

# LIFESPAN RESPITE FUNDING ALERT



***National Strategy to Support Family Caregivers Calls for More Respite  
Urge Members to sign Bipartisan Congressional Letter  
supporting increased funding for Lifespan Respite Care Program in FY 2024***

**DEADLINE: FRIDAY, March 22, 2023**

***The Lifespan Respite Care Program (LRCP):*** The U.S. Administration for Community Living (ACL) provides competitive grants to state agencies working with Aging and Disability Resource Center/No Wrong Door Systems and state respite coalitions. The program's purpose is to make quality respite more available to family caregivers regardless of age or disability through direct services and coordinated State Lifespan Respite systems.

***Funding:*** Funding for the LRCP is \$10 million in FY 2023.

***Program Status:*** Thirty-eight states and DC have received LRCP grants from the U.S. Administration for Community Living (ACL) since 2009 (see [archrespite.org](http://archrespite.org)).

- ➔ ***FY 24 FUNDING REQUEST:*** Rep. Debbie Dingell (D-6<sup>th</sup> MI) and Rep. Brian Fitzpatrick (R-1<sup>st</sup> PA) are circulating a Dear Colleague letter for sign-ons from House Members asking Congressional appropriators for \$20 million for the Lifespan Respite Care Program in FY 2024, double the funding received in FY 2023, and more than the President's FY 2024 budget request (\$14 million). Deadline for Members to sign is March 22, 2023.
- ➔ ***ACTION:*** Call your Representative at 202-225-3121. When connected, ask for health, disability or appropriations staff. If you don't reach them, leave a message!
- ➔ ***MESSAGE to MEMBERS:*** Urge your Representative to sign the ***Letter*** to Congressional appropriators requesting \$20 million for the Lifespan Respite Care Program. The Lifespan Respite Care Program perfectly aligns with the goals of the recently released ***National Strategy to Support Family Caregivers***, calling for a range of respite options to allow family caregivers to obtain respite services that meet their unique needs. ***Find*** your Representative.

## Respite Reaps Cost Savings

- In 2021, the estimated value of family caregiving of adults was \$600 billion -- more than all out-of-pocket spending on U.S. health care (\$433 billion). Families caring for children with special health care needs provide nearly \$36 billion worth of care annually.
- The economic value of respite is exceptional. Delaying nursing home care for one individual with a chronic condition or Alzheimer's disease for several months can save Medicaid, private insurance, or the family tens of thousands of dollars.
- American businesses lose \$17.1 to \$33.6 billion annually in lost productivity costs related to employees' caregiving responsibilities and related stress.

## Lifespan Respite Grants Make a Difference

- The LRCP provides planned and emergency respite services to family caregivers, ensures services are person and family-centered, and makes respite more available and affordable to underserved families. See *Key Accomplishments of Lifespan Respite Grantees*.
- Grantees **deliver care** and **help underserved or unserved families pay for respite**, including adults with Alzheimer's disease, MS, ALS, or I/DD; those on Medicaid waiver waiting lists; grandparents raising grandchildren; rural family caregivers; and culturally diverse groups.
- Grantees are addressing the **workforce crisis** through provider training and recruitment and funding innovative **volunteer and faith-based respite** programs.
- Caregivers in **NE's Lifespan Respite Network** reported significant decreases in stress, physical and emotional health issues, anger and anxiety, and reported a better financial situation when receiving respite. **AL Lifespan Respite's** voucher program found substantial decreases in the number of caregivers reporting how often they felt overwhelmed with daily routines after receiving respite.

## Respite – A Critically Necessary and Beneficial Family Support Service

- More than 53 million family caregivers of children and adults provide the vast majority of long-term services and supports to individuals of all ages living at home, yet 86% of those caring for adults, and a similar percentage caring for children, have not received respite services.
- Respite, the most requested service by family caregivers, has been shown to reduce stress and social isolation, help improve caregiver health and wellbeing, bolster family stability, keep marriages intact, and help avoid or delay costlier out-of-home placements.
- In an evaluation by the U.S. Administration for Community Living, caregivers who received 4 or more hours of respite care/week had a decrease in self-reported burden. As respite hours increased, so did the probability of a more favorable response regarding caregivers' perception that services helped them continue caregiving.