

# Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Washington Aging and Long-Term Support Administration**

Funding Period: September 1, 2017 to August 30, 2022

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Primary Goal: **Increased accessibility to respite for underserved populations, including caregivers of persons living with a Traumatic Brain Injury or Developmental Disability, caregivers from American Indian/Alaskan Native communities, and caregivers from rural areas.**

Key Performance Measures	Notable Achievements
<p>The grantee collects process and performance data on the number of respite provider applications, application processing time, and eligibility; tracks and monitors registered providers on the website, Salesforce System; documents the number of website visitors and how they use the website; and evaluates the alignment of caregiver needs and respite system responses. The grantee documents and tracks dissemination of products and communications including: surveys developed and administered; application development and revision; presentations; flyers, newsletters, postcards, and booklets. The grantee refined the online voucher application and reporting processes, yielding concrete, trackable monthly data in multiple categories: number of awards by state regions; amount of funding expended in each category; and number of vouchers expiring by month. These refinements improved month-to-month comparisons while streamlining useable data and expanding available information.</p>	<p>During the funding period, six tribal members belonging to the Port Gamble S’Klallum Tribe completed a Washington Training Partnership-approved online training to become home care agency direct care workers qualified to work as respite workers for tribal members. This important milestone established a foundation for trust and connections between family caregivers and tribal community members who understand customs and know their community members, helping to promote feelings of safety and comfort among caregivers and families. A tribal home care agency provides oversight for quality assurance. The grantee is working to develop a training specifically for tribal communities, and plans to use it as a template for other tribal respite direct care worker training.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p><b>Objective 1. Ensure equitable voucher distribution across the state.</b></p> <p><b>Notable Partners, Activities, and Performance Outcomes</b></p> <ul style="list-style-type: none"> <li>▪ In a state where one western county has a higher population than the entire eastern half of the state, one objective of Washington’s Lifespan Respite grant was to ensure equitable voucher distribution across the state. PAVE worked to increase respite access and services in all regions the state.</li> <li>▪ The grantee tracked vouchers awarded to eastern and western locations in the state to ensure equitable voucher availability, and collected data on self-disclosed ethnicity and race to monitor equity among populations served.</li> </ul>	<p><b>State and Community Partners</b></p> <p>Key partner for Washington’s Lifespan Respite grant, Partnership for Action, Voices for Empowerment (PAVE), worked tirelessly to increase respite access and services in Washington.</p> <p>The grantee met with the Developmental Disability Council and the Developmental Disability Administration (DDA) to begin a</p>

**Objective 2: Provide outreach to underserved populations across the state.****Notable Partners and Expansion Activities**

- Lifespan Respite Washington (LRW) participated in twice yearly tribal summits.
- During year three of the grant, the grantee contracted with Port Gamble S'Klallam tribe to offer training to tribal members wanting to provide respite for a family member or friend.
- The grantee made a no-cost training available for paid and unpaid caregivers of people with traumatic brain injury, helping to ensure that respite providers understand the specific needs of people with a brain injury.
- A no-cost monthly support group for unpaid family caregivers was established and is hosted by the Traumatic Brain Injury Council.

**Objective 3: Increase Respite Options.****Notable Partnerships, Activities, and Performance Measures**

- The grantee built and tested Salesforce System – a HIPPA-compliant, robust, outcome-driven Lifespan Respite Washington data system.
  - The grantee hired staff, recruited respite providers, updated the website, made both Caregiver Respite Applications and Respite Provider Applications online, and entered hundreds of prior unfunded voucher applications into the new system.
    - ✓ August 31, 2020, the grantee registered 54 respite providers in all 35 counties.
    - ✓ August 31, 2021, the grantee registered 72 respite providers in all 35 counties.
    - ✓ March 31, 2022, the grantee registered 126 respite providers in all 35 counties.
    - ✓ June 1st, 2023, the grantee registered 81 respite providers in all 35 counties.

**Program Flexibilities and Supports Introduced in Response to Covid-19**

- Lifespan Respite Washington (LRW) not only continued providing respite services during the pandemic, they used the crisis as an opportunity to create flexible options for family caregivers.
  - LRW reached out to family caregivers by email to see how they were doing, address immediate concerns, and extend their voucher usage time frame. LRW later held in-depth phone calls with family caregivers to follow-up on voucher awards, and to discuss and conduct respite options searches.
  - In addition to increased flexibility in voucher scheduling, LRW expanded respite options that allowed caregivers to use vouchers for settings outside the family home, including YMCAs, 4H Clubs, and horseback riding/equine classes. LRW also initiated collaboration among providers to explore using camp facilities for non-traditional respite opportunities, such as weekend get-a-ways, retreats, or tutoring to support work and education.

conversation about the focus of the DDA respite survey focusing on caregivers on “no-paid service” caseloads. The DDA used survey results for planning and to gauge interest and needs from persons on a “no-paid service” list.

The Developmental Disability Council and PAVE wrote and distributed a guidebook, *Pathways to Respite*, that offers resources and advice for caregivers looking for respite services and other caregiver programs in Washington.

**State Respite Coalition/Organization Role**

The state respite coalition was a key partner, meeting regularly and participating in a statewide respite summit in 2018. The grantee noted that regular coalition meetings have a bigger impact on positive outcomes, and cost less, than yearly summit meetings, making more funding available for vouchers and increasing respite services for families.

**Aging and Disability Resource Center Role**

The grantee continues to work with the Washington ADRC to link the Respite Voucher Program in order to increase voucher requests.



For more information, contact ARCH at (703) 256-2084