

## Roundtable Discussion Guide

### Group 2: Conduct appropriate cost-benefit and cost-effectiveness research

#### Overview of the Key Recommendation

The Panel stated the necessity of cost-benefit and cost-effectiveness studies in order to justify funding, and discussed the importance of understanding costs and benefits in multiple contexts. Accordingly, the Panel recommends that studies of respite are specific to the contexts in which respite occurs, and that studies include measures relating to overall cost, costs that would reasonably be expected to occur in the absence of respite, costs borne by different parties associated with the respite model, and outcomes for both respite-receiving caregivers and caregivers not receiving respite.

#### Overarching question

What is needed to advance respite-related cost-benefit and cost-effectiveness research?

#### Equity lens reminder

In our discussion, consider how we can ensure respite-related outcomes research represents the broad diversity of family caregivers and care-receivers across the lifespan.

#### Question 1

If resources were not an issue, what are the respite-related cost-benefit and cost-effectiveness research/evaluation questions that you would want answered? Consider:

- If you work with a respite program, what costs and benefits matters most to you?
- If you are a researcher, what research design and methods you would use to measure costs and benefits?
- Are there questions you would want answered related to a specific racial or ethnic group or other under-represented group?
- How should we measure these costs and benefits? Do you have any recommended survey tools or instruments we should consider?

## Question 2

What are the major barriers to conducting high quality respite-related cost-benefit and cost-effectiveness research and how can we work together to overcome them?

- What are the barriers to conducting cost-benefit and cost-effectiveness research that represents the broad diversity of family caregivers and care-receivers? Consider specific racial and ethnic groups or other underrepresented groups you work with.
- How can we overcome recruitment and retention barriers for family caregivers?
- How can we overcome funding barriers for respite-related cost-benefit and cost-effectiveness research?

## Question 3

How can we make respite-related cost-benefit and cost-effectiveness research more relatable and transferrable to respite practice?

- What methods of dissemination should we consider? What is the best way to share research findings with practice partners, funders, and policymakers?
- What are effective strategies for engaging respite providers, family caregivers, and care-receivers in the research process?

## Summary

We now want to take a few minutes to reflect on the overall conversation. Consider the following questions:

- What key themes did you notice?
- What stood out to you as key ideas from our conversation?
- What questions do you still have?
- What do you feel is the most important thing we can do to advance respite-related cost-benefit and cost-effectiveness research?