

Montana Caregiver Respite Retreat Program



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In partnership with MT DPHHS & MT
Lifespan Respite

Montana Respite Retreat Program

- Research-Based Experiential Activity
- Program Format - 1 Day of Respite
- Removing Barriers to Respite
- Focused on Sustainable Self-Care Activities

Montana Caregiver Respite Retreat Program

- Day of Respite
 - Focus on the individual
 - Promote Social Engagement
 - Engage with Physical Activity, Nutrition, Mindfulness, Stress Reduction, Self-Care

Positive Impact

- First 6 months (Who 5- Wellbeing Scale)
 - 65 family unpaid caregivers over 5 rural counties in MT
 - Avg wellbeing score (start) 2.84 out of 5
 - Avg wellbeing score (post retreat) 4.35 out of 5
 - Avg wellbeing score (after 1 month) 3.98 out of 5
 - Avg wellbeing score (after 3 months) 3.64 out of 5
- Qualitative Data - I don't feel alone anymore, I feel refreshed and have the tools to take 5 minutes for myself, I came in with my glass empty and now it is filled.