

**Lifespan Respite Technical Assistance Center
2020-2025 Project Work Plan Summary (Year 4 Update)**

Goal: Provide technical support to the Lifespan Respite Care Program, its grantees and partners, and the national effort currently underway to ensure the availability of, and access to comprehensive, high quality respite care services and information for family caregivers across the lifespan.

- ✓ = Completed Task/Event
- = Underway or in development

Objectives	Key Tasks	Activity Status
<p>1. Advance a respite research agenda that supports activities and innovations to develop an evidence base for respite care and related services</p>	<p>Respite Research Consortium</p>	<p>Ongoing</p> <ul style="list-style-type: none"> • Link researchers to funders. • Provide quarterly updates on research and funding opportunities. See archived updates. • Link researchers to ARCH-recognized Innovative and Exemplary respite services to study impact of respite models. <p>See Innovative and Exemplary Respite Services Evaluation below.</p>
	<p>Establish and convene a Committee for the Advancement of Respite Research (CARR) charged with examination of how to improve access to and quality of respite services; identification of aspects of respite models that make them exemplary; encouragement of evaluation and replication of promising services; and translation of research findings into practice. Committee will also identify methods for evaluating the impact of alternative respite options to support family caregivers during the pandemic.</p> <p>Review RAISE Family Caregiving and Supporting Grandparents Raising Grandchildren Advisory Councils' recommendations for possible research areas.</p>	<ul style="list-style-type: none"> ✓ Full CARR Committee Meeting was held June 22, 2023. Agenda and Meeting Notes. ✓ CARR workgroups: <ol style="list-style-type: none"> 1) Cost-Benefits Research 2) Identifying common data elements 3) Conducting culturally and linguistically competent research <p>Workgroup products completed:</p> <ul style="list-style-type: none"> ✓ White Paper: Measuring the Value of Respite Care ✓ The Value of Respite Model – A Multi-level, Life Course Perspective ✓ Environmental Scan - Resources to help expand culturally and linguistically competent respite research

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	<p>CARR will review respite recommendations proposed by the Raise Family Caregiving (RFC) and the Supporting Grandparents Raising Grandchildren (SGRG) Advisory Councils and develop additional recommendations for future research to assist in the implementation of the <i>National Strategy to Support Family Caregivers.</i></p>	<p>✓ Alignment of CARR Work Groups to Key Recommendations in the National Strategy to Support Family Caregivers</p>
	<p>Convene a Respite Research Summit to assess progress made to date in stimulating new respite research.</p>	<ul style="list-style-type: none"> • Research Summit to be convened in year 4. • Final report summarizing Summit conclusions and recommendations in year 5.
	<p>Collaborate with Building Respite Evidence and Knowledge (BREAK) Exchange Partnership to build a global data base of model, research-ready respite services, and a cadre of researchers willing to study them. The BREAK Exchange is housed at Marquette University.</p>	<p>Ongoing</p> <ul style="list-style-type: none"> • ARCH serves on the steering committee of the BREAK Exchange. • Link ARCH's Innovative and Exemplary services to the BREAK Exchange annually to encourage researchers to study these models. • Cohosted Webinars. See Webinars below.
	<p>Maintain a current Annotated Bibliography of Respite and Crisis Care Studies</p>	<p>✓ Updated and disseminated Annotated Bibliography, 6th Ed, with 19 new peer-reviewed journal articles through 2022.</p>
	<p>Research and develop Ensuring Cultural and Linguistic Competence: Guide for Respite Care Researchers that provides information to researchers that will enhance their capacity to use culturally and linguistically competent approaches in the conduct of all phases of research including planning, theory development, instrumentation, analysis, interpretation, dissemination, and knowledge translation.</p>	<p>✓ Tawara Goode with the Georgetown University National Center for Cultural Competence introduced the research guide concept to CARR members at the January 2023 CARR meeting.</p> <ul style="list-style-type: none"> • Hold a listening session with CARR members to inform guide development. • Disseminate the guide via the CARR, through a national webinar convened by ARCH, post on the ARCH and NCCC websites, and in other venues to diverse researchers and

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		stakeholders who should partner in the conduct of research.
<p>2. Target the needs of Lifespan Respite Care Program grantees (past, present and future), and advance the overarching goals of the Lifespan Respite Care Program in program implementation, technical assistance, and resource development by identifying, developing, and disseminating T/TA resources that address the role of respite in supporting families in developing natural support systems.</p>	<p>Individual technical assistance. Respond to telephone, email or mail requests.</p>	<p>Ongoing</p>
	<p>ARCH Quick News Update. Disseminate monthly e-newsletter to respite field on timely news related to best practices, new research findings and reports, data sources, policy issues, family caregiving, disability and aging issues.</p>	<p>Produced monthly Archived newsletters</p>
	<p>Fact Sheets. Research and develop fact sheets on topics to be determined from training/TA needs assessment, work plan objectives, TA requests, consumer requests, and RAISE Family Caregiving and Grandparents Raising Grandchildren Advisory Council respite recommendations.</p>	<p>At least one annually: 9 Steps to Respite - Consumer Focused Fact Sheets <i>Updated in 2021</i></p> <ul style="list-style-type: none"> ✓ <i>Nine Steps to Respite for Military Caregivers</i> ✓ <i>Nine Steps to Respite for Grandfamilies (and translated into Spanish)</i> <p><i>Updated in 2022</i></p> <ul style="list-style-type: none"> ✓ <i>Nine Steps to Respite for Family Caregivers of Children and Adults with Intellectual and Developmental Disabilities (I/DD) (and translated into Spanish)</i> ✓ <i>Nine Steps to Respite for Family Caregivers of Persons with</i>

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		<p><i>Dementia, including Alzheimer's Disease (and translated into Spanish)</i></p> <p>Fact Sheets targeted to professionals. Completed in 2022:</p> <ul style="list-style-type: none"> ✓ Adult Day Services ✓ Faith-based Respite <p>New in 2023</p> <ul style="list-style-type: none"> ✓ Volunteer Respite: Roadmap to Resources
	<p>Identify and promote Natural and Informal Respite Supports</p>	<p>Promotion of best practice use of LifeCourse Tools for Respite</p> <ul style="list-style-type: none"> ✓ 2022 LifeCourse Nexus Showcase, April 13 and 14. ARCH, AL Lifespan Respite Network, NV Lifespan Respite Coalition, and NV Dept of Health and Human Services presented on use of Respite Tools. Recorded presentation. <p>Ongoing</p> <p>Identify and feature model volunteer and faith-based respite services in Learning Collaboratives, webinars, conference presentations, and through Innovative and Exemplary Respite Services recruitment, recognition, and promotion.</p> <ul style="list-style-type: none"> ✓ ARCH Resources on Volunteer and Faith-based Respite ✓ Volunteer and Faith-based Respite Resources/Tools Data Base <p>See <i>Volunteer and Faith based Learning Collaborative and Podcasts below.</i></p>
	<p>Hold network-wide and national webinars on a variety of topics using outside experts.</p>	<p>Archived webinars</p> <p>New Webinars</p> <p>ARCH co-hosted webinars in 2023 with the BREAK Exchange.</p> <ul style="list-style-type: none"> ✓ Alabama Lifespan Respite Caregiver Wellness Initiative, March 7, 2023

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		<ul style="list-style-type: none"> ✓ <u>Evolution of Dementia Carers' Needs for and Access to Short Breaks: A Research Study from Wales, July 13, 2023</u>
	<p>Learning Collaboratives</p>	<p>See Learning Collaborative <u>Resources, PPTs, and meeting recordings.</u></p> <p>1) Implementing the Respite Actions in the National Strategy to Support Family Caregivers Learning Collaborative –</p> <ul style="list-style-type: none"> ✓ Launched in February 2023, meets monthly. <u>All meeting recordings.</u> <p>New Products</p> <ul style="list-style-type: none"> ✓ <u>The Role of Respite in the National Strategy to Support Family Caregivers – An ARCH Policy to Practice Brief</u> ✓ <u>State Lifespan Respite Grant Activities Aligned with the National Strategy's Goals and Outcomes</u> <p>Webinars with Outside Experts</p> <ul style="list-style-type: none"> ✓ <u>Learning Collaborative Launch, February 16, 2023</u> with Wendy Fox-Grage, RAISE Act Family Caregiver Resource and Dissemination Center, NASHP ✓ <u>Approaches to State Policymaking and Diversified Funding, April 20, 2023</u> with Siena Ruggeri, Changing the Care Conversation Project, Community Catalyst ✓ <u>Strengthening the Direct Care Workforce, July 13, 2023</u> with Kezia Scales, Vice President of Research & Evaluation, PHI <p>2) Respite Voucher Learning Collaborative meets quarterly.</p> <ul style="list-style-type: none"> ✓ <u>Self-Directed Respite Voucher Guide</u> prepared by Applied Self-Direction released at the National

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		<p>Lifespan Respite Learning Symposium.</p> <ul style="list-style-type: none"> ✓ Readiness Self-Assessment Tool for new or enhanced Respite Voucher Programs. ✓ Centering Equity in Access to Services: Lessons from the Field, June 8, 2023 with Lifespan Respite Washington <p>3) Volunteer and Faith Based Respite Learning Collaborative meets quarterly and features webinars by LC members and outside experts:</p> <ul style="list-style-type: none"> ✓ Students as Respite Volunteers: A Creative Approach to Supporting Family Caregivers, Feb 9, 2023 ✓ Partnering with AmeriCorps Seniors to Support Respite and Workforce Development, May 11, 2023 <p>4) Performance Measurement Learning Collaborative is no longer meeting formally. Individual TA and coaching are available from ARCH.</p> <p>5) Sustainability Planning Learning Collaborative meets monthly. See Sustainability LC below.</p> <p>Joint Webinar of the Performance Measurement and Sustainability Learning Collaboratives</p> <ul style="list-style-type: none"> ✓ The Business of Respite: Key Performance Indicators for Program Sustainability and Accountability, April 6, 2023 with Jed Johnson, CARF <p>6) Learning Collaborative on Students as Respite Providers</p> <ul style="list-style-type: none"> ✓ Launched in April 2023 in collaboration with the BREAK Exchange and the Respite Care Association of Wisconsin. Meets monthly to encourage academic institutions, Lifespan Respite

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		<p>grantees. community-based respite providers and others to implement programs that recruit and train students (e.g., nursing, social work) to volunteer/intern as respite providers based on best practice models.</p>
	<p>ARCH National Lifespan Respite Conference with Lifespan Respite track and Grantee/Partner Learning Symposium</p> <p>Hold annually in collaboration with a State Respite Coalition.</p>	<p><u>2022</u></p> <ul style="list-style-type: none"> ✓ In September 2022, ARCH partnered with the Respite Care Association of WI to host the National Lifespan Respite Conference in Madison, WI. September 13-15, 2022. View Conference Program, presentations and Day 1 and Day 2 recordings. ✓ Lifespan Respite Grantee and Partner Learning Symposium (grantee meeting) was held Sept 13, 2022. <p><u>2023/24</u></p> <ul style="list-style-type: none"> • ARCH will host the 2024 National Lifespan Respite Conference, RAISE the Bar for Respite, with the New York State Caregiving and Respite Coalition and the New York State Office for the Aging, May 21-23, 2024 in Albany, NY ✓ Call for Presentations is open until Oct. 16, 2023. • Lifespan Respite Grantee and Partner Learning Symposium will be held in Albany on May 21, 2024.

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	<p>Support development and implementation of Culturally and Linguistically Competent Respite Services by developing a self-assessment checklist for Lifespan Respite grantees, partners, respite providers and others in the Respite Network.</p>	<p>Partnership with the <i>Georgetown National Center for Cultural Competence</i> (underway)</p> <ul style="list-style-type: none"> ✓ Listening Sessions with grantees, providers and diverse family caregivers held August 2022 • Report on findings from the listening sessions in draft • Development underway of manuscript with results of the listening sessions. • Development underway of Self-Assessment Tool for designing and delivering culturally and linguistically competent respite services.
<p>3. Build national capacity at federal, state, and local levels to increase respite capacities in former grantee states, and states yet to receive funding, and to support their efforts to build or strengthen their state respite coalitions.</p>	<p>ARCH-sponsored State Lifespan Respite Summits Plan for and convene Summits in at least two states in years 2, 4 and 5 with priority given to states that have never had a Lifespan Respite grant or to former grantee states that need assistance in rebuilding or strengthening their respite coalitions or for sustainability planning.</p>	<p>None scheduled for year 4.</p>
	<p>Lifespan Respite 101 Toolkit and Resources</p>	<p>✓ Orientation Guide for Lifespan Respite Grantees and Partners</p>
	<p>Network-wide Webinar Series on RAISE Council and SGRG Council Recommendations, including Private-Public Partnerships (scheduled for years 3-5)</p>	<p>See Learning Collaborative for Lifespan Respite grantees and partners on implementing respite actions identified in the National Strategy to Support Family Caregivers.</p>
	<p>Network-wide Webinar Series on Addressing the Workforce Crisis by Recruiting and Training Respite Providers (scheduled for years 2-5).</p>	<p>Ongoing through Respite Provider Recruitment, Training and Retention Pilot Project in collaboration with NASHP will inform this workplan activity.</p> <ul style="list-style-type: none"> • Evaluation Report • Journal Articles • Replication Toolkit ✓ Presentations on respite provider recruitment, training and evaluation

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		<p>initiative made at <i>ADvancing States HCBS Conference</i>, August 2023, and at 2022 National Lifespan Respite Conference.</p>
	<p>ARCH Website Redesign. Consolidate the information, tools, trainings, and resources produced by ARCH and shared by State Lifespan Respite Grantees and Partners, and enhance search capabilities to increase ease and frequency of use by grantees, partners, family caregivers and the general public.</p>	<p>COMPLETED</p> <p>✓ New website went live in February 2023.</p> <p>New Feature Highlights:</p> <ol style="list-style-type: none"> 1) Resources for Family Caregivers 2) Resources for Respite Providers 3) Lifespan Respite Technical Assistance and Resource Center Site 4) Policy 5) Research 6) Searchable databases and libraries for: <ul style="list-style-type: none"> • Respite research annotations • Innovative and Exemplary Respite Services • Volunteer and Faith-based Respite Resources • Performance Measurement Tools • 100's of ARCH and partner publications, webinars, podcasts, manuals, fact sheets, and more in the Resource Library 7) Maps <ul style="list-style-type: none"> • State Medicaid Waivers • Lifespan Respite grantee and State Respite Coalition contacts • State Respite Voucher Program contacts and application info

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	<p>National Respite Locator Service (NRLS). Expand and keep current database and funding/eligibility information and maximize visitation and search engine capabilities. Develop updated or new web platform.</p>	<p>Completed</p> <ul style="list-style-type: none"> ✓ New NRLS launched March 2023
	<p>State respite registry development. Determine state needs and provide resources and assistance.</p>	<ul style="list-style-type: none"> • TA is ongoing through Respite Provider Recruitment, Training and Retention Pilot Project in collaboration with NASHP
<p>4. Support long-term capacities and sustainability of lifespan respite programs, activities and/or state respite coalitions.</p>	<p>Facilitate Sustainability Planning Learning Collaborative for Lifespan Respite grantees and partners.</p>	<p>Meets monthly</p> <p>ARCH facilitator prepares discussion guides or tools to generate exchanges, supplement learning and respond to questions.</p> <p>See Sustainability Planning Learning Collaborative for meeting recordings, resources and discussion guides.</p>
	<p>Monitor State progress in Sustainability Planning</p>	<p>Ongoing</p> <ul style="list-style-type: none"> • Post State Sustainability Plans and Documents on Website. Collect and post states' sustainability plans and related planning documents and worksheets on ARCH website. • Promote mentoring. Document peer-to-peer contacts and sustainability planning progress. • Organize and support an all-network webinar presenting accomplishments of select Sustainability Learning Collaborative members – in planning
	<p>Update Respite funding/financing strategy documents.</p> <p>Update in years 4-5</p>	<ul style="list-style-type: none"> • Financing Strategies Matrix for Lifespan Respite Programs and State Respite Coalitions (<i>to be updated in 2023</i>) • Medicaid Waivers that Pay for Respite (<i>updated 2019; New update for 2024</i>) • Federal Funding and Support Opportunities for Respite (<i>updated Feb 2021; new update for 2025</i>)

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<p>5. Identify, disseminate, and promote implementation of Lifespan Respite Best Practices</p>	<p>Grow Innovative and Exemplary Respite Services Registry Annually disseminate applications nationally and review applicants through a selection committee. At least 10 new Respite Services will be recognized as Innovative and/or Exemplary and will be added to the registry (annually in years 1-5).</p>	<ul style="list-style-type: none"> • Thirteen respite services recognized as Innovative and Exemplary, Innovative or Rising Stars in 2020 now under review for renewal or redesignation to a higher status • Application for 2024 Innovative and Exemplary Respite Services now open until October 16, 2023.
	<p>Promote Innovative and Exemplary Respite Services</p>	<ul style="list-style-type: none"> ✓ Three podcasts released: <i>Conversations on Caregiving – Exploring Respite Care Innovations</i> that featured select Innovative and Exemplary Respite volunteer respite services. <ul style="list-style-type: none"> • Podcast 1: <i>Not free, but freely given</i> • Podcast 2: <i>Respite is a contact sport, not a spectator sport</i> • Podcast 3: <i>Flooding the airways with kindness</i> ✓ Online searchable data base of all Innovative and Exemplary Respite Services completed. <p>Evaluation and Link to CARR</p> <ul style="list-style-type: none"> ✓ Four Evaluation Minigrants were awarded in April, 2023 to Innovative and Exemplary Respite Services ✓ Learning Community of evaluation grantees meet monthly <ul style="list-style-type: none"> • Panel of Evaluation Grantees will present their preliminary findings at the virtual Respite Research Summit in year 4 to promote model testing, evaluation, and service replication.

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	Develop report on Lessons Learned in Innovative and Exemplary Respite Services	To be developed in years 4-5.
	Grow Lifespan Respite Grant Activities Database Summarize grantees' final reports to ACL, supplement with grantee interviews, and update state facts sheets of grantee objectives, activities, outcomes and partnerships in years 2 and 5.	<ul style="list-style-type: none"> ✓ Four new state summaries of Lifespan Respite grantee final reports (MA, MT, SD, WA) were posted on the ARCH website and added to the updated compendium, Summaries of Lifespan Respite Grantee Activities and Outcomes from Final Reports of FY 2017 and FY 2018. ✓ Twenty eight one-page summaries of FY 2020, FY 2021, and FY 2022 grant proposals have been prepared and posted on the ARCH website.
	Develop report on Lifespan Respite Care Program Best Practices and Lessons Learned	To be developed in year 5

Updated September 2023