ARCH Update

Lifespan Respite Grantee and Partner Learning Symposium

September 13, 2022
Madison, WI
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)
New Fact Sheets

archrespite.org/productspublications/arch-fact-sheets

Adult Day Services and Respite

Introduction
Adult Day Services (ADS) provide a break respite to the caregiver while providing health-related and therapeutic services and social activities for adults with a wide variety of core needs, including those with Alzheimer's disease and related dementia, developmental, intellectual, physical and/or other cognitive disabilities, and other conditions that increase their care needs.

Adult Day Services, which provide a coordinated program of professional services for adults in a community-based group setting, have been providing a form of respite for caregivers for more than forty years. The number of Adult Day Services programs in the United States has increased rapidly in recent decades. In 1970, there were only 500 Adult Day Services centers nationwide. Partners in Caregiving, funded through the Robert Wood Johnson Foundation, conducted a census of Adult Day programs in 1990 and identified 3,487 programs. By 2010, the National Adult Day Services Association (NADSA) identified that there are more than 2,000 ADS programs operating in the United States.

NADSA reports that the need for such centers has “jumped sharply to keep pace with the increasing demand for home and community-based services. The demand for home and community-based services, in turn, increased as America's aging population shifted to long-term care options with fewer family members available to provide care. The growth in Adult Day Services is also due to increases in the aging population as well as additional funding from sources such as the Veterans Administration, Older Americans Act, and Family Caregiver Support Programs, among others.

Who Lives Adult Day Services?
Adult Day Services are available to younger adults who work or who need respite from their loved ones who cannot take care of themselves. Additionally, ADS is beneficial to the participants when he or she is Elling and able to part of the ADS experience. ADS Services are designed to provide a coordinated program of professional services for adults in a community-based group setting, which has been providing a form of respite for caregivers for more than forty years. The number of ADS programs in the United States has increased rapidly in recent decades. In 1970, there were only 500 ADS centers nationwide. Partners in Caregiving, funded through the Robert Wood Johnson Foundation, conducted a census of ADS programs in 1990 and identified 3,487 programs. By 2010, the NADSA identified that there are more than 2,000 ADS programs operating in the United States.

ADS Services are designed to provide social and educational services to adults who need assistance in caring for family members, in particular those with Alzheimer's disease and related dementia. ADS centers provide a coordinated program of professional services for adults in a community-based group setting. The demand for home and community-based services, in turn, increased as America's aging population shifted to long-term care options with fewer family members available to provide care. The growth in ADS Services is also due to increases in the aging population as well as additional funding from sources such as the Veterans Administration, Older Americans Act, and Family Caregiver Support Programs, among others.

Respite and the Faith Community

Introduction
Respite is temporary relief for family caregivers from the ongoing responsibility of caring for an individual with special needs. Community respite programs, particularly those with limited services, may benefit from partnerships with faith communities to meet the needs of families.

Many faith communities seek to serve both the spiritual needs of their congregations and the more social needs of the larger community. Faith community, facilities, and volunteers can contribute valuable resources for providing respite services or working with a community-based agency to offer respite care. Further, both community's commitments and resources within the local community can be a great benefit in starting new services, or enhancing or expanding an existing respite program.

The purpose of this fact sheet is to identify and provide information on how faith communities can provide or support respite services as well as offer support to providers as ways to partner with faith communities to expand the reach of their services. Resources and information will include the benefits of regular faith community partnerships, examples of models of regular faith community partnerships, and examples of innovative and exemplary faith-based respite models.

Benefits of a Faith Community to a Respite Ministry
Faith communities present many resources, connections, and characteristics that prove helpful for a respite ministry, including:

- Desire to contribute to the local community
- Cultural and tradition
- Community connections
- Sustainability
- Facilities
- Family caregive resources
- Non-for-profit status for philanthropy

Although some religiously-affiliated faith service programs may be reluctant to partner with a faith community for fear of alienating non-religious clients, this concern can be addressed with clear communications that respite services will remain available to all individuals regardless of religious affiliation.

Desire to Contribute to Community:
Offer members of faith communities a desire to connect their talents to help others.

Volunteers inspired to serve without personal gain are a strong resource for a respite program.
Lifespan Respite Grant Summaries

https://archrespite.org/lifespan-programs/state-lifespan-respite-grantee-activities

Lifespan Respite Grant Program

North Dakota Department of Human Services

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

Contact: Mary Ann assistants@ndhso.org or Nancy Mekokke, nancy@ndhso.org

Project: To improve the availability of flexible, service-oriented, short-term breaks for individuals and families participating in the South Dakota Lifespan Respite Program.

Key Partnerships: North Dakota Respite Care Commission, the National Respite Project, and the North Dakota Disability and Community Services Agency.

Lifespan Respite Care Program

Key Outcomes: Increased awareness of respite services and resources in the community.

Objectives:
1. Increase awareness of respite services and resources for caregivers.
2. Increase awareness of respite services and resources for individuals in the community.
3. Increase awareness of respite services and resources for family caregivers.

Lifespan Respite Care Program Enhancement Grant

State Summaries of Lifespan Respite Grant Activities and Outcomes

Final Reports, FY2017-FY2020

Lifespan Respite Care Program Enhancement Grant

Sustainable Organization: Alabama Department of Services for Aging

Grant Project: Project Period: July 1, 2017 to June 30, 2020

Contact: Vanessa D. vanessa@alabama.gov

Project Outcome:
The “Lifeshapes” program is designed to provide respite care for individuals with disabilities and their families. The program is offered in partnership with the Alabama Department of Agriculture and Consumer Services, and is funded through the Lifespan Respite program.

Objectives:
1. To increase awareness of respite services and resources for caregivers.
2. To increase awareness of respite services and resources for individuals in the community.
3. To increase awareness of respite services and resources for family caregivers.

Outcomes and Products:
- Developing a sustainable organization through the implementation of a respite care program.
- Increasing access to respite services for individuals with disabilities and their families.
- Providing education and training to individuals and families in the community.

Program Impact:
The program has had a positive impact on the community, with increased awareness of respite services and resources for caregivers, individuals, and family caregivers.

Impact on Individuals:
- Increased access to respite care for individuals with disabilities and their families.
- Improved quality of life for caregivers.

Impact on Community:
- Increased awareness of respite services and resources.
- Improved overall well-being of individuals with disabilities and their families.

Conclusion:
The Lifespan Respite Care Program Enhancement Grant has successfully achieved its objectives, resulting in increased awareness of respite services and resources for caregivers, individuals, and family caregivers. The program has had a positive impact on the community, with improved quality of life for caregivers and overall well-being of individuals with disabilities and their families.
9 Steps to Respite for Caregivers

archrespite.org

https://archrespite.org/consumer-information/family-caregiver-fact-sheets
Learning Collaboratives

- **Performance Measurement Learning Collaborative**
  Facilitator: Casandra Firman at cfirman@friendsnrc.org
  lifespanrespite.wildapricot.org/Performance-Measurement-Learning-Collaborative

- **Sustainability Planning Learning Collaborative**
  Facilitator: Susan Janko Summers at sjsummers@archrespite.org
  lifespanrespite.wildapricot.org/Learning_Collaborative

- **Respite Voucher Learning Collaborative**
  Collaborative Leaders: Aietah Stephens and Ronelle Baker, Oklahoma and Tracy Kahlo, Lifespan Respite WA
  Contact Jill Kagan at jkagan@archrespite.org
  lifespanrespite.wildapricot.org/Voucher-Learning-Collaborative

- **Volunteer and Faith-based Respite Learning Collaborative**
  Facilitator: Jill Kagan at jkagan@archrespite.org
  lifespanrespite.wildapricot.org/Volunteer_Faith-Based_LC
Ensuring Cultural and Linguistic Competence

- In partnership with the Georgetown University National Center for Cultural Competence
- Listening Sessions with Family Caregivers, Respite Providers, Lifespan Respite Grantees and State Respite Coalitions
- Self-Assessment Tool for Cultural and Linguistic Competence in Respite Service Delivery
ARCH Initiatives
Respite Provider Recruitment, Training and Retention Pilot

For more information: Visit archrespite.org/respite-provider-recruitment-and-training-project
Respite Research

- Respite Research Consortium Updates [archrespite.org/respite-research](archrespite.org/respite-research)
- Committee for Advancement of Respite Research [archrespite.org/CARR](archrespite.org/CARR)
- Respite Research Summit [archrespite.org/respite-research-summit](archrespite.org/respite-research-summit)
- BREAK Exchange [www.breakexchange.org/](www.breakexchange.org/)
- Bibliography Update
NATIONAL LIFESPAN RESPITE CONFERENCE

Seeking State Co-host for Spring 2024
For More Information

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