

# LIFESPAN RESPITE FUNDING ALERT



## **National Strategy to Support Family Caregivers Calls for More Respite Urge Congress to Support More Funding for Lifespan Respite and other Caregiver Supports in FY 2024**

**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, provider recruitment and training, and coordinated State Lifespan Respite systems.

**Funding:** Funding for the LRCP is \$10 million in FY 2023. The NRC is requesting \$11.5 million in FY 2024. The House plans to cut most discretionary programs by as much as 25%

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

➔ **FY 24 FUNDING REQUEST:** The NRC is requesting \$11.5 million (\$1.5 million increase) for the Lifespan Respite Care Program, the amount included in the Senate's Labor, HHS, and Education Appropriations bill. NRC also strongly supports increased funding for the National Family Caregiver Support Program (NFCSP) and new funding (\$5 million) to implement the **National Strategy to Support Family Caregivers** included in the Senate bill. The House plans to cut most discretionary programs by as much as 25%.

➔ **ACTION:** Visits are best! Call the local office of your **Representative and Senators** now to meet with them during the August recess. You can also call 202-225-3121 and when connected to the office, ask for health, disability or appropriations staff. If you don't reach them, leave a message!

➔ **MESSAGE:** Urge Congress to support \$11.5 million for the Lifespan Respite Care Program, increases for the NFCSP, and new funds to implement the **National Strategy to Support Family Caregivers** in FY 2024. The Lifespan Respite Care Program perfectly aligns with *National Strategy* goals, calling for a range of respite options to meet family caregivers' unique needs.

## 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 by 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.