Volunteer and Faith-Based Respite Learning Collaborative

Partnering with AmeriCorps Seniors to Support Respite and Workforce Development

May 11, 2023
Welcome and Introductions

Today’s Topic: Partnering with AmeriCorps Seniors to Support Respite and Workforce Development

ARCH Resources

Notice of Funding Opportunities

Today’s Topic: Partnering with AmeriCorps Seniors to Support Respite and Workforce Development

Q&A and member updates
Resources

- State Tools
- Volunteer and Faith-Based Respite Learning Collaborative Webinars
- Podcasts
- National Resources
- Search for more Resources in the ARCH Library

**Link:** archrespite.org/library/list-of-resources-for-volunteer-and-faith-based-respite/
Funding Opportunities

- Lifespan Respite Care Program, **Deadline: May 15, 2023**
- ACL Funding to Improve Support for Family Caregivers, **Deadline: June 26, 2023**
- AmeriCorps Volunteer Generation Fund, **Deadline: May 16, 2023**
- Community Care Corps, Applications open May 22. **Deadline: July 7, 2023**

*For more information: archrespite.org/news/funding-opportunities*
Today’s Presenters

- **Atalaya Sergi**, Director, AmeriCorps Seniors at AmeriCorps, Washington, DC

- **Mandy Hansen**, Assistant Director, Tennessee Respite Coalition, Nashville, TN

- **Lisa Richards**, Project Director, AmeriCorps Seniors Demonstration Program, and **Doris Green**, Executive Director, New York State Caregiving & Respite Coalition
AmeriCorps Seniors & Respite Care

Atalaya Sergi, MSW
National Director, AmeriCorps Seniors
AmeriCorps Seniors Structure
AmeriCorps Seniors Signature Programs

Foster Grandparent

RSVP

Senior Companion
Programming

Projects - Respite Services – 109
  • 1066 Volunteers
  • 3049 Beneficiaries

Serve all communities – rural, urban, suburban

In-person and Virtual

Impacts
  • Clients
  • Caregivers
The Research

Senior Companion Program Caregiver Study

Those with critical needs reported:

- 76% - helped them a lot with personal time and household management
- 60% - helped a lot or a great deal; allowed them to be more involved in social activities

Most caregivers (92% critical needs, 86% with essential needs, and 93% with moderate needs) were satisfied with the respite services received

Approximately 40% of caregivers who rated their health as fair or poor before respite support, rated their health as good after receiving services
AmeriCorps Seniors’ Demonstration Program

Innovative projects that demonstrate how volunteers may contribute to national priorities
National Family Caregiver Strategy

Commitments
• Raise awareness
• Provide services
• Grow programming when possible
• Provide a platform for education
• Partner with others
Caregiver Study
“Does the Senior Companion Respite Service Matter for the Health and Well-being of Caregivers?”

Funding Opportunities:
https://americorps.gov/partner/funding-opportunities

For More Information:
https://americorps.gov/serve/americorps-seniors

Produced and published at US taxpayer expense
Senior Companion Program (Davidson/Rutherford County)

How we got started

AmeriCorps.Gov/Partner

CNCS put out and Notice of Funding Availability (NOFA) for organizations to apply to become the new sponsor. At that time, there was still a state office for CNCS that helped with the process, and there was an info session for potential applicants.

TRC applied for the open funding opportunity and was selected to be the sponsor in 2010.
Senior Companion Program (Davidson/Rutherford County)

- Sponsored by the Corporation of National and Community Service
- Grant awards a particular amount of service hours required
- All volunteers are low-income, aged 55 and over, and no longer in the workforce
- Provides opportunity for healthy, retired seniors to serve other seniors in the community
- Senior volunteers provide companionship for individuals in counties that are sponsored
- Senior volunteers also provide respite for caregivers
- Meaningful connections through long-term relationships with clients
Volunteer Benefits

- Monthly TAX FREE Stipend of $4.00 an hour
- 8 Paid holidays, 48 service hours of sick leave, 48 service hours of vacation time
- Volunteer recognition event (held annually)
- Free breakfast/lunch during all trainings and monthly meetings
- Ongoing training and support for volunteers
- Socialization with other seniors in the community
- Become a part of a group/make friends/connections
Recruitment

- Independent living facilities
- Retired teaching buildings
- Subsidized senior living
- Adult Day Care
- Memory Care Units
- Word of mouth
- Bingo at monthly resident meetings

- **Stations**
  - Oversee volunteers in their facilities
  - Can help with placement matches
  - Oversee timesheets
Training

- Follow the grant requirements on training volunteers
- First step is conducting grant required Background checks for all volunteers
- Required 30 hours in person orientation – Follow the SCP handbook and schedule speakers with best practice: caring for a patient with dementia/parkinsons or any disability and as much caregiving training
- 10 hours to shadow current volunteer
- Match with waitlisted family or facility and conduct in person introductions and placement paperwork and care plan
Serving

- Designated schedule for volunteer and family
- Positive interactions and intentional activities guided by family or care recipient
- Brain health activities
- Story of our life books
- Accompany to social activities in facility
- Connections to resources
- Assisting with light meal preparations
- NO MEDICAL or BATHROOM ASSISTANCE
- Music and Memory
Senior Companions and Music and Memory

- Grant opportunity to fund equipment and certification in January 2017.
- TRC completed the certification process in February 2017.
- The Senior Companion Volunteers become the music detectives for each care recipient involving families with informative questionnaires.
- Senior Companion Volunteers are trained how to set up personalized music playlists delivered on iPods for those in their care.
- The TRC provides the M&M equipment to share with the families using this service.
- The Senior Companion Volunteers play the music as part of a therapeutic and meaningful activity while volunteering.
Serving Isolated Individuals

- The Senior Companion Program is focused not only helping caregivers, but also reaching *isolated* individuals.
- Covid-19 has led to MANY individuals living an isolated life.
- These programs are safe and great way to interact with these individuals and give them a chance to live life like it was pre-covid.
- Allows the volunteer who might be at health risk to serve virtually by making calls or sending cards.
Tech Goes Home Digital Literacy Program
(free computer classes, free Google Chromebook, and low-cost internet service)
Sustaining Volunteers

- Monthly in-service meetings cultivate friendships/connections
- Shared meal and shared support for of caregiving
- Continued education on caregiving as well as personal self care
- Yearly recognition event
- One on one check ins and surveys to volunteers and families served to maintain best practices and make sure that placement is still a good fit.
- Continue to make volunteers feel thanked and appreciated all year – treats/games/parties
Dr. Megan Schwalm- Executive Director

Mandy Hansen- Assistant Director

Virginia Holmes- Program Assistant

Jack Read- Respite Voucher Program Coordinator

Annisha Bell- Volunteer Coordinator

Breion Dixon- Outreach Coordinator
Supporting informal family caregivers across NYS
Programs and initiatives made possible through support and funding from

[Logos of various organizations]
This initiative will expand the availability of respite for older adults and persons with disabilities AND will provide extra income for older adults who provide respite.
Goals of the SDP Project

Recruit and train 300 people 55 and older to provide respite for people caring for older adults and those with disabilities.

To have a positive impact on the lives of caregivers.

To address the respite care workforce shortage in the region.

To provide training so that all involved provide competent and consistent care.
How to meet our goals

Partner with organizations that provide respite services (or would like to provide respite services) to develop volunteer service stations.

Partner with faith communities to develop drop-in respite centers.

Partner with workforce development organizations to support the volunteerism to paid workforce initiative.
Pathway to Becoming a Volunteer Station

• Meet with organization, assess interest
• What are the respite needs in the community?
• Is there a waitlist of those needing respite?
• Are there existing volunteers?
• Is there capacity to supervise additional volunteers?
• Does the organization/program have an existing orientation requirement, assignment process or timekeeping system?
• Would current volunteers be interested in becoming AmeriCorps Seniors Volunteers?
Memorandum of Understanding

• Agreement between local organization and NYSCRC, managed by Lifespan of Greater Rochester

• Project staff provide a station orientation

• Together we create volunteer job descriptions customized to the organizations needs

• Develop a plan for volunteer recruitment in the community and then a plan for training those volunteers
Pathway to becoming an AmeriCorps Seniors Respite Volunteer

• Work with project staff to do:
  • Enrollment forms
  • Income eligibility to qualify for the stipend (400% of the FPL)
  • Background check
    • True Screen
    • Fingerprinting
    • Volunteer Station Assignment
    • Training – 20 Hours of pre-volunteer orientation (includes the respite training)
Prospective Volunteers: the journey from interest to active service
Supporting Our Volunteers

• Ongoing training and support
• Possibility to work in “respite buddy” team
• $4 per hour stipend
• Mileage reimbursement
• Opportunities to meet other volunteers
• Ongoing volunteer recognition events
• Special Events
First six months
Three-year award: 9/14/22 - 9/13/25

NYSCRC Director Doris Green lays the groundwork

- PR: press release, announcements, program promotion
- Develop evaluation plan, hire evaluators, inform about project goals
- Complete AmeriCorps Seniors trainings, background checks
- Write job descriptions, policies, advisory council guidelines
- Develop outreach plan, meets w/ stakeholders in all six counties, track contacts
- Secures central office space for team meetings
- First MOU signed with Lewis County Office for the Aging, two other counties in process
- PPR Lite report due January 2023, project director hired February 2023
Second six months
March to August 2023

- New project director training and orientation
- Searches/interviews continue for additional project staff
- Travel, meet and greets, presentations, awareness raising
- Print/digital materials developed to recruit volunteers & stations; for use on social channels, website, advertisements
- Marketing plan with regional media organization – Town Square
- Hired program assistant mid-April – training, orientation
Just keep going...
It’s a marathon not a sprint

• Finalize policies/procedures for stations, volunteer enrollment, etc.

• Formalize training hours beyond the respite-specific modules

• Process amendments, submit reports

• Identify additional advisory board members, tap them

• Continue to identify volunteer station possibilities, potential volunteers, respite needs

• Explore and set up drop-in programs, especially with faith-based communities
CHALLENGES

• Recruiting volunteers post-COVID
• Finding volunteers who are 55+
• Agencies and COBs (especially county offices) are short staffed
• Reaching & engaging rural communities
• Project staffing/remote work
• Likely need one year of planning time
• Tapping into respite needs
OPPORTUNITIES

• Great & growing need for respite
• Enthusiasm for program
• NYSCRC reach & connections
• Lifespan umbrella/expertise (RSVP)
• Many venues to promote—including our respite conference in July
• Staff span the region, great knowledge
• Many COBs willing to partner to make program happen
Think creatively: it's a demonstration project

- Map community assets in our most rural counties
- Hyper local marketing plans
- Project as station for small number of volunteers
- Libraries as drop-in program locations
- Home care agencies as partners
- Business incubators for workforce development

Questions, thoughts, ideas?
Lisa Richards, Project Director
AmeriCorps Seniors SDP
lrichards@lifespan-roch.org
SAVE THE DATE
July 20-21, 2023
Delta Marriott – Utica, NY

Building Up Respite in Your Community
2023 Conference NYSCRC
July 20 & 21 Utica, NY New York State Caregiving & Respite Coalition