

Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Idaho Commission on Aging (ICOA)**

Funding Period: September 1, 2020 – February 29, 2024

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Primary Goal: **Establish a lifespan respite program that expands, enhances, and improves access to respite services throughout the state for family caregivers of people of all ages.**

Key Performance Measures	Notable Achievements
<p>Grantee partner Boise State University – Center for the Study of Aging (BSU-CSA) conducted an analysis of consumer-directed respite (CDR) programs using a retrospective pre-test survey administered by the Area Agencies on Aging (AAAs) from March 1, 2021 through February 2023. Results of the survey from 124 participants indicated significant positive outcomes in caregivers’ perceived ability to find and pay for respite; cope with stress; care for their loved one at home; and address other challenges frequently associated with caregiving. Evaluation measures showed statistically significant positive changes on all factors. Other measurable outcomes showed an increase in available respite services and heightened awareness among caregivers about respite resources. Participants providing qualitative comments indicated a need for more qualified respite providers with training in toileting, lifting, working with children, and communication and listening skills.</p>	<p>The grantee’s key accomplishments included: 1) the development of Idaho’s management information system infrastructure to accommodate AAAs CDR and State Program Report (SPR) accountability; 2) Idaho’s HB 687, the appropriation bill for the Commission on Aging that included \$720,00 in ongoing funding to improve access to care for vulnerable seniors and direct support for their caregivers; 3) three annual ICA Caregiver Conferences and a Lifespan Summit; 4) the development of ICA’s website, resource library, monthly newsletters, Idaho legislative updates; 5) increased outreach and awareness; 6) the foundation and expansion for AAAs to implement the CDR model in providing homemaker and transportation services in rural communities; 7) cross-sharing of state’s Medicaid Money Follows the Person Program, Family Caregiver Navigator to help inform changes in the caregiver support system statewide; and 8) consumer evaluations.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p>Objective 1. Implement a state consumer-directed lifespan respite (CDR) program designed for caregivers who do not have access to respite through other means.</p> <p>Notable Products and Performance Outcomes</p> <ul style="list-style-type: none"> The grantee and partners accomplished the following CDR related activities: <ul style="list-style-type: none"> Increased local community awareness of CDR by creating and implementing outreach strategies; Increased regional partners and referrals network; Developed processes to counsel caregivers about respite and other community supports; Informed, assisted, and enrolled eligible caregivers into the CDR program; Collected evaluation data demonstrating the merits of the CDR program. 	<p>State and Community Partners/State Respite Coalition/Organization Role</p> <p>ICOA, Idaho Caregiver Alliance (ICA) and the AAA aging network worked in partnership to increase capacity and collaboration among an array of other important partners including: the Idaho Department of Health and Welfare Medicaid, Children’s Behavioral Health, Idaho Parents Unlimited, Blue Cross and Molina of Idaho, health and behavioral providers, healthcare delivery systems, Jannus, AARP and many more. Key partners contributed to fact finding and evaluation of</p>

Key Objectives, Activities and Outcomes

- The Southwest Area Agency 3 (with three bilingual staff members) and ICA focused on reaching and supporting Hispanic and grandparents/kinship care populations.
 - Enrollment increased 60% in a six-month period as a result of their outreach and support efforts.
- During September 2020 – August 2023, Idaho AAAs served 425 caregivers providing 26,306 hours of consumer-directed respite and other supports.
- Carryover funds allowed ICOA to contract with Rays for Rare, a nonprofit organization that provides uplifting pediatric palliative and supportive care.
 - These funds supported the provision of 1,737 hours of respite to 128 medically fragile children and their families from March 2023 – February 2024.

Objective 2: Expand access to information about the value of respite and respite care resources to lifespan caregivers through established and new information access points including: Area Agency on Aging/Aging and Disability Resource Centers (AAA/ADRC), the Idaho Caregiver Alliance (ICA), Family Caregiver Navigator (FCN), churches, and employers.

Notable Products and Performance Outcomes

- The ICOA and ICA expanded the No-Wrong-Door entry points for lifespan caregivers through ICOA, the AAAs/ADRCs, Idaho Parents Unlimited, 2-1-1 Careline, ICA, and FCN.
 - Their efforts included an active ICA website, monthly newsletter, and social media presence dedicated to lifespan caregiving.
- ICOA contracted with four AAAs, ICA, BSU-CSA and Rays for Rare to increase local community awareness of the CDR and respite programs through outreach and marketing strategies including: distributing flyers to clinics/hospitals and libraries; presenting information to organizations across the state such as tribal communities and employers (Hewlett Packard, Micron, and Boise State University); posting radio ads; providing staff trainings; issuing monthly newsletters; using social media, conferences, quarterly meetings, family events, Hispanic kinship care resources and committee development, fundraisers, and Idaho educational legislative luncheons and updates to inform and advocate.

Coalition, ADRC and Community Partners

Idaho caregiver needs and the effectiveness of ICOA and the ICA. The grantee and key partners expanded resources and connections with the development of the ICA website, resource library, quarterly meetings, monthly newsletters, legislative updates and three navigator project advisory committees. The grantee and partners also increased outreach to and promoted cultural awareness of Idaho's Hispanic community.

Aging and Disability Resource Center Role

ADRCs were key partners across multiple grant activities, especially in expanding access to information about the value of respite and ways to access respite resources. Evaluation data was used to help understand how the system affected caregiver access and to guide the grantee and partners in streamlining referrals and enrollments in ADRC systems.



For more information, contact ARCH at (703) 256-2084