Introducing ARCH's 2022 Innovative and Exemplary Respite Services: Successful Models for Replication

Casandra Firman  ARCH National Respite Network and Resource Center, Senior ARCH Consultant
Elaine Whitford  The Center for Volunteer Caregiving, Executive Director
Whitney Stout  Parc Center for Disabilities, Caregiver Relief Services Manager
Michelle Quiroga-Diaz  ONEgeneration Intergenerational Daycare Center, Director, Adult Day Program
Tracy Cieniewicz  Alabama Lifespan Respite, Director
Julie Praska-Moser  Caregiver and Companion Services, Lutheran Social Service of Minnesota, Regional Manager, Caregiver Coordinator
ARCH’s Innovative and Exemplary Practice Initiative was established in order . . .

1 To identify and document promising respite practices across settings and service populations.

2 To learn more about respite services that are evidence-based or evidence-informed or are developing new service models and collecting practice-based evidence documenting their benefits to caregivers, care receivers and families.

3 To learn ways of addressing challenging aspects of providing respite to special populations.

4 To honor the work of Innovative and Exemplary Programs.
Creating a Knowledge Framework for Respite

- Research-based evidence about what constitutes best practice in respite is limited. Therefore, the criteria we use for selecting programs is extrapolated from other supportive services programs.
- An important part of the selection process is learning about and from respite programs, based on program documentation, and performance and evaluation data, what is working to support families, and what questions they have about the merit of their work.
Today we will . . .

- Describe the 7 qualities and characteristics of programs and services that make them Exemplary or Innovative.

- Provide real-life examples and strategies as we hear from five Exemplary and Innovative programs.
7 Criteria for Selection

1. An Evidence-Based or -Informed Approach
2. Written Plan with Goals and Objectives
3. Program or Service Manual or Guide
4. Person- and Family-Centered Services
5. Professional Development Plan
6. Evaluation and Data Collection Plan
7. Sustainability
Introducing the 2022 Innovative and Exemplary Programs
An Evidence-Based or Evidence-Informed Approach...

guided by research, data, and the knowledge and wisdom gained through practice
A Written Plan with Goals and Objectives...

that clearly articulates your program’s targeted outcomes and performance targets. Goals and objectives inform data collection efforts.
A Program or Service Manual or Guide ...

That connects outcomes with the activities that led to them. A detailed manual or guide is necessary for program fidelity and replication.
Person-and Family-Centered Services...

is a collaborative approach to planning, delivering and evaluating services.
Professional Development Planning...

e nsures volunteers and staff are trained and supported in competently and confidently providing safe and effective services according to program plans, policies and protocols.
Program Evaluation and Data Collection...

measures program implementation and fidelity, consumer satisfaction, and person- and family-centered outcomes related to individual and program goals.
Sustainability...

includes stable and shared leadership, diversified resources, and a written plan.
Q&A
For More Information

Susan Janko Summers, ARCH Consultant, sjsummers@archrespite.org

Casandra Firman, ARCH Senior Staff, cfitman@friendsnrc.org

A full list of the Innovative and Exemplary awardees, with contact information, can be found on the ARCH website: https://archrespite.org/

Lifespan Respite Technical Assistance Center

This project was supported, in part by grant number 90LRLT0001, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.