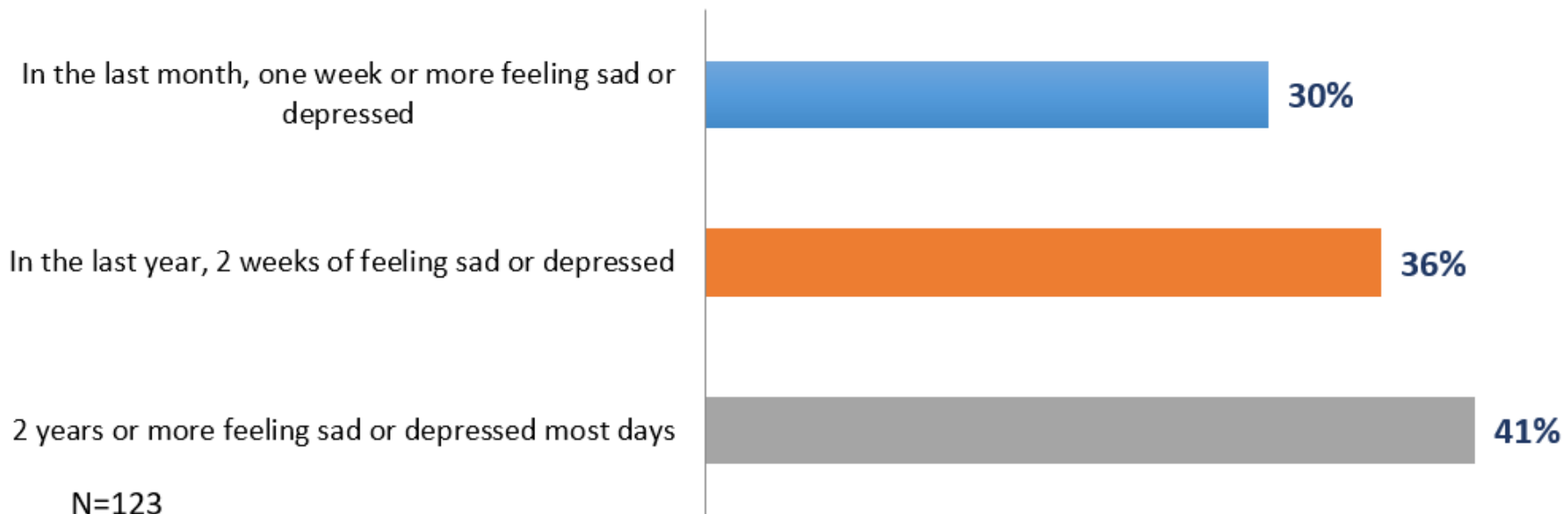


N=175



# Mental Health

## Percentage of Family Caregivers Self-Reporting Depressive Symptoms



# Caregiving Impact on Employment

**30%**

**Resulted in being late or missing work**



**73%** Missed 1-5 days

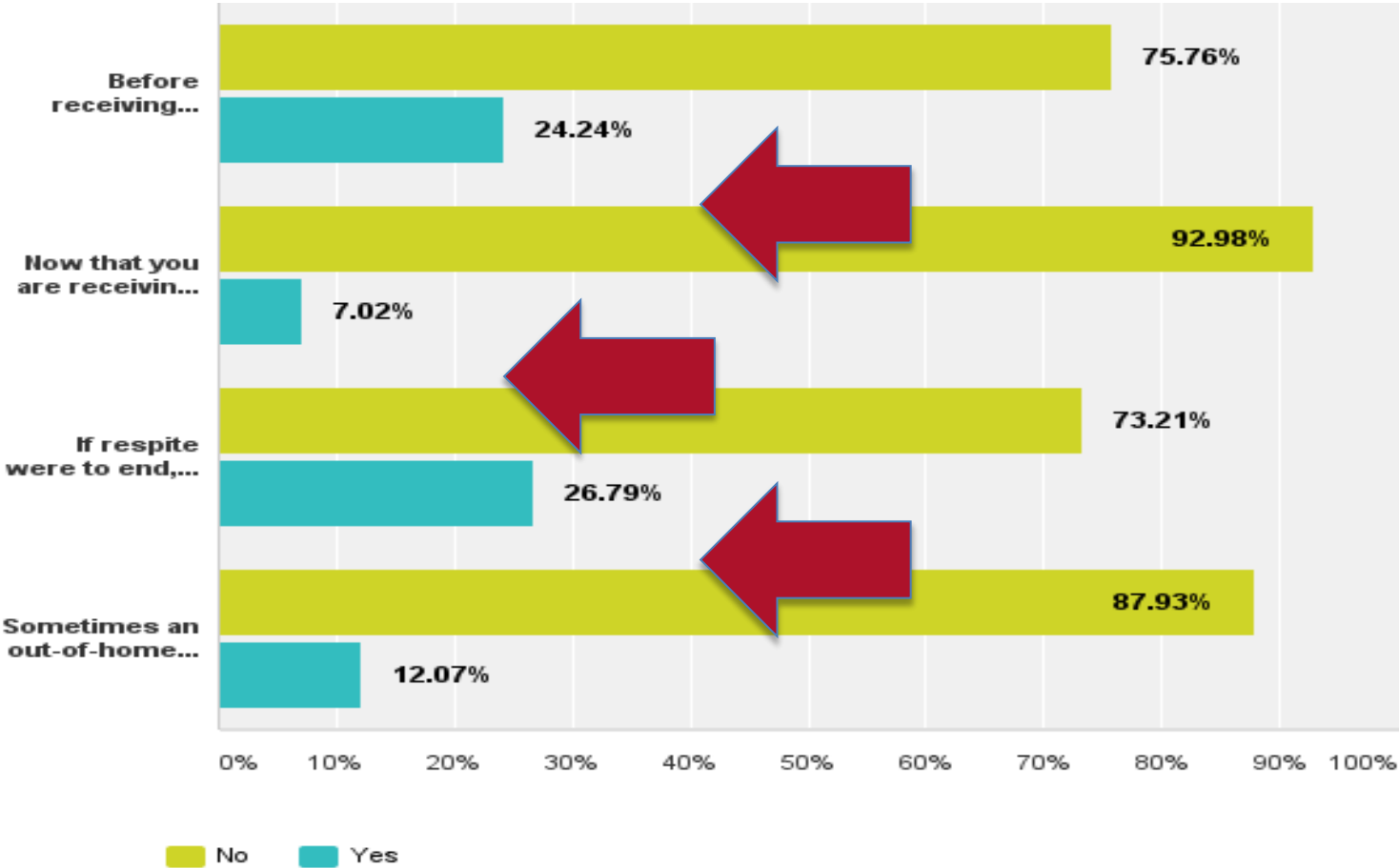
**11%** Missed 5-10 days

**8%** Missed 10-15 days

**8%** Missed 15+ days



# Possible out-of-home placement consideration decreased



Source: 2016 Family Caregiver Survey





# Respite Providers

## Year Two (N=80)

**29% from an agency**

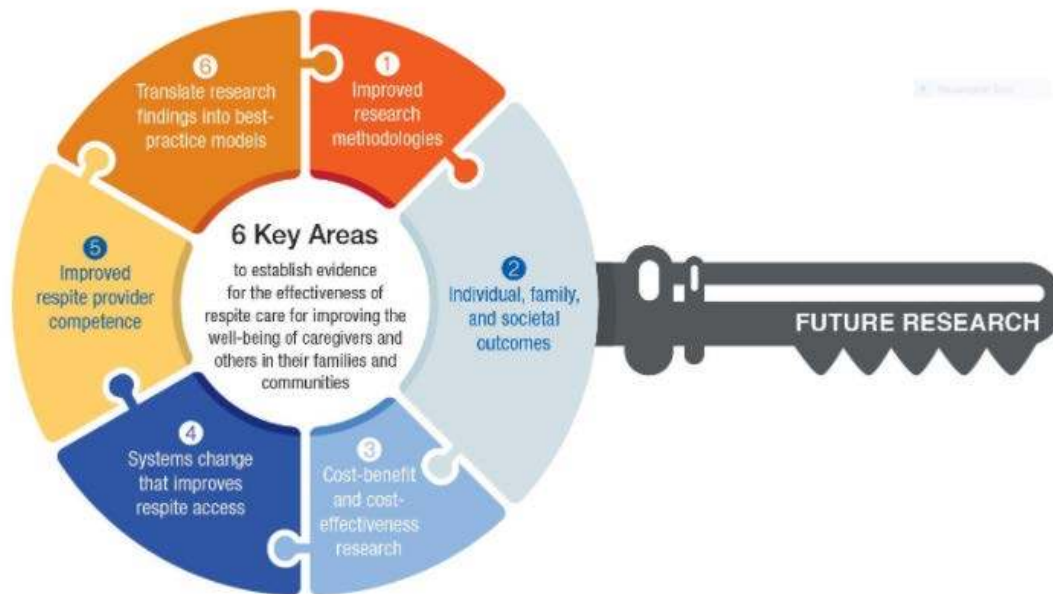
**71% independent providers**

### **Greatest Challenge:**

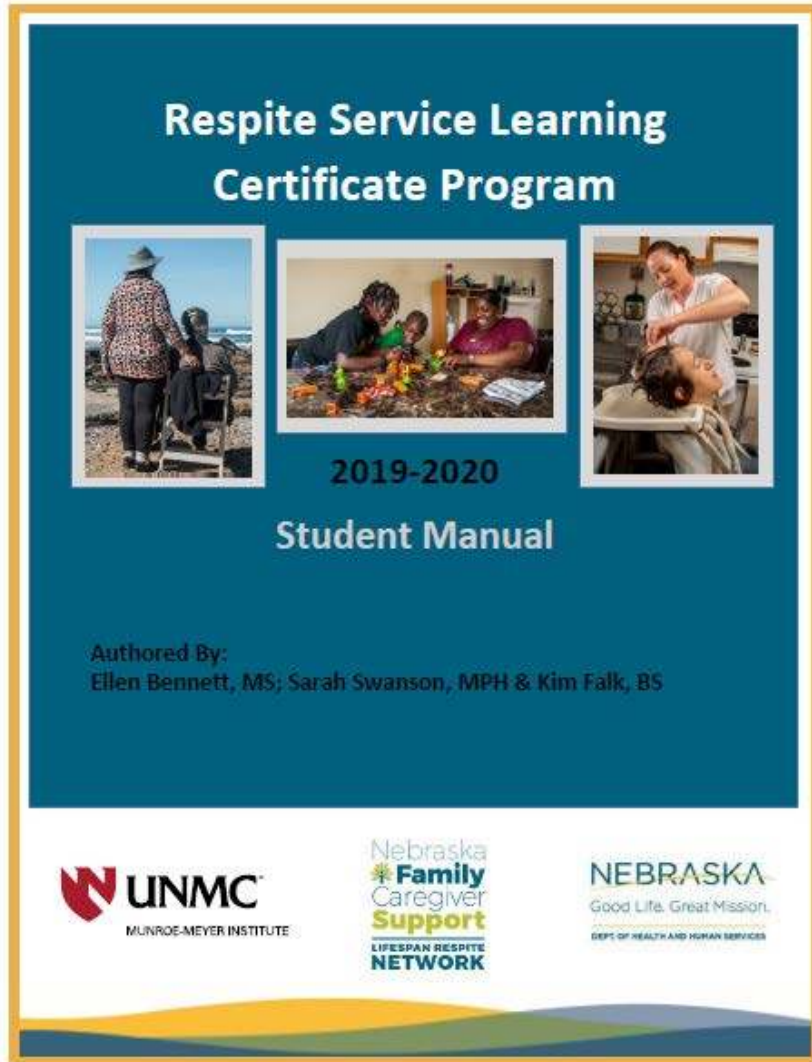
- Low wages
- Gap in services for rural vs. urban regions.
- Training and strategies are needed for serving care recipients with mental health and behavioral concerns



# Respite Provider Competence



# Respite Service Learning Certificate Program

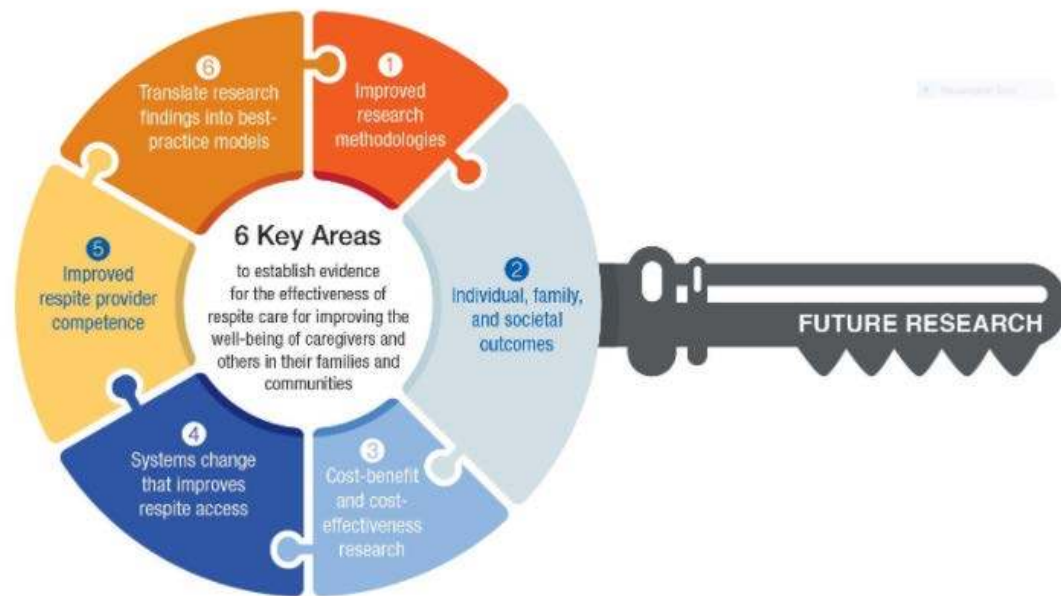


## Training Included:

- Online Respite Provider Orientation
- Structured Respite Service Learning
- Home Based Respite



# Systems Change that Improves Respite Access



# Responsiveness to Evaluation

## Lifespan Respite Subsidy Program

- \$1000 Exceptional Circumstances or Crisis Respite funding



# Respite Employer Engagement Coordinator

## Problems:

Lack of understanding of “Respite”

Uninformed about Needs of Working Family Caregivers

## Solution:

Outreach through University System

Outreach to employers



# RESPIRE EMPLOYER ENGAGEMENT

140



756 Respite Brochures Requested  
Reached over 8000 Employees  
150 follow-up contacts

**Orientations Attended**



80

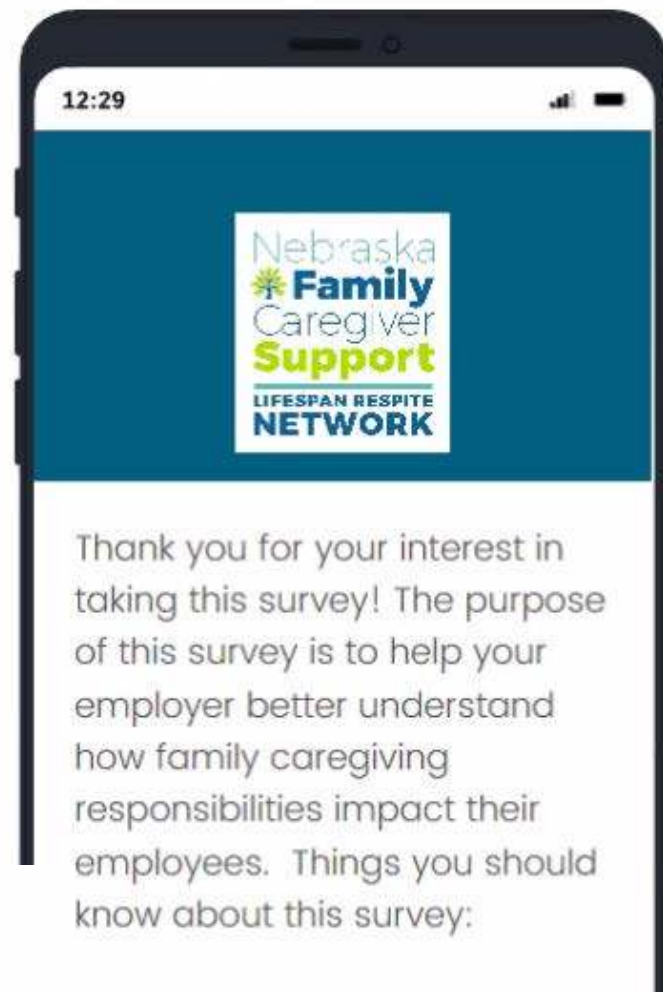
Employers

# RESPIRE EMPLOYER ENGAGEMENT: Next Steps

## Wisconsin Survey

- Survey working family caregivers
- 25 questions
- 10 minutes

*This survey has been adapted from the University of Wisconsin-Madison Division of Extension.*





# RESPITE EMPLOYER ENGAGEMENT: Next Steps

## National Core Indicators (NCI)

Are you using respite resources to allow for breaks from caregiving?

- Yes, friends/family members help me take a break from caregiving
- Yes, I use respite services paid with respite funding
- Yes, I use self-pay respite services

7. Please rate your experiences for the following items.

	Not at all stressed	Slightly stressed	Moderately stressed	Very stressed	Extremely stressed
<i>Before receiving respite, how "stressed" were you as a result of caring for your family member?</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Now that you are receiving respite care services, how "stressed" are you as a result of caring for your family member?</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>If respite care were to end, how "stressed" would you be as a result of caring for your family member?</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

