OKLAHOMA Caregivers

2022 VIRTUAL OKLAHOMA FAMILY CAREGIVER CONFERENCE

Connect with other family caregivers

Learn about:
- Respite
- Improve your health & wellness
- Ways to recharge
- Stress management
- Support across the lifespan from children to older adults

November 1, 2022
10:00 am - 3:00 pm

Educational Vouchers Available
Participation giveaways!

www.OKCares.org

Caregiver Respite
Respite provides caregivers a break from their duties to allow them to relax and have time away from caregiving.

Transportation
Transportation is a major factor in providing caregivers options to coordinate necessary services for their loved ones with special needs.

Legal Support
It is important for caregivers to know their rights and seek advice when they need it.

Home Health
Home health covers a wide range of services so that loved ones can live at home independently or with caregivers for as long as possible.

Grandparents or other relatives raising children (GRRC)
Millions of GRRC need tips, tools, and resources for services and supports to care for themselves and their families.

Behavioral Health
There are great resources available to help educate caregivers about behavior health issues and link them to services and treatment.

Respite Subcommittee
- Meet quarterly or as needed
- Utilize electronic survey referral link
- Connect family caregivers to appropriate program
- Communicate across programs
- Disseminate program information
- Promote all statewide programs on OKCares.org website
- Work together to assist family caregivers across the lifespan

Respite Locator
- Respite Locator - OKCares.org

Referral link
https://bbmc.ouhsc.edu/redcap/surveys/?s=AY87X4HPHL
Connecting Family Caregivers to Respite

Before & after your Respite time how would you describe your stress level?

Pre-Voucher Survey Results

- Not at all Stressed: 10%
- Slightly Stressed: 20%
- Very Stressed: 50%
- Extremely Stressed: 20%

Post Respite Survey Results

- Not at all Stressed: 20%
- Slightly Stressed: 10%
- Very Stressed: 10%
- Extremely Stressed: 50%

In Response to COVID-19

- Increased the voucher amount from $300 to $400
- Respite provider can reside in the home
- Lifted income restrictions from $90K to no household income
- Online application process for caregivers that have access to internet and email

*Recent program update: Typical voucher increased by $200 for each additional care receiver. There’s an $800 limit per caregiver.*
My son who was a sibling loved meeting other siblings who shared similar stories. He even is keeping in contact with a couple. These kids need people who get their world!

"I REALLY ENJOYED THIS CAMP. I ENJOYED ALL THE ACTIVITIES AND THAT I GOT TO SPEND TIME WITH MY SIBLING, BUT ALSO MAKE A NEW FRIEND." A SIBLING CAMPER

was so amazing for us. Our son has never spent the night away from us in almost 17 years. It was an amazing reset for us.