

Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Tennessee Commission on Aging and Disability (TCAD)**

Funding Period: September 1, 2017 to August 31, 2020

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Primary Goal: **Respond to the needs determined by the community conversations held under the current Lifespan Respite Care Act funding.**

Key Performance Measures	Notable Achievements
<p>The grantee identified quantitative, qualitative, product, and event outcomes to demonstrate the merit of their work including:</p> <ul style="list-style-type: none"> • The development and delivery of respite provider training to include 150 newly trained providers. • An approximate 20 percent increase in calls to the State Respite Helpline over baseline. • Reduction in stress and desire to utilize respite again reported by 80 percent of family caregivers. <p>The grantee also developed a business plan; and convened at least four meetings with potential funders for respite vouchers.</p>	<p>To meet the challenge of providing respite services during the pandemic, the Tennessee Respite Coalition (TRC) conducted a client survey to determine what caregivers needed to feel supported. Based on survey results, the TRC developed an innovative caregiver support program that expanded upon traditional respite services, including the purchase of Caregiver Tablets to enable caregivers to access online support and discussion groups; PPE to help caregivers to safely provide care; and electronic care packages that contained self-care activities, resources, and caregiver playlists, delivered to 97 family caregivers in Tennessee.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p>Objective 1. Establish a standard training curriculum for respite providers in Tennessee.</p> <p>Notable Planning Activities</p> <ul style="list-style-type: none"> • The TRC discussed possibilities for using technology for respite provider training and caregiver support tools, worked to hire an intern dedicated to the project, and revised a plan so that the training website would be combined with the TRC website. <p>Objective 2: Create a seamless system for family caregivers to access trained providers.</p> <p>Notable Performance Outcomes, Partnerships and Activities</p> <ul style="list-style-type: none"> • The TRC worked to widely promote the availability of the Statewide Respite Helpline and Respite Voucher Program, with the assistance of TCAD and other state agencies, and public and private sectors. <ul style="list-style-type: none"> ▪ The Statewide Respite Hotline received 3,897 calls from family caregivers. • The TRC partnered with the virtual reality center at Tennessee Technological University, and created innovative resources for caregivers accessible via website, including: a caregiver 	<p>State and Community Partners</p> <p>In addition to a close partnership with the Tennessee State Respite Coalition and Aging and Disability Resource Centers, the grantee formed a partnership with Tennessee Tech University to explore the use of technology for respite provider training and caregiver support tools.</p> <p>State Respite Coalition/Organization Role</p> <p>The Tennessee Respite Coalition (TRC) is the Tennessee Commission on Aging and Disability's key partner in meeting the objectives of this lifespan respite project.</p>

stress questionnaire, E-learning modules, a 360-degree visual experience for caregivers, and a guide to hiring qualified respite providers.

Objective 3: Promote current respite services to caregivers and the general public.

Notable Performance Outcomes

- TRC staff presented and/or distributed information across the state to educate caregivers, professionals, and the general public about respite.
 - During the funding period, respite promotion information reached attendees at 46 different events.
- TRC periodically disseminated newsletters that contained information related to respite services, the importance of self-care, community resources, and a Caregiver Appreciation Event.
- TRC used social media, including Facebook Live events focusing on caregiver self-care to reach caregivers and the general public.
- TRC partnered with the Council on Aging of Middle Tennessee to implement an environmental assessment to understand what employers know about their employees and caregiving responsibilities.

Objective 4: Increase the availability of respite vouchers for all caregivers.

Notable Performance Outcomes

- Voucher use during the funding period reached caregivers across Tennessee.
 - Tennessee's statewide respite voucher program served 853 caregivers and provided 44,392 hours of respite.
 - Of those caregivers, 94% of caregivers responding to the survey reported experiencing a reduction in stress and 54% reported a desire to use respite services again.

Program Flexibilities and Supports Introduced in Response to COVID-19

- TRC conducted a client survey to determine what caregivers needed to feel supported during the pandemic.
- TRC purchased Caregiver Tablets to enable caregivers to access online support and discussion groups; PPE to help caregivers to safely provide care; and electronic care packages that contained self-care activities, resources, and caregiver playlists, delivered to 97 family caregivers in Tennessee.

Aging and Disability Resource Center Role

The grantee worked collaboratively with AAAD/ADRCs to carry out the stated goals and objectives of the grant project. The AAAD/ADRCs independently evaluate caregiver satisfaction via surveys. The Tennessee State Plan on Aging (2017-2020) includes strategies for TRC to partner with AAAD/ADRCs to ensure that caregivers' needs are addressed through respite and other long-term supports and services.



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