



Lifespan Respite Learning Collaborative on the National Strategy Breakout Room Discussion Guide August 8, 2024

Instructions:

We will break out into 2-3 smaller groups to discuss the following questions related to leadership on the National Strategy.

Attendees will be randomly assigned into breakout groups. Each group will have a facilitator who will record the session.

Multiple questions are provided to help stimulate a flow of ideas on the topic. Don't worry about getting through all the questions. They are intended to help guide quality conversation.

Please introduce yourself to the group.

Discussion Questions:

We cultivate our personal ecology when we take time to be aware of ourselves, others, and our environments, and when we take time to give serious thought to our behaviors, thoughts, attitudes, motivations, and desires so we can engage in our own personal growth and development and prioritize our self-care practices. Through personal ecology, we can maintain better balance, foster greater resilience, and sustain our sense of purpose while being of service.

Consider these questions:

1. Identify a recent change in your life. What new opportunities or learning experiences has it brought you?
2. Think of how you've coped with troubles in the past. When something goes wrong, do you tend to bounce back or fall apart? What has helped you through tough times?
3. How do you maintain a sense of success and purpose every day?
4. What might become possible with the time when you put your phone in airplane mode?

Prepared by ARCH for the Lifespan Respite Grantee and Partner Learning Symposium on Implementing the National Strategy to Support Family Caregivers, August 2024