

# Lifespan Respite Care Program New State Grant

## PROJECT SUMMARY

**Grantee Organization:** New Mexico Aging and Long-Term Services Department (ALTSD)

**State:** New Mexico

**Project Period:** August 1, 2022 to July 31, 2025

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### Project Overview:

The New Mexico Aging and Long-Term Services Department (ALTSD), Office of Alzheimer's and Dementia Care in partnership with the New Mexico Caregivers Coalition, and other key partners will work to build a sustainable Lifespan Respite Care Program. The aim of this program is to improve the lives of New Mexicans by enhancing the capacity of respite care systems across a continuum of care and responding to their comprehensive needs, thereby reducing family caregiver stress.

The **goal** is to build a Lifespan Respite Care System that provides statewide, community-based respite care services to family caregivers across the lifespan of adults living with Alzheimer's and dementia, those who are aging, and adults and children with disabilities or with special needs.

**Project objectives:** 1) develop and enhance respite care services at the state and local levels for family caregivers caring for children or adults; 2) support the recruitment and training of respite care workers that leads to certification and support with placement in paid or volunteer settings; 3) provide information to caregivers about available respite and support services, including helping caregivers to make informed decisions about respite care services and other services essential to the provision of respite care; and 4) assist family caregivers with gaining access to respite care services and training.

**Proposed interventions:** use the 2022-2025 New Mexico *State Plan for Alzheimer's Disease and Other Dementias* as a road map for respite systems change; enhance collaborations with state

agencies, Area Agencies on Aging (AAAs), higher education, health professionals; and collaborate with Regional Memory Assessment Clinics (MACs) and their affiliated Dementia Care Navigators to disseminate information and coordinate referral to respite services and training; conduct consumer/family respite survey (needs assessment); collaborate with the ADRC as the single entry point or "no wrong door" for this project; recruitment for training and certification.

### Outcomes and Products:

**Anticipated outcomes:** 1) sustainable, coordinated statewide system of community-based respite is established (System Change Outcome); and 2) caregivers' perception of their effectiveness as caregivers improves as a result of respite (Caregiver/Consumer Change Outcome).

**Expected products:** "Lessons Learned" document; reports; and presentations at state and national conferences.

