ARCH Update

Lifespan Respite Grantee and Partner Learning Symposium

Huntsville, AL
October 11, 2017
ARCH Resources and Tools

- Fact Sheets
- Guidebooks and Manuals
- Webinars (2-3)
- Networking Teleconferences (4-5)
- Phone/Email Technical Assistance
- Lifespan Respite Exchange
- ARCH Quick News Updates
- National Respite Locator Service
- State Lifespan Respite Summits
- State Lifespan Respite Summits
New Since Last Year

- Updated State Respite Coalition Fact Sheets
- Updated ABCs of Respite
  - Sustaining Lifespan Respite and Strengthening Stakeholder Engagement
  - Assuring Culturally Relevant Respite Services for the Asian American and Pacific Islander (AAPI) Aging Population and their Family Caregivers
- Teleconferences [http://www.lifespanrespite.memberlodge.org/confcalls](http://www.lifespanrespite.memberlodge.org/confcalls)
- Sustainability Learning Collaborative
ARCH Focus

- Respite Research Consortium
- *Lifespan Respite* best practices data-base
- Dissemination of application for *Innovation in Respite Services* [https://www.surveymonkey.com/r/respite_models](https://www.surveymonkey.com/r/respite_models)
- Natural supports for respite
- Consumer-focused Fact Sheets
- Tools for Collaboration
- Respite Messaging
For More Information

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Lifespan Respite
Technical Assistance Center

This project was supported, in part by grant number 90LT0002, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.
Forthcoming ARCH Needs Assessment

- Periodic assessment of training/technical assistance needs
  - Intended to match needs of grantees and respite providers with ARCH’s resource development activities and training/technical assistance agenda

- Forthcoming needs assessment will be web based

- Target distribution date is mid-November 2017
  - You will receive email notification when it is posted

- Needs assessment will be completed anonymously
  - You will be asked for your program affiliation

- We strongly encourage you to complete the needs assessment
Purpose of today’s exercise

- Identify leading candidates for inclusion in the more detailed needs assessment to be constructed for web distribution
  - The intention is to control the breadth and depth of the formal needs assessment, thereby keeping it manageable, and to be respectful of your time

- Results of today’s exercise and the formal needs assessment that follows will help us determine not only the areas of most pressing need, but also help us determine the most appropriate mechanisms for delivering training/technical assistance to various audiences
The process

- Please review the list of 16 topics (and in some cases subtopics) and check the 3 or 4 most pressing needs.
  - If you feel you must check more, that’s okay (remember, this is anonymous!)

- A 17th topic is offered: “Other (please specify)”
  - If you have one or more pressing needs for training or technical assistance not included in the list provided, please tell us what it is and provide a few keywords to help guide our thinking on the topic

- At the end of the session please hand in your list, without signing it, in accordance with the directions provided.
For More Information

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Sustaining Lifespan Respite Programs and Systems

Susan Summers, ARCH Senior Consultant
October 11, 2017
Why talk about Sustainability?

- Grantees identified Sustainability as their top priority for technical assistance
- Political, social and economic contexts are constantly in flux—necessitating planning, responsiveness, and perseverance
- The need for respite is great and growing
- Social isolation for families—and for professionals—is an issue
How can we best respond to change?

Learn from our collective past experiences—ARCH resources

- Archived conference calls
- Logic Models
- Respite Sustainability Plans
- Work Plans

https://lifespanrespite.wildapricot.org/Sustainability_Tools
A Research Agenda for Respite Care
Sustaining Lifespan Respite Systems:
Lessons Learned and Practical Applications
with a Checklist for Success
What’s the Key Ingredient for a Successful, Sustainable Coalition?

A diverse group of people working together to achieve a shared vision.

People in successful collaborative partnerships believe change is possible and goals can be achieved.

A sustainable coalition has a core team of at least 3—the backbone of the coalition. They’re knowledge-keepers, connectors, and champions.

Coalition members belong to or are connected with at least one of the systems in the checklist.

Among the members are people:
- With decision-making authority.
- Connected to others with influence knowledge.
- With first-hand experience as a family caregiver.

The number of meetings people attend is not a reliable indicator of successful collaborations. A better indicator is the quality of the relationships within the group.

The coalition’s most productive work usually happens outside of meetings.

Remember what we discussed at the meeting? Well, I’ve had this thought.

Good idea, I know someone who might be able to help, I’ll give her a call.

Different kinds groups work in different ways. Pairs and threes work well for focused tasks to be brought back to the larger group. Pairs to 10 work well generating and refining ideas. More than 10 brings a diversity of great ideas and influence, but larger numbers may inhibit recent members from participating, and leadership struggles are more likely. (www.faculty.londonmet.ac.uk)

Collaboration Checklist
How can we best respond to change?

Share our collective wisdom and collegial support in real time:

- The Sustainability Learning Collaborative
- 22 Members with varying tenure, diverse skills and experience
- Meet via teleconference and webinar to discuss key topics and burning issues
  - Starting and Maintaining Coalitions; Logic Modeling and Sustainability Planning; Volunteers and Faith-Based Organizations in Respite
  - Case Studies from Grantees and states engaged in Sustainability activities

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