

Volunteer and Faith-Based Respite Learning Collaborative

May 12, 2022



Agenda

- Welcome and Introductions
- ARCH Resources
- New Resources
- Presentations
- Q&A and member updates

ARCH Volunteer & Faith-based Respite Resources

- Volunteer Respite Manual
- Innovative and Exemplary Respite Services
- Archived Webinars – *includes a new webinar on TimeBanks*
- State Tools

Find them at

[lifespanrespite.wildapricot.org/Faith-Based Volunteer](https://lifespanrespite.wildapricot.org/Faith-Based_Volunteer)

New Resources

- ❑ Community Care Corps Symposium: Supporting Older Adults, Caregivers and Adults with Disabilities Through Innovative Volunteer Models, USAging, 2022
https://www.communitycarecorps.org/files/ugd/dd1ada_439d81dbf5c54dbe8ead5c889b814e93.pdf
- ❑ Collaborating with Faith Communities on Social Engagement: Takeaways from the March engAGED webinar [Blog Post]
<https://www.engagingolderadults.org/blog/2022/4/22/collaborating-with-faith-communities-on-social-engagement-takeaways-from-the-march-engaged-webinar>
- ❑ The Role and Value of Volunteers in Home- and Community-Based and Long-Term Care Programs for Older Adults, Administration for Community Living, March 2022
 - Volunteerism Study
https://acl.gov/sites/default/files/programs/2021-08/ACL%20Volunteerism%20Study_Final%20Study%20Report%20August%202021.pdf
 - Effective Volunteer Practices
https://acl.gov/sites/default/files/programs/2021-08/ACL%20Volunteerism%20Study_Effective%20Volunteer%20Practices%20August%202021.pdf
 - Economic Value of Volunteers
https://acl.gov/sites/default/files/programs/2021-09/ACL%20Volunteerism%20Study_Infographic%20August%202021.pdf

Today's Presenters

- **Elaine Whitford, Executive Director, The Center for Volunteer Caregiving, Cary, NC**
- **Kathy Mayfield Smith, Board President and Co-Founder, South Carolina Respite Coalition, Columbia, SC**

Presenter:
Elaine Whitford

May 12, 2022

Building a Statewide Volunteer Caregiver Respite Consortium



The Center for Volunteer Caregiving

- Recruits and trains volunteers to provide support for older adults and adults with disabilities who live independently in Wake County.
- 245 active volunteers

History of The Center for Volunteer Caregiving

- The Center was formed in 1992 as a Faith in Action program.
- Over the years, The Center became community-based with support of Wake County community and nonprofit partners.
- Last year, The Center's volunteers provided more than 10,000 hours of services.

Volunteer Services - Caregiver Respite

- Volunteer respite program has operated for 22 years
- Volunteers visit with the loved one while the family caregiver gets a much needed break.
- Caregiver Respite Visits – served 60 people last fiscal year with 2,107 volunteer hours
- Also running Powerful Tools for Caregivers classes

Statewide Volunteer Caregiver Respite Consortium

- Part of North Carolina's 3-year Lifespan Respite grant managed by NC DHHS Division of Aging and Adult Services
- The Center was asked to lead development of the consortium to increase creative options for caregiver respite

Consortium – Purpose

- Facilitate information sharing among programs,
- Support the expansion of existing programs, and
- Support the creation of new programs across the State.

Consortium – Members

- Programs operated by nonprofit corporate organizations
- Programs operated by unincorporated groups
- Programs operated by government entities
- Programs operated by communities of faith
- Programs serving family caregivers of older adults and adults with chronic or severe health conditions or disease
- Programs serving family caregivers of children and adults with disabilities

Consortium - First Step - Create Steering Committee

- Steering Committee with statewide representation in place and meeting monthly
- Goal is to have different types of volunteer respite programs represented on the Steering Committee, but currently all are serving older adults

Consortium – Looking Down the Road

- Offer regular opportunities for program information sharing and education on topics relevant to building and operating a volunteer caregiver respite program
- Create a program “best practices” manual
- Have a website or webpage where programs can share and find resources

Elaine Whitford
Executive Director
The Center for Volunteer Caregiving

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Engaging the Faith Community for Respite

PRESENTATION TO:

ARCH Volunteer and Faith-based Respite Learning Collaborative

Kathy Mayfield-Smith, MA, MBA

Board President & Co-founder, SC Respite Coalition
Associate Director, Institute for Families in Society
University of South Carolina

May 12, 2022

South Carolina
Respite
Coalition



SC Respite Coalition's Faith Community Work

- Have been engaging with the faith community for over 20 years
- Goal - Educate about respite and caregivers and increase respite opportunities
- Educational presentations and programs
 - “Next best to Kin”
- Annual “Respite Solutions” Faith Community Conferences



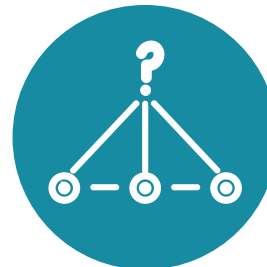
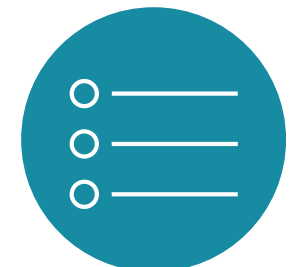
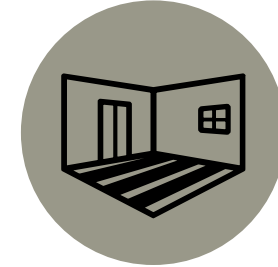
Faith-based Respite Program Examples

- Respite Co-operatives
- Partnerships with Community-Based Organization
 - Summer Respite Program – Youth with disabilities
 - County Recreation Center – Staff Coordinator
 - Church Senior High Youth Group, UCEDD
- Respite Mini-grants
 - 1st – Proposed own type of respite program
 - 2nd – Respite Breakroom Project



Respite Breakroom

- What is a Respite Breakroom?
 - Center-based physical space at the place of worship
 - Respite opportunity in natural setting
 - Volunteer respite program
- No two Breakrooms are the same
 - People serviced (older adults, Alzheimers, children and youth with disabilities/special health needs)
 - Single vs. Multiple faith groups
 - Size of faith group
 - Physical space and activities
 - Pool of volunteers available



Respite Breakroom

- Current Status
 - Awarded 6 mini-grants
 - 5 were operational until COVID
 - 2 have successfully reopened
- Respite Breakroom How-To-Guide
<https://www.screpitecoalition.org/wp-content/uploads/2022/03/Breakroom-How-To-Guide.pdf>



Challenges

- COVID
 - All houses of worship closed March 2020 stopping in-person activities
 - Many at still not back to full capacity
 - Percentage of members not attending in-person
 - Two struggled to recruit new participants when former participants passed away during COVID
- General challenges
 - Size of faith group – mid-to-large have larger
 - Pool of volunteers and potential participants
 - Leadership structure and decision-making process



Adaptations/Alternate activities

- Breakroom volunteers
 - Provided “check-ins” with family caregivers
 - Developed telephonic “caregiver support networks”
 - Provided information/referrals and educated caregivers about community resources for caregiver & care receiver
 - Breakrooms opened to serve as a place for caregivers/ care receivers to use while getting their vaccine
- SCRC/SCDOA
 - Organized virtual trainings for staff/volunteers
 - Dementia Dialogues presented by the SPH/University of SC
 - Understanding Alzheimers Disease and providing care (AASC)
 - Developed series of webinars



Tips to Engage Faith Groups

- Build relationships and trust with faith groups
 - Invite faith leaders to participate in Advisory Committees/Boards
 - Identify Partners with connections to faith groups and work through them (Alzheimer's Association, Developmental Disabilities Council, ARCC)
- Understand leadership & decision-making structure
- Cast a wide net to identify interest
- Spark interest through education (conferences, webinars, presentations to specific ministries)
- Be prepared to provide on-going training, technical assistance and support.



Tips for Success and Sustainability

- Gain leadership buy-in and support before beginning
- Understand leadership structure
- Have a strong vision from the beginning and well developed proposal
- Establish respite initiative leadership working group (2-5)
- Large pool of volunteers
- Partnerships



Questions & Contact

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PASSION LED US HERE