

Respite During the Time of Pandemic

ARCH Brown Bag Conference Presentation

Programming Before the Pandemic:

- Respite Voucher Program
- Senior Companions Program
- Helpline

What Happened to Our Programs Because of the Pandemic:

- 53% **decrease** in voucher usage
- Senior Companions Program halted completely (although now returning)
- 45% **increase** in helpline calls from March-May 2019

The Research We Conducted:

- Zoom/Facebook group/phone call requests
 - Food/grocery gift cards 19
 - Books for kids 14
 - Spa products 19
 - Hanging chair 17
 - Kiddie pool 19
 - Puzzles 18
 - Games 20
 - Inspiring books 19
 - Flowers to plant 18
 - Essential oil diffuser 20
 - Candles 19
 - Gas Card 18
- Survey Monkey Data (20 respondents)
 - As a caregiver, how supported do you feel during the current pandemic?
 - 35% feel supported and their needs are being met.
 - 60% feel they need more support.
 - What can the TRC do to better support you at this time?
 - More funding during the fiscal year if possible.
 - our special needs young person is absolutely bored and beginning to show signs of being very exhausted with the limitations of Safer at Home

isolation not sure that there's anything TRC can do to change that (????)

- Even with funds I have no where currently for respite
- Help find options for the summer since camp will and possibly summer school will be out.
- How can the TRC help you as you work from home (if applicable)?
 - Referrals to area caregivers who can assist children with special needs.
 - if it were possible to have someone come in and engage with socialization or social skills of some sort that might be a blessing for both of us.
 - I would appreciate some in home assistance for a few hours on the weekend to allow me time to have respite!
- What are some things you would like in a care package?
 - Facemasks and postcards of encouragement.
 - Crossword puzzles, games, etc.
 - Gift cards to restaurants
 - Disposable gloves, Fresh fruits, Clorox wipes
 - Puzzles, word searches, books to help keep the client's mind stimulated. Words of encouragement, self-improvement ideas, etc.
 - Just some hours on a Saturday to let me have some time.
 - Meal vouchers, coupons for groceries or restaurants
- How could we best help with meals?
 - Meal vouchers, coupons for groceries or restaurants
 - Gift cards
- How can the TRC help you with your mental health and self-care?
 - By sending words of encouragement via email.
 - Be a listening, caring voice on the phone.
 - Provide someone for me to talk too. Stress and day to day as a caregiver can be stressful, especially during this coronavirus and I am working from home with the client to care for everyday.
 - Maybe a virtual babysitter so i can have a time out

Programming Added Since the Pandemic:

- Check-ins with caregivers
 - Zoom calls
 - “I don’t know how many people have told you this but, thank you for doing these video calls. We really appreciate it. I’ve been gardening a lot because that’s the only break I get since we’re not having any respite providers come inside the home to care for my Mom. The other night I

planted okra in the dark and I was too tired to water it afterward so I was happy it rained the next day.” - Betty T., 61yo caregiver of her 83yo mother with Alzheimers

- Facebook rooms calls
- Phone calls
- Emails
- Resources for caregivers
 - [E-care package](#) (quizzes, podcasts, coloring pages, habit tracker, self-care ideas and tools, journal prompts, activity book, gratitude video)
 - [63 free online activities](#)
 - [TRC Spotify playlist](#)
 - [TRC uplifting podcast playlist](#)
 - [Private caregiver support Facebook group](#)
 - [Possible respite alternatives for all ages](#)
 - “The only break I can get is when my daughter is asleep, that’s why I’m so excited about getting approved for the virtual summer camp. I like to plant trees and I was worried about food when Coronavirus hit so I planted a huge garden, can I show it to you?” - Lori K., 56yo caregiver of her 13yo daughter with ADHD, autism, OCD, and Tourette syndrome
 - “Having engaging, productive activities available for Chase while I work from home is a win-win! Thank you for the respite funding which allows us to purchase quality computer courses for him.” - Angela B., 56yo caregiver of her 20yo son with autism
 - [Caregiver mentorship program](#)
- Care Packages
 - [Tiered care packages](#)
- Mini Grants
- Tablets
- PPE