

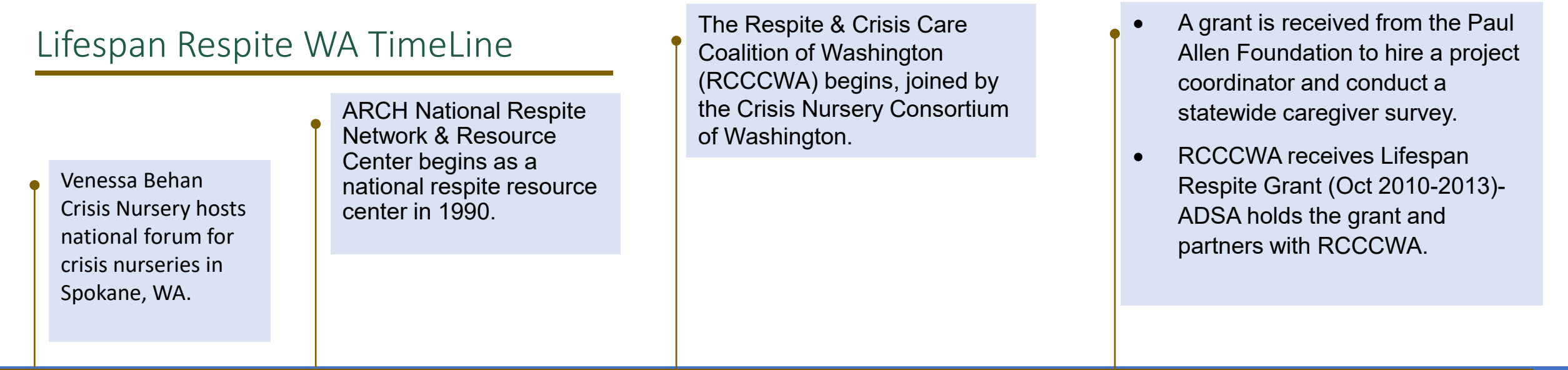


Lifespan Respite Washington

**Including Diverse Communities in Respite
Opportunities**

-- Lessons Learned from the Field

Lifespan Respite WA TimeLine



1980 1989 1990 1993 2002 2006 2010

Venessa Behan Crisis Nursery hosts national forum for crisis nurseries in Spokane, WA.

ARCH National Respite Network & Resource Center begins as a national respite resource center in 1990.

The Respite & Crisis Care Coalition of Washington (RCCCWA) begins, joined by the Crisis Nursery Consortium of Washington.

- A grant is received from the Paul Allen Foundation to hire a project coordinator and conduct a statewide caregiver survey.
- RCCCWA receives Lifespan Respite Grant (Oct 2010-2013)- ADSA holds the grant and partners with RCCCWA.

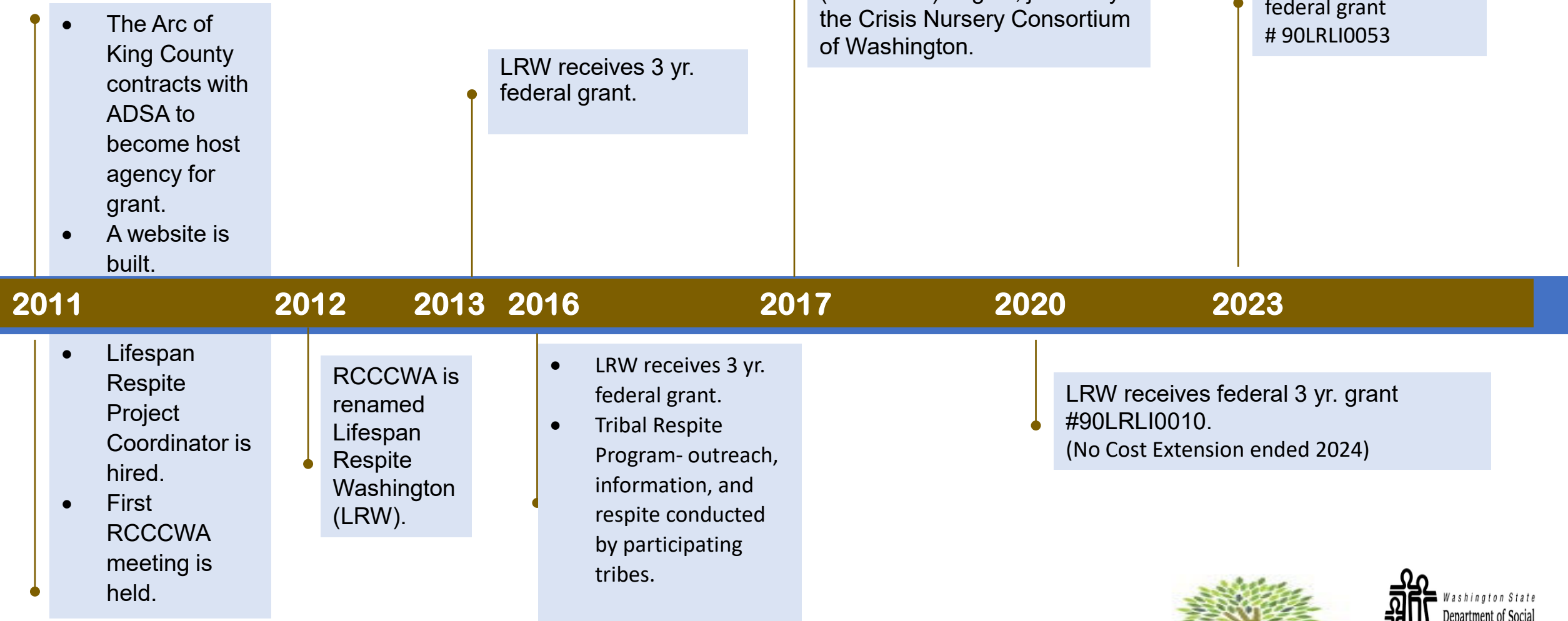
- Division of Children & Family Services (DCFS) secures federal grant for crisis nursery development.
- WA state legislature funds Respite Care Program to provide services to unpaid family caregivers through Aging & Disability Services Administration/DSHS.

Crisis Nursery Consortium of Washington is started to create cohesion, networking, and advocacy support.

Federal legislation passed the Lifespan Respite Care Act of 2006.



Lifespan Respite WA TimeLine



AL TSA Aging and Long-Term Support Administration

Kinship Navigator Program Overview





What is kinship care?

- Full-time care by relative or family-like connection
- Annie E. Casey Foundation estimates there are:
 - 2.6 million kinship children nationwide (4%)
 - 43,000 kinship children in WA (3%)
- Caregivers are most commonly grandparents
- Caregivers tend to be women and lower-income
- Kinship care has benefits for children
- Most kinship caregivers aren't involved in the child welfare system



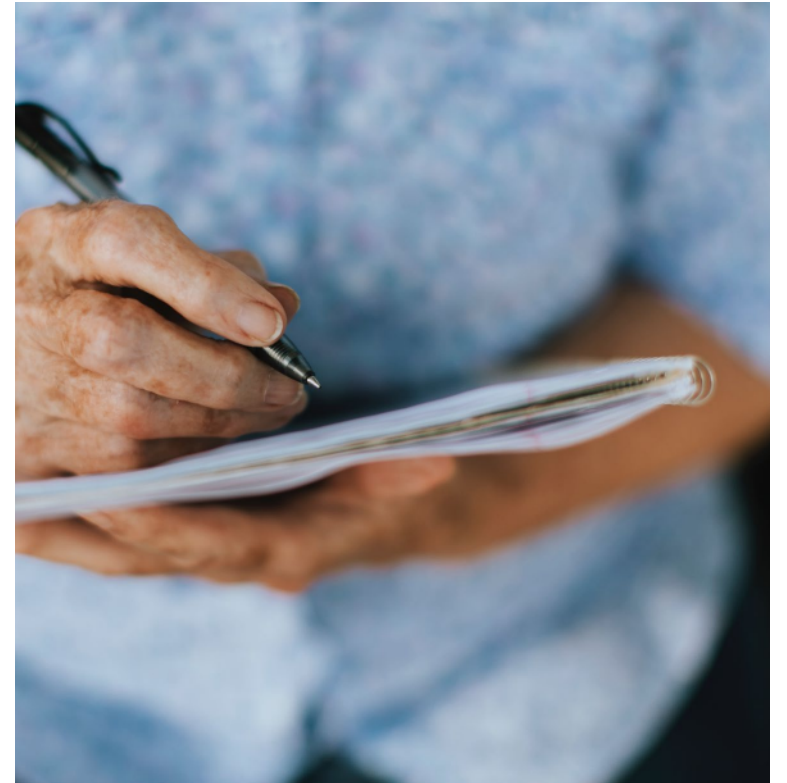
Kinship Navigator Programs

Services as Usual

- Kinship Navigator programs help caregivers navigate service networks and access resources
- WA services as usual:
 - Operating since 2005-state funding
 - Navigators now in all counties in WA
 - Hotline model with no follow up
- Comparison Sites: 12 counties that continued providing Kinship Navigator services as usual

Research Design

- 1. Intake**
 - Needs assessment
 - Goal setting
- 2. Three month follow up**
 - If caregiver still needs support, case stays open
- 3. If Case Is Still Open - Six month follow up**
 - Case closed at this time, but can be reopened
- 4. Six-month post-close follow up**
 - Closed case form and satisfaction survey
- 5. Twelve-month post-close follow up**
 - Closed case form and satisfaction survey



Areas of Frequent Need

1. Legal assistance
2. Financial assistance
3. Emotional and relational supports
4. Education and training for caregivers
5. Respite

Case Management (available in English & Spanish)

- Coordination of access to services,
- Assessing family needs,
- Creating goals,
- Follow up three months from intake.

Kinship Navigator Case Management Needs Assessment Respite Questions

Respite: temporary, time-limited break for caregivers (Select all that apply)

- Respite for caregivers (DCYF)
- Respite programs (DD Administration)
- Other respite vouchers programs (e.g. Lifespan Respite)
- Camp/retreats
- Child/youth activities (e.g. extra-curricular activities, scouts, sports)
- Family recreation activities

Tribal Kinship Navigator Program (services as usual)

The Aging and Long-Term Support Administration (AL TSA) is committed to partnering with tribes in Washington to achieve mutual goals between sovereign governments.

By developing partnerships with tribes [existing](#) Long-Term Services and Support partners and providers such as state and local government and private contractors, we believe the goal, culturally appropriate service delivery can be achieved.

What Tribal Navigators do:

- Assist kinship caregivers raising their relatives' children to connect with their tribal supports and resources and to locate additional resources and supports that can benefit their families.
 - These resources can include:
 - Health
 - Health Care Authority (HCA) [Tribal relations](#)
 - Financial
 - [Non-Needy Relative, In Loco Parentis, and Legal Guardian Grant](#) (Temporary Assistance for Needy Families)
 - Cash and medical assistance for children who are in the care of a relative of specified degree or a legal guardian or custodian. Adults who act "in loco parentis" or in the place of a parent may also be eligible.
 - You can apply for services [online](#), by phone at 877-501-2233 or at your [local](#) Community Services Office. *As with all our programs, the only way to know for sure if you are eligible is to apply.*

Tribal Kinship Navigator Cont.

- <https://www.dshs.wa.gov/altsa/altsa-tribal-affairs>

- Food
 - Find local programs in your area through [211](#)

- Legal assistance
 - Legal Advice and Referral for Kinship Care [LAARK](#)
 - LAARK provides legal advice to kinship caregivers in Washington on matters related to the children in their care. Topics include minor guardianship, the child welfare system, education, housing, and public benefits. [Click HERE to begin our online intake form](#), or call the LAARK voicemail and leave a message at 206-267-7075. If you can, apply online.

Tribal Kinship Navigator Cont.

Respite or short-term break from caregiving.

- Find out more about [Lifespan Respite in Washington](#)
- Emotional support
- Training
- Urgently needed goods and services
- Assist in establishing relationships between kinship caregivers and other Tribal program, DSHS services and other providers.
- Assist kinship caregivers to keep children from entering foster care.

Tribal Kinship Navigator Cont.

Other helpful Resources

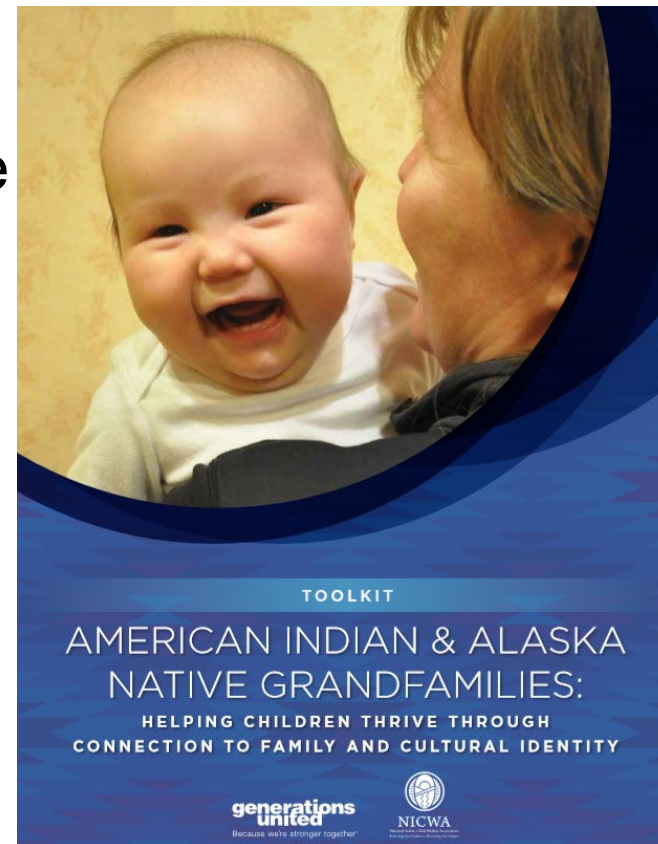
- List of sites & contact persons: https://www.dshs.wa.gov/altsa/kinship-care-support-services?field_counties_value=All&field_kinship_care_resource_type_value=Tribal+Kinship+Navigator&field_city_value=All
- [Links to federal Indian Child Welfare Act \(ICWA\) and Washington State Indian Child Welfare Act](#)
- [Link and/or contacts to Tribal Affairs unit in Aging and Long-Term Support Administration \(ALTSA\)](#)

Kinship Tool Kit

Generations United and NICWA

American Indian & Alaska Native
Grandfamilies: Helping Children Thrive
Through Connection to Family and
Cultural Identity

<https://www.gu.org/resources/american-indian-alaska-native-grandfamilies-helping-children-thrive-through-connection-to-family-and-cultural-identity/>





Tribal Lifespan Respite Pilot

Port Gamble S'Klallam
Tribe

Lifespan Respite
Program

Lifespan Respite Program

Specific Objectives of the Program

- Development of available caregiver services and eligibility criteria, provided through trainings and outreach
- Participation in trainings about respite services and traumatic brain injury
- Caregiver outreach and education to tribal caregivers and their families
- Assistance to eligible caregivers to apply for and access lifespan respite voucher services to support caregiver healthy aging

Need for Respite care for Elders and Youth

PGST strives to support families in caring your children/youth and elders.

Many families struggle with caring for an elder who may have memory issues or increased care needs.

This is also true for caring for children placed in a home, or a child with special needs, where the caregiver needs a respite break for self-care.

This grant gave us the ability to train family members as respite care providers

Training and Requirement's

Respite Providers were trained using the trainers recommended by the state

We trained a total of 8 individuals to provide respite care for their families and community members.

We did experience some problems with the training and worked with our state partners to address this and move forward in a positive way.

The respite providers were required to complete background checks in addition to the training.

Support

“The Lifespan Respite Grant allowed family and community members to provide much needed respite care for elders and youth in the tribal community, giving the full-time care providers a much-needed respite and some self care time.”

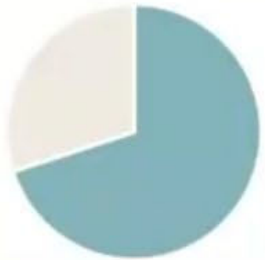
WA Cares

Washington State Long Term Care Act

wacaresfund.wa.gov



Long-term care is predictable and expensive



70% of us
will need long-term care²



not covered
by health insurance or Medicare



\$35,880/year
for 20 hours of home care
per week³



Only covered by Medicaid
once savings are spent down to
\$2,000

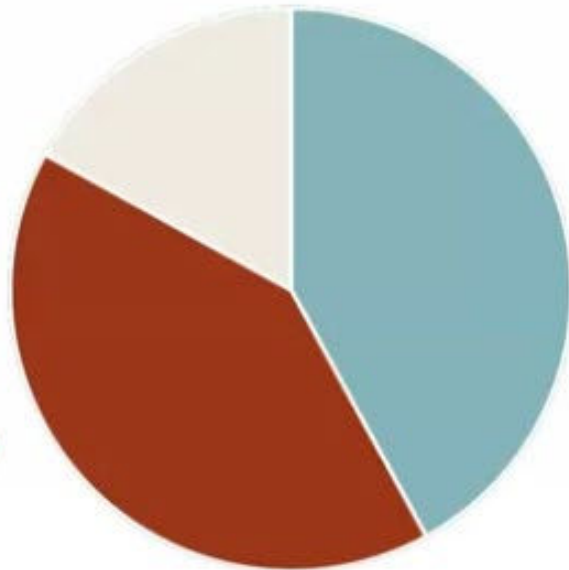
Most don't have a way to pay

\$56,000/year

Median household income for Washington seniors⁴

AMONG WASHINGTON WORKERS AGE 55-64⁵

41%
have no pension or
401 (k)/IRA savings



Another **42%**
have no pension & only
enough 401 (k)/IRA savings
to replace 10% of their
pre-retirement income





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Long-term care is
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Without WA Cares, long-term care costs – which we all pay through taxes on goods and services – would have **doubled in roughly two decades**¹¹

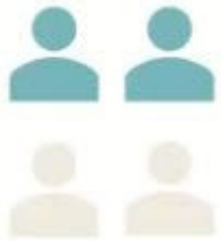
\$10.4 billion

Washington's budget for long-term care (23-25 biennium)¹²

8.9%

of state budget spent on long-term care (23-25 biennium)¹²

Family caregiving isn't free



Almost half

of family caregivers report a related financial setback⁷



\$303,880

average lost wages and benefits for caregivers 50+ who leave workforce early⁸



25%

Average amount of their own income caregivers spend on related expenses⁷



2 in 3

working caregivers say a program that pays caregivers would help⁹

Businesses and workers are impacted

AMONG WORKING CAREGIVERS¹⁰

61%

report caregiving responsibilities impacted their job



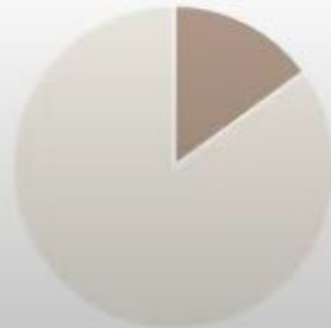
53%

Went in late, left early, took time off to provide care



15%

Went from full-time work to part-time or reduced hours



23%

report their health has worsened since taking on the role

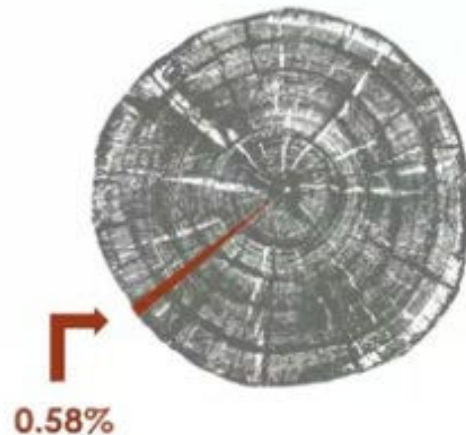


WA Cares Fund can help

- Earned benefit
- Self-funded by worker contributions
- Works like an insurance program
- Only contribute while you're working
- Everyone covered at same rate regardless of pre-existing conditions
- No copays, no deductibles, and you never have to file a claim

Typical Income:
\$50,091

Typical Contribution:
\$291/year



Contributions

0.58%

Amount workers
contribute from wages



Contributions began

Benefits

\$36,500

Lifetime maximum benefit
(adjusted annually up to
inflation)



Benefits available

The benefit is flexible

Up to **\$36,500** for any combination of services and supports, including:



Professional care at home or in a facility



Adaptive equipment & technology like hearing or medication reminder devices



Training & paying family member or friend to be your caregiver



Home-delivered meals



Home safety evaluations & environmental modifications like wheelchair ramps



Support & respite for family caregivers



Transportation

Must need help with **3 activities of daily living** like bathing, dressing, eating, medication management

How far will the benefit go?



Family caregiver

Paying a family caregiver	\$31,300
10 hours/week for 2 years	
Care supplies	\$2,200
2 years of incontinence supplies	

Total **\$33,500**



Home accessibility

Home safety renovations	\$15,000
Electric wheelchair or scooter	\$2,600
Weekly meal delivery	\$9,200
7 meals/week for 3 years	

Total **\$26,800**



Temporary support & services

Part-time caregiver	\$31,300
20 hours/week for 1 year	
Transportation to appointments	\$3,200
for 1 year	
Crutches	\$50

Total **\$34,600**

Note: These are estimates and do not guarantee the cost of any services, which may vary based on your area and other factors.

Increasing Support for Family Caregivers

- wacaregivingjourney.com - Washington's Trualta portal
 - Added a link to the WA Cares website
- Lifespan Respite Statewide Coalition
 - Invited WA Cares to be members of Washington's Lifespan Respite Coalition
- WA Cares Benefits – A Family Caregiver's Guide
 - 2025- working with WA Cares to develop a helpful guide for unpaid family caregivers making decisions about services and supports.

Arun's father has dementia and needs constant supervision. For families like Arun's, caregiver support is critical.

“WA Cares will provide a majority of people peace of mind, for when you need some time off to take care of yourself while taking care of the family.”

If Arun's dad had WA Cares, he could use his benefit for:

Respite care

Home safety

Home modifications



Thank You from Washington (UL)



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