



**Lifespan Respite Grantee and Partner Learning Collaborative
State Lifespan Roles for Implementing the Respite Actions in the
National Strategy to Support Family Caregivers**

AGENDA
August 8, 2024 | 3:00 PM – 4:30 PM ET
[Zoom Link](#) Passcode: 609134

3:00 – 3:10 PM ET	Welcome, Introductions, and Overview of Agenda
3:10 – 3:20 PM	<p><i>Principle of Leadership: Personal Ecology</i></p> <p>Personal ecology is a concept that involves creating a long-term environment for your life that can help you be resilient and prepared for challenges. It also refers to the idea that our environment and relationships influence how we take care of ourselves.</p> <p>Resilience is the ability to cope mentally and emotionally with a crisis, or to return to pre-crisis status quickly.</p>
3:20 – 3:50 PM	<p>Breakout Discussions & Group Report:</p> <p><i>See Breakout Room Discussion Question Guide</i></p>
3:50 – 4:20 PM	<p><i>Principle of Leadership: Personal Ecology (cont.)</i></p> <p>Self-discipline is the ability to resist impulses, maintain focus, and see projects through to completion. Self-care is the practice of taking action to preserve or improve one's own health and taking an active role in protecting one's own well-being and happiness, particularly during periods of stress.</p>
4:20 – 4:30 PM	Question & Answer, Wrap up, and Next Steps