



2024 National Lifespan Respite Conference ✦ May 21-23, 2024 • Albany, NY

Hilton Albany

40 Lodge St | Albany, New York

Call for Presentations

Deadline for Proposal Submissions: October 30, 2023

The New York State Caregiving and Respite Coalition and the New York State Office for the Aging, in collaboration with the ARCH National Respite Network and Resource Center, will host the **2024 National Lifespan Respite Conference** in Albany, NY, on May 21-23, 2024. The conference will be preceded by the Lifespan Respite Grantee and Partner Learning Symposium (by invitation only) on May 21, 2024.

The theme for the conference, ***RAISE the Bar for Respite, Strategies for strengthening family caregivers***, is meant to be timely and inspirational. Coming on the heels of the 2022 release of the [National Strategy to Support Family Caregivers](#) by the Administration for Community Living, the theme is a call to action. The National Strategy was developed jointly by the [RAISE Family Caregiving Advisory Council](#) and the [Advisory Council to Support Grandparents Raising Grandchildren](#), with extensive input from the public, including family caregivers and the people they support. The report includes nearly 500 actions that can be adopted at every level of government and across the public and private sectors, including actions that each of us can take, to advance supports to strengthen the nation's more than 53 million family caregivers.

In keeping with our individual and collective responsibility to advance the respite actions in the National Strategy, the conference will provide the space and energy to *lift up* best practices in respite care; *elevate* diversity, equity, inclusion and accessibility in respite services; *boost* innovative public and private sector support for working caregivers; *escalate* new strategies to grow respite capacity to meet the ever-increasing need; *step up* action to address the direct care workforce crisis; and *increase* our commitment to person and family-centered respite care.

The conference focus is on Respite, but our driving intention is to strengthen and support family caregivers, who are the backbone of the nation's long-term services and supports system. The conference will provide opportunities to **RAISE the Bar** for **R**esearch, **A**dvocacy, **I**nnovation, **S**ervices and Supports, and **E**ducation in the respite care field.

Previous National Lifespan Respite Conferences have been very successful, and we expect no less from the 2024 conference in Albany! The conference will offer valuable, up-to-date information for families, professionals and interested agencies and organizations on respite supports for caregivers. Conference keynote speakers and breakout sessions will offer a multitude of opportunities to **RAISE the Bar for Respite** for Lifespan Respite Care Programs and the broader respite and caregiving network that supports caregivers.

This call for presentations is an opportunity to come to Albany to share your innovative best practices related to respite care, envision a new path to caregiver support, and benefit and learn from what you and the respite network have accomplished.

Target Audience

This national conference is intended for *everyone* who supports family members and family caregivers of individuals across all ages. Anyone who is affected by or caring for someone with Alzheimer's disease, Multiple Sclerosis, Parkinson's, ALS, Autism, Down Syndrome, ADHD, intellectual or developmental disabilities, mental health, and behavioral health issues, or any other disabling or chronic condition, has much to gain by participating in this event. Families of or providers to military wounded soldiers or Veterans, kinship caregivers or providers, and those working with families at risk of abuse or neglect, will also benefit from attending this conference.

The audience will include family caregivers, persons with disabilities, older adults, parents, grandparents, siblings, young caregivers, guardians, respite providers, social workers, case managers, program managers, nurses, researchers, advocates, direct support staff, employers, teachers, leaders of faith-based organizations, policy makers, and other community/business leaders who influence and shape the role of respite in the support network.

What benefits do YOU gain from presenting at the Conference?

- ❖ You will learn and grow in a friendly, caring, fun, and inclusive environment and come away personally and professionally revitalized.
- ❖ You gain visibility and recognition as a national leader in Respite.
- ❖ You are provided an opportunity to network with and learn from other professionals and caregivers from across the nation.
- ❖ You will have the satisfaction of sharing best practices in respite care systems and services.
- ❖ You will receive a \$100 discount off the “early bird” registration cost of \$395, reducing the cost of the conference registration for presenters to just \$295.

Presentation Formats

The conference will offer 60-minute time slots for breakout sessions. Presenters are encouraged to incorporate the ***RAISE the Bar for Respite*** theme, targeting one of the five topic areas or the Lifespan Respite Track listed below. Each presentation should include at least three learning objectives.

Please think of creative ways to inform and energize the audience. Presenters are welcomed and encouraged to develop interactive sessions that engage participants in discussion, networking, and an open exchange of ideas. You may develop a proposal alone or with one or two other speakers on a related topic. *The conference review committee retains the right to combine presentations with others under similar topics. Presenters will be notified in advance if this occurs.*

Breakout rooms will be set up in “theatre” style to accommodate 35-75 participants. If your proposed session or presentation requires a different space set up, the request must be indicated on the application form. We will not be able to guarantee your preferred arrangement, but we will do our best to accommodate your needs.

RAISE the Bar: Presentation Tracks and Topics

The [National Strategy to Support Family Caregivers](#) proposes five main goals:



GOAL 1: Increase awareness and outreach



GOAL 2: Build partnerships and engagement



GOAL 3: Strengthen services and supports



GOAL 4: Ensure financial and workplace security



GOAL 5: Expand data, research and evidence-based practices

The following presentation tracks align with the National Strategy's five goals and **RAISE the Bar for Respite:**

R - Research and Evaluate *Aligns with Goal 5*

A - Advocate, Network and Sustain *Aligns with Goal 2*

I - Innovate Services, Systems, and Workforce Strategies *Aligns with Goal 3*

S - Support Working Caregivers *Aligns with Goal 4*

E - Educate and Engage Family Caregivers *Aligns with Goal 1*

RAISE the Lifespan Respite Track *Aligns with all 5 Goals*

Track Descriptions

We are looking for presentation proposals that focus on respite care, but cross over multiple disciplines, reflecting the wide range of options required and utilized by caregivers across the lifespan. Proposals should target one of five topical tracks or the Lifespan Respite Track described below. Following each topic description are questions to help you think about possible session ideas, but you are not limited to these. We encourage you to show how your work **RAISES the Bar for Respite** and aligns with **National Strategy Goals**. Be bold!



R - Research and Evaluate *Aligns with Goal 5*

As service providers and caregivers make a case for respite availability and funding, a solid evidence-base for respite is essential. Research provides an understanding of the health and well-being of family caregivers and the overall effect of respite on societal outcomes, including cost-benefits. Good data collection is important for continuous quality improvement in the respite we provide. This track is intended to present findings from evaluations of lifespan respite activities, respite models, alternative respite and support interventions, strategies for meaningful performance measurement, and practices to assure diversity, equity, inclusion, and accessibility in all research and evaluation efforts. *Aligns with Goal 5*

- ❖ *Have you done research on innovative or exemplary respite service models?*
- ❖ *Have you examined the effectiveness or benefits of new virtual or alternative informal respite services that emerged during the pandemic?*
- ❖ *Have you documented significant caregiver or care recipient outcomes from respite?*
- ❖ *How does respite benefit the whole family?*
- ❖ *Have you conducted any research on the effects of respite on communities that are disparately impacted by caregiving responsibilities (e.g., Hispanic, LGBTQ+, etc.)?*
- ❖ *Have you explored the societal benefits of respite, including cost savings to government programs, health systems or to employers?*
- ❖ *How can we take existing respite research and translate it into meaningful practice?*
- ❖ *Do you engage in meaningful data collection and performance measurement that documents how well you provide services? Do you use the data for quality improvement?*
- ❖ *Have you studied and documented systems change for respite, collaboration, or respite access?*
- ❖ *Have you documented that respite helps strengthen families and reduces abuse and neglect?*



A - Advocate, Network and Sustain *Aligns with Goal 2*

We have come to understand that our collective efforts to sustain the important work we do in caregiving and respite is inextricably linked to the changing economic, social and political environment as well as to successful networking strategies and partnerships, especially with diverse, marginalized and underresourced groups. Presentations may explore financing strategies for sustainability, unique partnerships, successful coalitions, legislative advocacy, and other elevated contexts for providing, promoting and sustaining respite.

- ❖ *What partnerships have you fostered to promote or sustain respite services?*
- ❖ *Have you partnered with health systems or insurance companies to promote respite? With employers and businesses?*
- ❖ *What are your best practices in building or sustaining coalitions?*
- ❖ *What innovative approaches do you use to engage new partners in supporting your respite activities and what are your success stories in making collaboration work?*
- ❖ *How do you ensure cultural, linguistic and ethnic diversity among your collaborators and in your coalitions?*
- ❖ *What business practices or technology have you used to ensure sustainability?*
- ❖ *What have you accomplished to embed your respite activities into larger state or county-wide health or social services systems?*
- ❖ *What do your long-term sustainability plans look like and how do you achieve them?*
- ❖ *Are you an advocate for respite? What strategies have you used to promote respite with policymakers, funders and other decision makers?*



I - Innovate Services, Systems and Workforce Strategies Aligns with Goal 3

This track is designed to highlight successful models, innovations, and exemplary approaches to providing planned and crisis respite care for all ages, disability groups, and diverse populations. Newly raised and non-traditional approaches to respite for all populations can also be shared.

- ❖ *Are your respite services on the cutting edge, offering new and innovative approaches to respite?*
- ❖ *Are your systems and services engaging and reflective of changes brought on by the pandemic?*
- ❖ *Are you engaging volunteers and diverse faith communities to provide respite?*
- ❖ *Are you serving families in meaningful ways across the age and disability spectrum, in rural and urban areas, or in culturally, linguistically and ethnically diverse communities?*
- ❖ *Are your respite services person and family-centered? Do they allow self-directed services? Are respite services available during family crises or in emergency situations?*
- ❖ *How do you ensure the quality and safety of the respite services you provide?*
- ❖ *Have you developed new approaches or technologies to streamline easy access to services for family caregivers?*

Proposals that focus on real-life solutions to the nationwide shortage of well-trained direct care workers and respite providers are also welcome. Sessions should focus on ways to boost caregiver confidence in respite, including training to improve the safety and quality of care, and strategies to increase the pool of reliable, qualified, and culturally and linguistically competent respite providers and care options.

- ❖ *How are you engaged in helping to address the shortage of direct service workers?*
- ❖ *Do you provide innovative respite provider or volunteer recruitment strategies?*
- ❖ *Have you had success in building and maintaining a respite provider pool post-pandemic?*
- ❖ *Do you use proven or exciting new training curricula or cutting-edge learning approaches?*
- ❖ *Have you had success with virtual online training?*
- ❖ *Do you provide training that leads to professional career pathways?*
- ❖ *How do you recognize, support, and retain respite workers and volunteers?*
- ❖ *How have you engaged and successfully trained culturally, linguistically and ethnically diverse respite providers to meet families' and care recipients' needs?*
- ❖ *Do you have expertise in specialized training in behavioral management, dementia, or complex medical needs?*
- ❖ *Have you engaged new partners, such as community colleges or universities, to help recruit and train respite workers?*



S - Support Working Caregivers Aligns with Goal 4

A significant majority of family caregivers, at least 60 percent, are in the labor force, but to enable them to continue to work and provide care, a more responsive and supportive workplace is needed. Not only are the health and financial well-being of these caregivers at-risk, businesses may be losing billions of dollars annually from lost productivity, replacement costs for employees who quit because of overwhelming caregiving responsibilities, absenteeism, and workday interruptions. This track is intended to explore successful strategies to ensure respite and other caregiver supports are available and accessible to working caregivers.

- ❖ *How do you find, reach, and engage working caregivers to utilize respite?*
- ❖ *Have you modified the type of respite you provide or the times you offer respite services to accommodate the needs of working caregivers?*
- ❖ *What strategies have you used to identify and engage with employers?*
- ❖ *How have you partnered with employers to support working caregivers through respite and other caregiver supports?*



E – Educate and Engage Family Caregivers Aligns with Goal 1

This track is geared toward family caregivers and those who work with family caregivers who want to learn more about successful caregiving strategies, meaningful respite, resources that support caregivers, and impactful stories related to the benefits of respite and caregiver wellness programs. This track also seeks sessions in which family caregivers share what they imagine their dream respite might be.

Service providers are encouraged to share how they engage family caregivers to use respite services as well as participate in respite and caregiving coalitions, planning, advocacy and evaluation. Successful public awareness campaigns, new messaging techniques and technologies, and strategies to engage diverse and marginalized communities are welcome.

If you are a family caregiver, what does respite mean to you?

- ❖ *What would your dream respite look like?*
- ❖ *What do you need to encourage respite use and feel optimistic about using respite?*
- ❖ *What do you expect to get out of respite?*
- ❖ *How do you spend your respite time to feel rejuvenated and rested?*
- ❖ *What training do you wish respite providers possessed?*
- ❖ *I am a sibling or a young caregiver. Are there special respite services for me?*

If you are a service provider, how do you engage and educate family caregivers?

- ❖ *Do you use innovative technology, video and TV, social media or other strategies to identify and educate family caregivers?*
- ❖ *What creative campaigns or messaging have you used to reach caregivers to share the importance of respite and how to access it?*
- ❖ *Do you prioritize in-person events across the state to reach family caregivers and provide information about respite?*
- ❖ *Are your engagement strategies person and family-centered?*
- ❖ *Do you make a concerted effort to reach family caregivers who are ineligible for public funding or who are geographically or culturally isolated from mainstream services?*
- ❖ *How do you reach culturally, ethnically, linguistically diverse and other marginalized populations, such as the LGBTQ+ populations, to ensure your reach is reflective of the diversity in your state?*
- ❖ *Are your outreach and education materials and communication strategies available in all major languages in your state?*
- ❖ *How do you engage other marginalized and underresourced groups, such as immigrant communities?*



RAISE the Lifespan Respite Track *Aligns with all Goals*

This track may be of particular interest to Lifespan Respite grantees and their partners to highlight their service delivery and systems change grant activities. Through the federal Lifespan Respite Program, the U.S. Administration for Community Living awards competitive grants to state agencies in partnership with state respite coalitions and others to develop statewide coordinated systems of community-based respite services for family caregivers; provide gap-filling planned and emergency respite; and build respite capacity through provider training and recruitment and new volunteer and faith-based initiatives.

Current and former Lifespan Respite grantees and their partners are encouraged to submit a proposal for the Lifespan Respite Track that describes best practices, program successes, and challenges experienced in their Lifespan Respite grant implementation or coalition activities. Some topics in this track might include, but are not limited to:

- ❖ *Innovative service delivery*
- ❖ *Effects of changes to respite or grant activities as a result of the pandemic*
- ❖ *Collaborative partnerships (e.g., with No Wrong Door Systems and Aging and Disability Resource Centers, employers, medical community or managed care organizations)*
- ❖ *Respite registries*
- ❖ *Engaging volunteers or the faith community*
- ❖ *Respite provider training and recruitment*
- ❖ *Public awareness and messaging to engage diverse populations*

- ❖ *Ensuring Diversity, Equity, Inclusion, and Accessibility in respite services*
- ❖ *Defining a coordinated Lifespan Respite system for improved respite access that links family caregivers to services, respite funding sources, and information*
- ❖ *Sustainability plans*
- ❖ *Fact-finding and data management*

Review Process

All completed proposals will be reviewed by the Conference Planning Committee using the following criteria:

- Practical applicability to the conference theme ***RAISE the Bar for Respite.***
- Usefulness of the information, skills, and/or ideas for the intended audience
- Contributions to new or innovative practices
- Intent to stimulate active engagement of participants
- Presenter's qualifications and experience
- Use of instructional aids

We reserve the right to request modifications to a proposal before a final decision is made. We also reserve the right to combine presentations with similar topics in one session. Presenters will be notified in advance if this should occur.

Important Instructions for Application Submission

Proposals must be completed online and submitted no later than October 30, 2023

All presenter applications must be completed online. Be sure to review the following information carefully to be certain you describe all aspects of your proposal and complete each required section before you submit the application online.

- 1) We recommend that you draft the narrative portions of the proposal in a WORD document, save responses to your computer, and then copy and paste the relevant sections into the appropriate text boxes in the online application.
- 2) You do not need to complete the application in one sitting. You will be able to save it, exit the session, and continue later as long as you provide your email address and create a password. We suggest you review the questions in advance of completing the application.
- 3) Presenters will be asked to describe their presentation in an abstract of no more than 500 words. Presenters are encouraged to incorporate the ***RAISE the Bar for Respite*** theme.
- 4) Please designate your preferred track, but we reserve the right to make the final determination.
- 5) Each presentation should include at least three learning objectives.
- 6) Presenter bios should be no more than 250 words and must describe relevant qualifications and experience.
- 7) To be considered, all proposals must be submitted online by the **October 30, 2023 deadline** and include all information requested on the Presenter's Application Form.
- 8) You will receive a confirmation email with a copy of your submitted proposal.
- 9) We will make every effort to respond to all applications no later than **January 2, 2024**.

AV Equipment

All breakout sessions will include a PowerPoint package including a podium, a laptop computer, LCD projector and screen. Internet may be available. A podium microphone will be provided. Presenters will be responsible for costs associated with any additional equipment or services requested. If presenters or attendees require an accommodation to participate, those accommodations will not be charged to the person making the request. Contact Doris Green with the New York State Caregiving and Respite Coalition at dgreen@lifespan-roch.org if you have questions or additional requests.

Presenter Registration

All presenters will be required to be registered for the conference. Approved presenters will receive a \$100 discount off of the “early bird” registration cost (\$395), reducing the cost of registration for presenters to just \$295. **Please note:** New York residents and ARCH paid members, whether or not they are presenters, are already entitled to a discounted registration rate of \$295. Only one discount per registrant will be permitted.

An approved presenter’s registration must be completed and paid for by **February 1, 2024** for the presenter’s session to be included in the conference. The registration fee will not be waived for presenters. In addition, hotel, travel, per diem, and other associated costs are the responsibility of each presenter.

Dates to Remember

- **Abstract Submission Deadline:** **October 30, 2023**
- **Presenter Notification:** **January 2, 2024**
- **Presenter Registration Payment Due:** **February 1, 2024**
- **Lifespan Respite Grantee and Partner Learning Symposium (by invitation only):** **May 21, 2024**
- **Opening Conference Reception:** **Evening of May 21, 2024**
- **National Lifespan Respite Conference:** **May 21-23, 2024**

Questions?

Please contact Doris Green with the New York State Caregiving and Respite Coalition at dgreen@lifespan-roch.org or Jill Kagan with ARCH at jkagan@archrespite.org with any questions.

Visit the [Conference Website](#) for more information. Complete the Call for Presentations Application Form [online](https://www.tfaforms.com/5081870) [<https://www.tfaforms.com/5081870>].

Conference Hosts.....



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