

# Lifespan Respite Learning Collaborative

*Implementing Respite Actions in the National  
Strategy to Support Family Caregivers*

---



August 8, 2024

# Agenda

---

- Welcome, Introductions, and Announcements
  - ❖ Please put your name, state and organization in the chat.
- Learning Collaborative Feedback Survey
- Leadership Principle: ***Personal Ecology: Resilience***
- Breakout Discussion Groups
- Leadership Principle: ***Personal Ecology: Discipline & Self-Care***
- Next Steps



# Funding Opportunity

---

- **AmeriCorps Seniors RSVP**
- **Deadline to Apply: September 18, 2024**
- A funding priority: Supporting older adults and their caregivers through caregiver respite, support groups, system navigation, care coordination, and resources for custodial grandparents.
- Schedule for Information/Technical Assistance Calls  
<https://americorps.gov/funding-opportunity/fiscal-year-fy-2025-americorps-seniors-rsvp-opportunity#TTASchedule>
- Notice of Funding Opportunity (NOFO)  
<https://americorps.gov/funding-opportunity/fiscal-year-fy-2025-americorps-seniors-rsvp-opportunity>



# National Respite Care Provider Training

- NASHP Webinar: Respite Care Provider Training Curriculum Webinar: Lessons from the States
  - Wednesday, August 28 at 3 PM ET
  - Register: [https://nashp.org.zoom.us/webinar/register/WN\\_t4maxd5NSBC2RGgueTxLDA](https://nashp.org.zoom.us/webinar/register/WN_t4maxd5NSBC2RGgueTxLDA)
- Read more & access the Replication Toolkit
  - <https://archrespite.org/library/national-respite-care-provider-training-and-replication-toolkit>

National Respite Care



Provider Training™

## Respite Provider Recruitment, Training, and Retention Project



The Respite Provider Recruitment, Training and Retention Project was funded by the Administration for Community Living. Through this initiative, the ARCH National Respite Network and Resource Center (ARCH), in collaboration with the National Academy for State Health Policy (NASHP) and the Respite Care Association of Wisconsin (RCAW), field-tested a competency-based online respite provider training curriculum for entry-level respite providers in 10 pilot sites. The RCAW developed the training curriculum, helped advance a newly developed recruitment campaign among the pilot sites, and worked with ARCH and an evaluation consultant to monitor the effectiveness and reach of the training and marketing strategies.

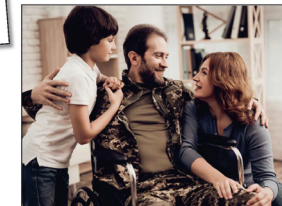
To learn more about the project and the field test, visit the ARCH website at [bit.ly/NRCPT](http://bit.ly/NRCPT) or scan the QR code.



### RESPITE CARE PROFESSIONAL CORE COMPETENCIES

As a part of the project, ARCH convened an Expert Workgroup that created recommendations for Respite Care Professional Core Competencies. Members of the Expert Workgroup conducted an extensive review of existing core competencies and evidence-based frameworks developed by national and state organizations, governmental entities, and universities in training curricula for direct support professionals. The workgroup then identified core competencies specific for respite providers.

Learn more about the core competencies at [archrespite.org/library/respice-professional-core-competencies](http://archrespite.org/library/respice-professional-core-competencies) or scan the QR code.



# Innovative and Exemplary Respite Services

---

- National Call for Applications will open by **September 1, 2024**
- Information Session will be held in early September.
- Read more about the initiative, the selection process and how to apply.

<https://archrespite.org/provider-resources/innovative-and-exemplary-respite-services/>



Conference Website

<https://archrespite.org/2025-national-lifespan-respite-conference/>



2025 National Lifespan Respite Conference  
April 1-3, 2025 ✨ Huntsville, AL



## Presentation Slides:

- **Keynote Speakers:** <https://archrespite.org/2024-nlrc-keynote-speakers/>
- **Breakout Session Speakers:** [https://archrespite.org/conference\\_program\\_2024/#PPTSlides](https://archrespite.org/conference_program_2024/#PPTSlides)

# National Strategy LC Feedback Survey

---



- Respond Anonymously
- Quick & Easy 10 Questions
- Link Available

<https://www.surveymonkey.com/r/NationalStrategyLC>

- **Deadline August 16<sup>th</sup>**

*Thank you for your response!*





# Personal Ecology

---



- Fearless
- Confident
- Resourceful
- Courageous



# Social Circles

---



- Like, Respect, Trust
- Gives Space to learn & grow, make mistakes
- Listens, Respects confidentiality
- Allows Emotions without judging, criticizing
- Gives Good Advice in difficult situations
- Reciprocity with helping
- Want to be with, but not obsessively
- Does not take advantage



# Building Resilience

---



- Competence
- Confidence
- Connection
- Character
- Contribution
- Coping
- Control

Polling Question: Which Areas of Resilience would you give yourself **5-Stars** for? (Multiple Choice)



# Breakout Discussion Groups

---

- Recent Change was Opportunity/Learning Experience
- Coping with Tough Times
- Maintain Sense of Purpose
- Possible in Airplane Mode



# Self-Discipline

---

- Control Thoughts, Emotions & Actions
- Like Willpower
- Not Perfection, but Consistency
- Small Steps of Progress
- The Reward You Choose



# Work-Life Balance

---

- Plan for Breaks
- 10-Minutes A Day
- One-Percent Better
- Airplane Mode



**Airplane  
Mode**



# Sense Of Purpose

---

- Persevere through Adversity
- Understand Contribution
- Bloom Where Planted
- Change, Accept but don't Resist



# Self-Care Myths

---

- Not for everybody
- Anything that soothes you
- Selfish
- Always relaxing
- A reward





# Commitment to Self-Care

---

**You can't manage stress if you're not practicing self care.**

## 8 types of self care



**Polling Question:** Do you prioritize self-care in your life? Which area(s) should get more of your attention? (Multiple Choice)



# Next Steps

Watch your inbox  
for upcoming  
meeting invites.

Next Meeting:  
**September 5, 2024**

Visit the Learning Collaborative webpage  
for recordings and resources

<https://archrespite.org/ta-center-for-respite/learning-collaboratives/#LCAdvancedTabs-5>



# For More Information

---



Cheryl Dinnell  
ARCH Consultant  
[CDinnell.NV@gmail.com](mailto:CDinnell.NV@gmail.com)

ARCH National Respite Network  
and Resource Center  
[archrespite.org](http://archrespite.org)

## Lifespan Respite Technical Assistance Center

This project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,647,597 with 75 percentage funded by ACL/HHS and \$549,200 amount and 25 percentage funded by non-government source(s). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

