



# Redefining the Value of Respite

The Committee for Advancing Respite Research, an advisory group to the [ARCH Respite Research Initiative](#), developed a White Paper to provide an in-depth description of the current challenges related to measuring the economic value of respite and to offer a new framework for research and evaluation. This framework, *The Value of Respite Model*, depicted below, is a multi-dimensional conceptual model for researchers and evaluators interested in measuring the value of respite. Read the full White Paper at [archrespite.org/library/measuring-the-value-of-respite](#).



## The Value of Respite Model – A Multi-level, Life Course Perspective

In this model, the caregiver is the main beneficiary of respite. However, the caregiver is interconnected with the care receiver. Both are situated in the context of their family, community, and policy and systems. These contextual factors can help protect the caregiver or put them at risk for negative outcomes. The context varies and changes over time and across the life course of both the caregiver and the care receiver. The caregiver goes through a process that begins with identifying themselves as a caregiver. If all respite factors in this process align positive outcomes can occur and the value of respite can be measured at the individual, family, community, or policy and systems level.

