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Four Respite Services Selected as Innovative and Exemplary in National Search

Washington, D.C., June 16, 2021 — The ARCH National Respite Network and Resource Center is pleased to announce the recognition of four ***Innovative and Exemplary*** respite services from across the country. In addition, one service was recognized as a ***Rising Star***. Each respite service met a [stringent set of criteria](#) for selection in each category and all have outstanding programs that address the needs of family caregivers of children, adults and/or older adult family members. Having met the criteria, respite services selected as both Innovative and Exemplary will receive a small honorarium in recognition of their achievements.

Respite is the most frequently requested support service among the nation's 53 million family caregivers, yet 86% do not receive respite services, despite the proven benefits to caregivers and care recipients. Respite for these families can help reduce caregiver stress, improve caregiver and family health and well-being, help avoid more costly out-of-home placements, and may even help to reduce the likelihood of abuse or neglect.

The pandemic intensified social isolation among family caregivers and their loved ones, further jeopardizing their well-being. Respite may have been and may continue to be the only link to services and supports for many families. During the pandemic, some of the respite services recognized by ARCH may have had to implement strict health and safety protocols, curtail services, or offer alternative supports, but they continued to provide a critical lifeline to the caregivers they serve.

By recognizing high quality respite services across the country, ARCH hopes to encourage the study, expansion and replication of such services.

For more detailed information about each program and the selection process, see the attached and the ARCH [website](#).

The ARCH National Respite Network and Resource Center (ARCH), national in scope, is a program of Families and Communities Rising in Durham, NC. ARCH assists and promotes the development of quality respite and crisis care programs; helps families locate respite and crisis care services in their communities; and serves as a strong voice for respite in all forums. The ARCH National Respite Network includes three initiatives: the [National Respite Locator](#) aids families in locating respite providers in their community; the [National Respite Coalition](#), which is the policy division of ARCH, advocates for preservation and promotion of respite in policy and programs at federal, state, and local levels; and the [Lifespan Respite Technical Assistance and Resource Center](#) provides respite training and technical assistance to [Lifespan Respite grantees](#), [State Respite Coalitions](#), ARCH's membership, and the general public.

The initiative to recognize and promote exemplary and innovative respite services was supported in part by the Wareheim Foundation. The ARCH National Respite Network and Resource Center is funded in part by the Administration for Community Living, U.S. 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 Administration for Community Living policy.

Visit archrespite.org or call (703) 256-2084 for more information.

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2021 Innovative, Exemplary and Rising Star Respite Services Selected by the ARCH National Respite Network and Resource Center

To read more about the selection criteria, visit the ARCH [website](#).

2021 Innovative and Exemplary Respite Services

The ALS Association Saint Louis Regional Chapter, Caregiver Relief Program *St Louis, MO*

The **ALS Association Saint Louis Regional Chapter** initiated their **Caregiver Relief Program** 11 years ago. The ALS Association was formed to support persons with ALS so they could remain in their homes throughout the disease process and through the end of their lives. A second purpose of the ALS Association is to support caregivers to remain emotionally and physically healthy and to keep their families intact. Operating in three locations and using case managers from multiple disciplines — including social work, counseling, occupational therapy and nutrition — to support patient and caregiver choice, the **Caregiver Relief Program** links families with screened and trained Gold Star respite. Caregivers may also participate in support groups to help address “anticipatory grief” and bereavement. Guided by an evaluation plan, the **Caregiver Relief Program** regularly reviews services with families to discern whether services fit their needs, and whether families view the services as helpful in reducing stress and improving quality of life. Yearly audits of finances, and demographic and outcome data shared in an annual report, as well as diversified funding and a fully engaged board, help to ensure this program remains strong going forward. You may learn more about the **ALS Association Saint Louis Regional Chapter’s Caregiver Relief Program** through their [website](#).

Crisis Nursery *Urbana, IL*

The **Crisis Nursery** in Urbana, Illinois has provided emergency crisis respite care to children birth to six-years-of-age for 37 years. Based on best practice research and observed need, the Crisis Nursery began offering planned respite to further support family caregivers. The **Crisis Nursery** works to reduce caregiver stress and risk of child maltreatment, and to improve parenting skills directly related to parent-directed goals. Using a case management model and wrap around services, respite is one of a number of supports offered to parents in addition to home visits, parent education and parent support groups. To reach diverse populations, the **Crisis Nursery** actively hires employees with culturally and linguistically diverse backgrounds, and holds quarterly outreach events to encourage families, community members and agencies

to learn about the program at a time when crises are not occurring. Client materials are available in English, Spanish, French and Mandarin, and the program's website is accessible in any language. The Crisis Nursery board and leadership team engage in an ongoing strategic planning process, and routine data-based program monitoring. These efforts, along with diversified funding and ongoing development and fundraising help to strengthen fidelity to the mission, and ensure sustainability into the future. To learn more about the **Crisis Nursery**, you may visit their [website](#).

Home Away from Home Respite Center Geneseo, NY

The **Home Away from Home Respite Center** at SUNY Geneseo was created five years ago to address an identified gap in community services for aging populations with Alzheimer's and other dementias. The **Home Away from Home Respite** program's goals are to meet the needs of caregivers by giving them time to care for themselves, and by reducing social isolation while their loved ones receive excellent care. After a comprehensive intake process and interview that includes caregiver-selected goals and guidance in selecting person-centered activities, care recipients attend two, four-hour sessions each week at a local interfaith center while their caregivers receive eight hours of respite each week. Respite is provided primarily by trained college student interns and volunteers, providing social contacts that are intergenerational and ethnically, socially, and culturally diverse. During a typical semester, 20 students dedicated about 1,000 hours of service in work that is life changing for many. Some students select professional paths in related disciplines and several students have been honored with academic scholarships based upon their volunteer experience. This data-based program regularly measures care recipient and caregiver needs, reviews daily case notes, inventories services, documents daily activities for fidelity to the model, documents numbers served and hours of service provided, and collects satisfaction and outcome data. SUNY Geneseo's support for program staff, and grants and donations from faith-based organization and community partners ensure the program's sustainability. To learn more about the **Home Away from Home Respite** program, please visit their [website](#).

Lutheran Services in Iowa Respite Care has offered respite to caregivers of children with disabilities and mental and emotional conditions for 19 years. Based on both research and caregiver preferences, one respite care service the program offers is a 48-hour weekend, providing caregivers with extended time for self-care. The program also offers individualized respite options in one of three settings — the primary caregiver's home, the respite provider's home, or the community. The **Respite Care** program emphasizes the use of family-selected care providers who offer informal supports, such as neighbors, grandparents and other kinship caregivers, especially in rural parts of the state where provider availability is scarce. A

consumer-directed, family-centered process of matching caregivers, care receivers, and care providers begins with a “meet and greet.” Lutheran Services in Iowa further works to hire staff who are bilingual and staff who are supportive of LGBTQ youth, for example, to meet family preferences and needs. The Respite Care program focuses on supporting care recipient participation in a wide range of activities — school events, neighborhood block parties, camping trips, or farm life, for example. Staff training is comprehensive, supportive and especially designed to support staff in working with children with behavioral and mental health challenges. This support contributes to the low staff turnover of less than 5% annually. To learn more about **Lutheran Services in Iowa Respite Care** services, please visit their [website](#).

2021 Rising Star Respite Service

Tennessee Respite Coalition

Mt. Juliet, TN

The **Tennessee Respite Coalition Respite Voucher Program** has served caregivers and their families for 17 years, typically providing care for 700 caregivers and their loved ones of any age or disability conditions across the state each year. Tennessee’s Respite Voucher Program is recognized by ARCH as a Rising Star Respite Service in 2021 because of the adaptations they made to continue providing services to caregivers and their families during the COVID-19 pandemic. Early on during the pandemic, the **Respite Voucher Program** assessed caregiver needs using a client survey, based upon the COVID Survey study conducted at the University of Wisconsin School of Nursing, to assess what caregivers needed to feel supported. The program also collected qualitative data from caregivers during Zoom calls. Guided by the data they collected, the program responded to caregivers’ needs by providing care packages and mini-grants for caregiver-selected items, such as personal protective equipment, tablets enabling internet access to online support groups, home exercise equipment, and movie or magazine subscriptions. Expanding ideas of traditional respite services, the Tennessee Respite Voucher Program provided respite in innovative ways that allowed for safe social distancing but maintained caregiver-provider contact in ways that kept caregivers socially connected during times of increased stress and isolation. To learn more about the **Tennessee Respite Coalition Respite Voucher Program**, please visit their [website](#).