

ARCH Update

Lifespan Respite Grantee and Partner Learning Symposium

September 13, 2022
Madison, WI





Asking for Help

**is a sign of
strength.**

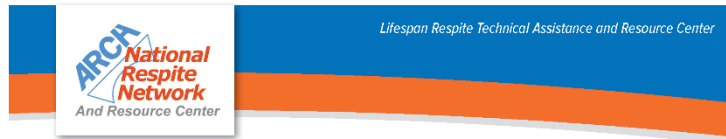
archrespite.org

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

Adult Day Services are a system of professionally delivered, integrated, home and community-based, therapeutic, social and health-related services provided to individuals to sustain living within the community.

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 care needs, including those with Alzheimer's disease and related dementias, 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 centers in the United States has increased rapidly in recent decades. In 1978, there were only 300 Adult Day Services centers nationwide. Partners in Caregiving, funded through the Robert Wood Johnson Foundation, conducted a census of Adult Day programs in 2009 and identified 3,407 programs. By 2020, the National Adult Day Services Association (NADSAs) identified that there are more than 7,500 ADS programs operating in the United States.

NADSAs 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 Medicaid funding policies shifted to support these services rather than more costly institutional care. This growth in Adult Day Services is also due to increases in the aging population as well as additional funding from sources such as the Veteran's Administration, Older Americans Act and Family Caregiver Support Programs, among others.

Who Uses Adult Day Services?

Adult Day Services are a welcome respite opportunity for individuals who work or who need stretches of time away from their loved one to complete tasks, socialize, or just refresh. Additionally, ADS can be beneficial to the participant when he or she is willing and able to be part of the ADS experience.

Adult Day Services are designed to provide social and some health services to adults who need supervised care in a safe place outside the home during the day. Some Adult Day Services centers are dementia specific, providing services exclusively to that population. Other centers serve the broader population.

According to the National Center for Health Statistics (NCHS) [2018 National Study of Long-Term Care Providers](#):



Respite and the Faith Community

Introduction

Respite is temporary relief for family caregivers from the ongoing responsibility of caring for an individual of any age with special needs. Community respite programs, particularly those with limited resources, 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 many social needs in 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, faith communities' connections and recognition 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 guidance to respite programs on ways to partner with faith communities to expand the reach of their services. Resources and information will include the benefits of respite-faith community partnerships, national examples of models of respite and faith community partnerships, and examples of innovative and exemplary faith-based respite models.

Benefits of a Faith Community to a Respite Ministry

Faith communities possess many resources, connections, and characteristics that prove helpful in a respite ministry, including:

- Desire to contribute to the local community
- Culture of volunteerism
- Community connections
- Sustainability
- Facilities
- Family caregiver trust
- Non-profit status for philanthropy

Although some non-religiously-affiliated direct 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 communication that respite services will remain available to all individuals regardless of religious affiliation.

Desire to Contribute to Community

Often members of faith communities have a desire to commit themselves 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 Grantee Lead Agency: **North Dakota Department of Human Services**

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

Contacts: Mary Weltz at mweltz@nd.gov and Nancy Nikolas-Maier at nmaier@nd.gov

Primary Goal: **Improve the well-being of families by coordinating existing respite systems, providing education, and training opportunities, and expanding respite services.**

Key Performance Measures	Notable Achievements
North Dakota used process, product, outcome, and cost measures including: enumeration and documentation of an array of training and outreach activities; measures of learning that occurred as a result of participation in training and outreach activities; increases in the use of respite vouchers; costs of activities accomplished to meet stated objectives; and in-kind cost savings realized through partner participation in the statewide voucher respite program.	The grantee produced an educational video that defines respite and discusses the importance of caregivers taking a short break. The video is available for individuals to watch on their own, or for professionals to use when they would like an additional tool to share with caregivers about the importance of getting a short break. In addition to the 2.5-minute video, 30-second television and radio public service announcements were developed. In cooperation with the North Dakota Broadcasters Association (NDBA), the public service announcements aired on television and radio over three months. Public service announcements aired 7,357 times.

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p>Objective 1. Increase awareness of existing respite services and resources for caregivers.</p> <p>Notable Performance Outcomes and Awareness Activities</p> <ul style="list-style-type: none"> Education and training for caregivers were enhanced through the development of the contracts with NDSU Extension, Family Voices, and NRCNAA. <ul style="list-style-type: none"> Nearly 400 individuals participated in the classes offered through these contracts. Aging Services Division contracted with Family Voices to provide financial support for eight Caregiver Cafés for children with special needs. The events included information on the importance of respite and were offered across North Dakota. <ul style="list-style-type: none"> Prior to attending Caregiver Cafés, 35.29% of participants indicated that they needed "lots of information" or "could benefit from development" in order to feel comfortable sharing information. Following the Caregiver Cafés, 88.89% of participants stated that they "agree" or "strongly agree" they will comfortably share information on caregiving resources. Respite as a shared topic increased during the funding period through meetings, conferences, and trainings across North Dakota including: State Plan on Aging Public Hearings; AARP statewide Lunch & Learn and Coffee & Conversation events; the North 	<p>State and Community Partners</p> <p>Key partners included the North Dakota State Respite Coalition and AARP-North Dakota.</p> <p>State Respite Coalition/Organization Role</p> <p>North Dakota formed a Respite Coalition that met quarterly, both virtually and in-person. Membership grew throughout the grant period and included representatives from all areas in the state. The Coalition, including broad representation from stakeholders, worked to promote awareness of available services, and provided regular input for administration, collaboration, and coordination of grant activities.</p>

NORTH DAKOTA | Grantee 11



State Summaries of Lifespan Respite Grant Activities and Outcomes Final Reports, FY2017–FY2020

Lifespan Respite Care Program Enhancement Grant

PROJECT SUMMARY

Grantee Organization: Alabama Department of Senior Services (ADSS)
State: Alabama
Project Period: July 1, 2020 to August 31, 2023
Contact: Traci Dunklin, traci.dunklin@adss.alabama.gov

Project Overview:
 The Alabama Department of Senior Services (ADSS), in partnership with Alabama Lifespan Respite Resource Network (Alabama Lifespan Respite), a program of United Care of Florida of Huntsville and Tennessee Valley, Inc. (UCF), Alabama Lifespan Respite Coalition, and other stakeholders proposed to continue expanding Alabama's Lifespan Respite care initiatives for caregivers.

Project Objectives: These organizations share a united goal – to enhance and expand existing respite and support services to family caregivers of children and adults, while developing a policy framework that will expand and strengthen its current respite care initiatives.

Project Objectives: 1) reach underserved populations, including caregivers in rural areas, to increase new and existing support services; 2) increase collaborative work with state and local agencies, as well as public-private partnerships, to increase respite and respite education opportunities for all caregivers; and 3) advance coordinated systems of respite options to improve the delivery, quality, and availability of respite services for caregivers.

Proposed Interventions: The grant objectives presented will allow ADSS and Alabama Lifespan Respite to be a full caregiver in Alabama to have access to available high-quality education, mental health support resources, public awareness, advocacy, and respite services.

Proposed Interventions: Develop new consulting state and program for caregivers and utilize the Young Self-Pacing Activity Scale (SAS) pre- and post-course; provide caregiver support by training and networking; including Care Chats to provide support by phone or video; collaborative and virtual reality training to increase first responders' use of respite; and Alabama Department of Public Safety (DPS) produce public awareness and outreach.



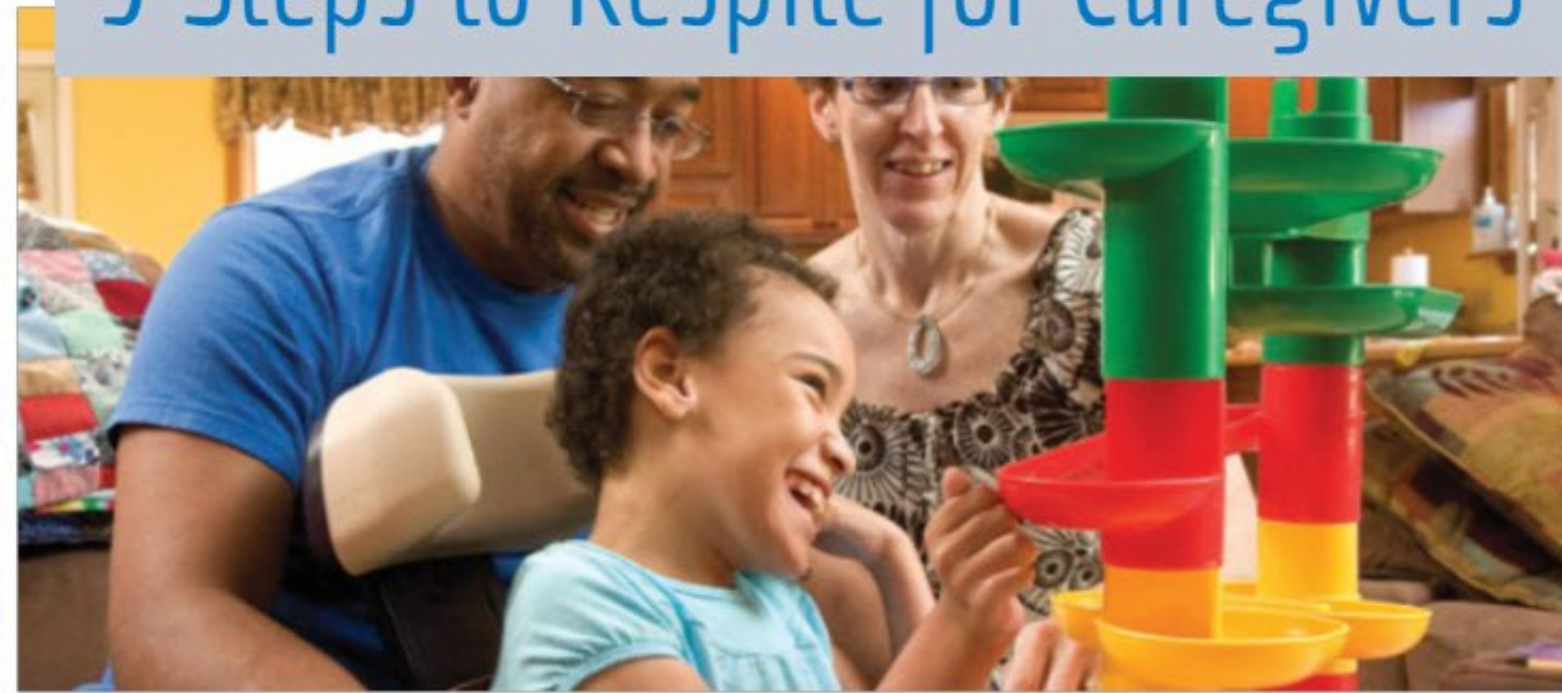
This national summary was taken from the States FY 2020- FY 2021 Report to the Lifespan Respite State Grantee Committee. Grant funded by the Administration for Community Living.



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](http://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/respites-provider-recruitment-and-training-project



Innovative & Exemplary Respite Services



archrespite.org/innovative-and-exemplary-respite

Respite Research

- Respite Research Consortium Updates
archrespite.org/respite-research
- Committee for Advancement of Respite Research
archrespite.org/CARR
- Respite Research Summit
archrespite.org/respite-research-summit
- BREAK Exchange
www.breakexchange.org/
- Bibliography Update



NATIONAL LIFESPAN RESPITE CONFERENCE

Seeking State Co-host for Spring 2024

For More Information



Jill Kagan
ARCH Program Director
703.256.2084
jkagan@archrespite.org

ARCH National Respite Network and Resource Center
archrespite.org

Lifespan Respite
Technical Assistance and Resource Center



This project was supported, in part by grant number 90LRLT0001, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.