

**Lifespan Respite Technical Assistance Center
2020-2025 Project Work Plan Summary (Year 3 Update)**

Goal: Provide technical support to the Lifespan Respite Care Program, its grantees and partners, and the national effort currently underway to ensure the availability of, and access to comprehensive, high quality respite care services and information for family caregivers across the lifespan.

- ✓ = Completed Task/Event
- = Underway or in development

Objectives	Key Tasks	Activity Status
<p>1. Advance a respite research agenda that supports activities and innovations to develop an evidence base for respite care and related services</p>	<p>Respite Research Consortium</p>	<p>Ongoing</p> <ul style="list-style-type: none"> • Link researchers to funders. • Provide quarterly updates on research and funding opportunities. See archived updates. • Link researchers to ARCH-recognized Innovative and Exemplary respite services to study impact of respite models. <p>See Innovative and Exemplary Respite Services Evaluation below.</p>
	<p>Establish and convene a Committee for the Advancement of Respite Research (CARR) charged with examination of how to improve access to and quality of respite services; identification of aspects of respite models that make them exemplary; encouragement of evaluation and replication of promising services; and translation of research findings into practice. Committee will also identify methods for evaluating the impact of alternative respite options to support family caregivers during the pandemic.</p> <p>Review RAISE Family Caregiving and Supporting Grandparents Raising Grandchildren Advisory Councils' recommendations for possible research areas.</p>	<ul style="list-style-type: none"> ✓ Full CARR Committee Meeting held January 2023. Agenda. ✓ CARR workgroups met in 2022 on the following priority areas: <ol style="list-style-type: none"> 1) Cost-Benefits Research 2) Identifying common data elements 3) Conducting culturally and linguistically competent research <p>Workgroup products under review:</p> <ul style="list-style-type: none"> • White Paper: Measuring the Value of Respite Care • The Value of Respite Model – A Multi-level, Life Course Perspective • Environmental Scan - Resources to help expand culturally appropriate research ✓ Dr. Kim Whitmore, Marquette University College of Nursing and facilitator of the CARR presented on the work of the CARR at the <i>2nd Conference on Caregiving Research</i> in Pittsburgh, PA, September 2022. View recording and slides.

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	<p>CARR will review respite recommendations proposed by the Raise Family Caregiving (RFC) and the Supporting Grandparents Raising Grandchildren (SGRG) Advisory Councils and develop additional recommendations for future research to assist in the implementation of the National Strategy to Support Family Caregivers.</p>	<ul style="list-style-type: none"> ✓ A summary of research actions included in the <i>National Strategy to Support Family Caregivers</i> was prepared and shared with CARR members. ✓ Comments were drafted, shared with CARR members, and submitted to ACL in Nov 2022 to help inform next steps for the RAISE Family Caregiving Council. ✓ Alignment of CARR Work Groups to Key Recommendations
	<p>Convene a Respite Research Summit to assess progress made to date in stimulating new respite research.</p>	<ul style="list-style-type: none"> • Research Summit to be convened in year 4. • Final report summarizing Summit conclusions and recommendations in year 4.
	<p>Collaborate with Building Respite Evidence and Knowledge (BREAK) Exchange Partnership to build a global data base of model, research-ready respite services, and a cadre of researchers willing to study them. The BREAK Exchange is housed at Marquette University.</p>	<p>Ongoing</p> <ul style="list-style-type: none"> • ARCH serves on the steering committee of the BREAK Exchange. • Link ARCH's Innovative and Exemplary services to the BREAK Exchange annually to encourage researchers to study these models. • Cohost Webinars. See Webinars below.
	<p>Maintain a current Annotated Bibliography of Respite and Crisis Care Studies</p>	<ul style="list-style-type: none"> ✓ Updated and disseminated Annotated Bibliography, 6th Ed, with 19 new peer-reviewed journal articles through 2022.
	<p>Research and develop Ensuring Cultural and Linguistic Competence: Guide for Respite Care Researchers that provides information to researchers that will enhance their capacity to use culturally and linguistically competent approaches in the conduct of all phases of research including planning, theory development, instrumentation, analysis, interpretation, dissemination, and knowledge translation.</p>	<ul style="list-style-type: none"> ✓ Tawara Goode with the Georgetown University National Center for Cultural Competence introduced the research guide concept to CARR members at the January 2023 CARR meeting. • Hold a listening session with CARR members to inform guide development. • Disseminate the guide via the CARR, through a national webinar convened by ARCH, post on the ARCH and NCCC websites, and in other venues to diverse researchers and

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		stakeholders who should partner in the conduct of research.
<p>2. Target the needs of Lifespan Respite Care Program grantees (past, present and future), and advance the overarching goals of the Lifespan Respite Care Program in program implementation, technical assistance, and resource development by identifying, developing, and disseminating T/TA resources that address the role of respite in supporting families in developing natural support systems.</p>	<p>Individual technical assistance. Respond to telephone, email or mail requests.</p>	<p>Ongoing</p>
	<p>ARCH Quick News Update. Disseminate monthly e-newsletter to respite field on timely news related to best practices, new research findings and reports, data sources, policy issues, family caregiving, disability and aging issues.</p>	<p>Produced monthly Archived newsletters</p>
	<p>Fact Sheets. Research and develop fact sheets on topics to be determined from training/TA needs assessment, work plan objectives, TA requests, consumer requests, and RAISE Family Caregiving and Grandparents Raising Grandchildren Advisory Council respite recommendations.</p>	<p>At least one annually: 9 Steps to Respite - Consumer Focused Fact Sheets <i>Updated in 2021</i></p> <ul style="list-style-type: none"> ✓ <i>Nine Steps to Respite for Military Caregivers</i> ✓ <i>Nine Steps to Respite for Grandfamilies (and translated into Spanish)</i> <p><i>Updated in 2022</i></p> <ul style="list-style-type: none"> ✓ <i>Nine Steps to Respite for Family Caregivers of Children and Adults with Intellectual and Developmental Disabilities (I/DD) (and translated into Spanish)</i> ✓ <i>Nine Steps to Respite for Family Caregivers of Persons with</i>

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		<p><i>Dementia, including Alzheimer's Disease (and translated into Spanish)</i></p> <p>Fact Sheets targeted to professionals. Completed in 2022:</p> <ul style="list-style-type: none"> ✓ Adult Day Services ✓ Faith-based Respite
	<p>Identify and promote Natural and Informal Respite Supports</p>	<p>Promotion of best practice use of LifeCourse Tools for Respite</p> <ul style="list-style-type: none"> ✓ 2022 LifeCourse Nexus Showcase, April 13 and 14. ARCH, AL Lifespan Respite Network, NV Lifespan Respite Coalition, and NV Dept of Health and Human Services presented on use of Respite Tools. <p>Ongoing</p> <p>Identify and feature model volunteer and faith-based respite services in Learning Collaboratives, webinars, conference presentations, and through Innovative and Exemplary Respite Services recruitment, recognition, and promotion.</p> <ul style="list-style-type: none"> ✓ ARCH Resources on Volunteer and Faith-based Respite <p>See <i>Volunteer and Faith based Learning Collaborative and Podcasts</i> below.</p>
	<p>Hold network-wide and national webinars on a variety of topics using outside experts.</p>	<p>Archived webinars</p> <p>ARCH Co-hosted webinars in 2022 with the BREAK Exchange.</p> <ul style="list-style-type: none"> ✓ <i>Exhale: The Family Caregiver Initiative, Feb. 23, 2022</i> ✓ <i>TimeBanking for Respite: Communities Supporting Caregivers, March 29, 2022</i> ✓ <i>Shared Lives Day Support Services for people with dementia. An opportunity for a 'short break' with wellbeing outcomes. August 23, 2022</i> ✓ <i>Crisis Nurseries Respite – Keeping Kids Safe and Families Together, November 2, 2022</i>

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		ARCH Network-wide Webinars ✓ <i>Building Respite Registries to Meet the Needs of Families</i> , June 16, 2022
	Learning Collaboratives	<p>See Learning Collaborative Resources, PPTs, and meeting recordings.</p> <p>1) Respite Voucher Learning Collaborative meets quarterly.</p> <ul style="list-style-type: none"> ✓ Self-Directed Respite Voucher Guide prepared by Applied Self-Direction released at the National Lifespan Respite Learning Symposium. • Readiness Self-Assessment Tool for new or enhanced Respite Voucher Programs in draft. <p>2) Volunteer and Faith Based Respite Learning Collaborative meets quarterly and features webinars by LC members and outside experts:</p> <ul style="list-style-type: none"> ✓ <i>Step-by-Step Guide to Mini grants for Volunteer and Faith-based Respite</i> from SC and NY, Nov 10, 2022 ✓ <i>Caregiver Action Network on Community Care Corps</i>, August 11, 2022 ✓ <i>NC Center for Volunteer Caregiving and South Carolina Break Rooms in Faith Communities</i>, May 12, 2022 ✓ <i>Faith-based Respite: NY Respite Revival and AL Respite Ministry</i>, Feb 10, 2022 <p>3) Performance Measurement Learning Collaborative meets quarterly.</p> <p>4) Sustainability Planning Learning Collaborative meets monthly. See Sustainability LC below.</p>

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	<p>ARCH National Lifespan Respite Conference with Lifespan Respite track and Grantee/Partner Learning Symposium</p> <p>Hold annually in collaboration with a State Respite Coalition.</p>	<p>✓ In September 2022, ARCH partnered with the Respite Care Association of WI to host the National Lifespan Respite Conference in Madison, WI. September 13-15, 2022. View Conference Program, presentations and Day 1 and Day 2 recordings.</p> <p>✓ Lifespan Respite Grantee and Partner Learning Symposium (grantee meeting) was held September 13, 2022. Agenda, PPTs and State Shared Resources, and Recordings</p>
	<p>Support development and implementation of Culturally and Linguistically Competent Respite Services by developing a self-assessment checklist for Lifespan Respite grantees, partners, respite providers and others in the Respite Network.</p>	<p>Partnership with the <i>Georgetown National Center for Cultural Competence</i> (underway)</p> <p>✓ Listening Sessions with grantees, providers and diverse family caregivers held August 2022</p> <ul style="list-style-type: none"> • Report on findings from the listening sessions in draft • Development underway of manuscript for submission to a peer reviewed journal that reports the results of the listening sessions. • Development underway of Self-Assessment Tool for designing and delivering culturally and linguistically competent respite services.
<p>3. Build national capacity at federal, state, and local levels to increase respite capacities in former grantee states, and states yet to receive funding, and to support their efforts to build or strengthen their state respite coalitions.</p>	<p>ARCH-sponsored State Lifespan Respite Summits</p> <p>Plan for and convene Summits in at least two states in years 2, 4 and 5 with priority given to states that have never had a Lifespan Respite grant or to former grantee states that need assistance in rebuilding or strengthening their respite coalitions or for sustainability planning.</p>	<p>None scheduled to be held in current year 3.</p>

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	<p>Lifespan Respite 101 Introductory Webinars for New States</p>	<p>The following resources in the Lifespan Respite “101” Toolkit were updated in preparation for meetings with advocates in Maine and Georgia interested in building a State Lifespan Respite Coalition in preparation for grant application:</p> <ul style="list-style-type: none"> ✓ <i>Lifespan Respite: Who, What, Why, Where and How</i>, PPT Presentation ✓ <i>Original State Lifespan Respite Programs as Best Practices</i>
	<p>Network-wide Webinar Series on RAISE Council and SGRG Council Recommendations, including Private-Public Partnerships (scheduled for years 3-5)</p>	<p>ARCH will launch Learning Collaborative of Lifespan Respite grantees and partners in February 2023 to provide TA to assist them in implementing respite actions identified in the National Strategy to Support Family Caregivers.</p>
	<p>Network-wide Webinar Series on Addressing the Workforce Crisis by Recruiting and Training Respite Providers (scheduled for years 2-5).</p>	<p>Ongoing through Respite Provider Recruitment, Training and Retention Pilot Project in collaboration with NASHP</p> <ul style="list-style-type: none"> ✓ Three breakout sessions were held on respite provider recruitment, training and evaluation at <i>National Lifespan Respite Conference</i>, Madison, WI, September 2022. ✓ Virtual presentation on respite provider recruitment, training and evaluation initiative made at <i>ADvancing States HCBS Conference</i>, August 2022.
	<p>National Respite Locator Service (NRLS). Expand and keep current database and funding/eligibility information and maximize visitation and search engine capabilities. Develop updated or new web platform.</p>	<p>Ongoing New platform under development</p>
	<p>State respite registry development. Determine state needs and provide resources and assistance.</p>	<ul style="list-style-type: none"> • TA is ongoing through Respite Provider Recruitment, Training and Retention Pilot Project in collaboration with NASHP ✓ Webinar: Building Respite Registries to Meet the Needs of Families, June 16, 2022

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<p>4. Support long-term capacities and sustainability of lifespan respite programs, activities and/or state respite coalitions.</p>	<p>Facilitate Sustainability Planning Learning Collaborative for Lifespan Respite grantees and partners.</p>	<p>Meets monthly ARCH facilitator prepares discussion guides or tools to generate exchanges, supplement learning and respond to questions. <i>See Sustainability Planning Learning Collaborative for meeting recordings, resources and discussion guides.</i></p>
	<p>Monitor State progress in Sustainability Planning</p>	<p>Ongoing</p> <ul style="list-style-type: none"> • Post State Sustainability Plans and Documents on Website. Collect and post states' sustainability plans and related planning documents and worksheets on ARCH website. • Promote mentoring. Document peer-to-peer contacts and sustainability planning progress. • Organize and support an all-network webinar presenting accomplishments of select Sustainability Learning Collaborative members – in planning
	<p>Update Respite funding/financing strategy documents.</p> <p>Update in years 3-5</p>	<ul style="list-style-type: none"> • Financing Strategies Matrix for Lifespan Respite Programs and State Respite Coalitions (<i>to be updated in 2023</i>) • Medicaid Waivers that Pay for Respite (<i>updated 2019</i>) • Federal Funding and Support Opportunities for Respite (<i>updated Feb 2021</i>)
<p>5. Identify, disseminate, and promote implementation of Lifespan Respite Best Practices</p>	<p>Grow Innovative and Exemplary Respite Services Registry</p> <p>Annually disseminate applications nationally and review applicants through a selection committee. At least 10 new Respite Services will be recognized as Innovative and/or Exemplary and will be added to the registry (annually in years 1-5).</p>	<ul style="list-style-type: none"> ✓ Five services recognized as Innovative and Exemplary in 2022. <i>See webpage for press release and program descriptions.</i> ✓ Eleven respite services recognized as Innovative and Exemplary in 2019 were renewed for three years following comprehensive review. <i>See press release.</i> • Call for 2023 Innovative and Exemplary Respite Services to open in Summer 2023.

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	<p>Promote Innovative and Exemplary Respite Services.</p>	<ul style="list-style-type: none"> ✓ 2022 Innovative and Exemplary Respite Services recognized at luncheon plenary at the National Lifespan Respite Conference in Madison, WI, September 2022. ✓ Breakout session presentation featured the 2022 recognized programs at National Lifespan Respite Conference. Respite programs from previous years also individually presented in breakout sessions. ✓ Three podcasts released: <ul style="list-style-type: none"> <i>Conversations on Caregiving – Exploring Respite Care Innovations</i> that featured select Innovative and Exemplary Respite volunteer respite services. <ul style="list-style-type: none"> • Podcast 1: <i>Not free, but freely given</i> • Podcast 2: <i>Respite is a contact sport, not a spectator sport</i> • Podcast 3: <i>Flooding the airways with kindness</i> • Online searchable data base in development as part of overall website redesign. <p>Evaluation and link to CARR</p> <ul style="list-style-type: none"> • Evaluation Minigrants and Learning Collaborative for Innovative and Exemplary Respite Services (up to three to be awarded in 2023) – Application to be disseminated in February 2023 • An Innovative and Exemplary Respite Services panel will be held at the Respite Research Summit in year 4 to promote model testing, evaluation, and service replication.

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	Develop report on Lessons Learned in Innovative and Exemplary Respite Services	To be finalized in year 5.
	Grow Lifespan Respite Grant Activities Database Summarize grantees' final reports to ACL, supplement with grantee interviews, and update state facts sheets of grantee objectives, activities, outcomes and partnerships in years 2 and 5.	<ul style="list-style-type: none"> ✓ Eleven state summaries of Lifespan Respite grantee final reports were prepared and disseminated in a compendium, State Summaries of Lifespan Respite Grant Activities and Outcomes Final Reports, FY2017–FY2020 ✓ Twenty seven one-page summaries of FY 2020, FY 2021, and FY 2022 grant proposals were prepared and posted on the ARCH website.
	Develop report on Lifespan Respite Care Program Best Practices and Lessons Learned	To be developed in year 5

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