National Strategy to Support Family Caregivers

Steps States Can Take to Implement Respite Actions

Illinois Lifespan Respite Task Force
December 12, 2023
Training and Technical Assistance Division provides support to State Respite Coalitions, service providers and families through consultation, training, evaluation, and research.

National Respite Locator Service (NRLS) helps family caregivers and professionals locate respite services in their communities.

National Respite Coalition is the policy and advocacy division of ARCH.

Lifespan Respite Technical Assistance Center, funded by the U.S. Administration for Community Living, supports State Lifespan Respite grantees and their partners in developing state respite systems serving caregivers of persons of all ages and conditions.
Presentation Overview

- National Strategy to Support Family Caregivers
- Role of Lifespan Respite Care Grantees and Partners in implementing National Strategy
- ARCH Respite Provider Recruitment & Training Pilot
- Next Steps
RAISE Act
Recognize, Assist, Include, Support, and Engage Family Caregivers Act

- Became law in January 2018
- Three key components:
  - Establish Family Caregiving Advisory Council
  - Deliver Initial Report to Congress
  - Develop National Family Caregiving Strategy
National Strategy Goals

- GOAL 1: Increase awareness of and outreach to family caregivers
- GOAL 2: Advance partnerships and engagement with family caregivers
- GOAL 3: Strengthen services and supports
- GOAL 4: Ensure financial and workplace security
- GOAL 5: Expand data, research, and evidence-based practices to support family caregivers.
National Strategy Content

- 2022 Strategy lays out a framework for systemic caregiver supports, and identifies caregiver needs that require new legislation
- 350+ Federal actions from 15 federal agencies
- 250+ broad actions for states, communities and stakeholders with a “roadmap” of ideas

acl.gov/sites/default/files/RAISE_SGRG/NatlStrategyFamCaregivers_ActionsSCO.pdf
Respite Actions in the National Strategy

Actions that States, communities, coalitions, private sector can take
Recommended Actions for:

Goal 1 - Increase awareness of and outreach to family caregivers

- Provide **up-to-date information** about local respite options
- Develop **culturally appropriate toolkits and resource guides**
- Seek out innovative ways to **conduct outreach**
Recommended Actions for:
Goal 3 - Strengthen services and supports for family caregivers

- Explore innovative models like **safe and reliable drop-in respite** care programs **during emergencies** or **unanticipated events**

- **Increase the availability** of a range of options for both in-home and out-of-home respite services:
  - Vouchers
  - Self-directed programs
  - Culturally specific programs
  - Alternate respite models

- Develop and disseminate **training resources** to increase the number of trained providers and volunteers
**Recommended Actions for:**
Goal 3 - Strengthen services and supports for family caregivers (continued)

- Examine programs and actions that leverage best practices, including:
  - Promote **federally funded resources**, including the National Respite Locator, the Eldercare Locator, the Disability Information and Access Line (DIAL), and the National Alzheimer’s Call Center
  - Tap into **faith-based volunteer networks**
  - Establish **cooperative respite models**
  - Provide **adult day services**.

- **Use the widest possible definition of respite**, meaning it can include any activity that provides the caregiver with a meaningful break.
Respite Resource Guide

- Designed as an action guide for state agencies
- Produced by ARCH in collaboration with NASHP
- Examples align with 5 goals of the strategy

https://supportcaregiving.org/respite-care/
The Role of Lifespan Respite Programs

What State Grantees and Coalition Partners are already doing
Lifespan Respite Care Program

Definition: Coordinated **SYSTEMS** of accessible, community-based respite services for all family caregivers regardless of age or special need.
Lifespan Respite Grant Activities

- Connecting families to respite
- Volunteer and Faith-based Respite
- Self-directed Respite Voucher Programs
- Promoting Informal Respite Opportunities
- Recruiting and Training Respite Providers
Respite Provider Recruitment, Training and Retention Pilot

For more information: Visit
https://archrespite.org/provider-resources/provider-training-resources/#TrainingAccordion-1
Respite Provider Recruitment, Training and Retention Project

- Core Competencies
- Respite Provider Training Curriculum
- Field Test
Possible State Activities

- State Lifespan Respite grantees and partners can take greater leadership roles in coordination, across systems and programs
- Engage Employers
- Establish relationships with medical community and insurers and convene a business roundtable
- Increase respite capacity through volunteer and faith-based efforts
- Advocacy
Next Steps

- ACL plan: Update the National Strategy every two years
- New Family Caregiver Advisory Council will focus on updating the Strategy and overseeing implementation
- Full Council meetings are live-streamed and open to the public at acl.gov/raise
- Call to Action: Read and speak up about the National Strategy
Join us!

RAISE the Bar for Respite

Strategies to strengthen family caregivers

2024 National Lifespan Respite Conference • May 21-23, 2024 • Albany, NY
For More Information

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