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*Focus on Diversity, Equity, Inclusion
and Accessibility in Respite Research*



Chat Question

How often does your work involve an intentional focus on equity, diversity, inclusion and/or accessibility?



Diversity = “Different perspectives”

Accessibility = “Ease of use”

Equity = “Fairness”

Inclusion = “Feeling welcome”

Social Identity Constructs



- Race
- Ethnicity/Culture
- Ability
- Age
- Sex
- Citizenship
- Class
- Educational Level
- Religion/Spirituality
- Gender Identify and Expression
- Geographic Region
- Indigenous or Tribal Affiliation
- Martial /Relationship Status
- Nation of Origin
- Parental Status
- Political Affiliation
- Use of English
- Skin Color/Physical Characteristics
- **CAREGIVER**

Equality



Equity

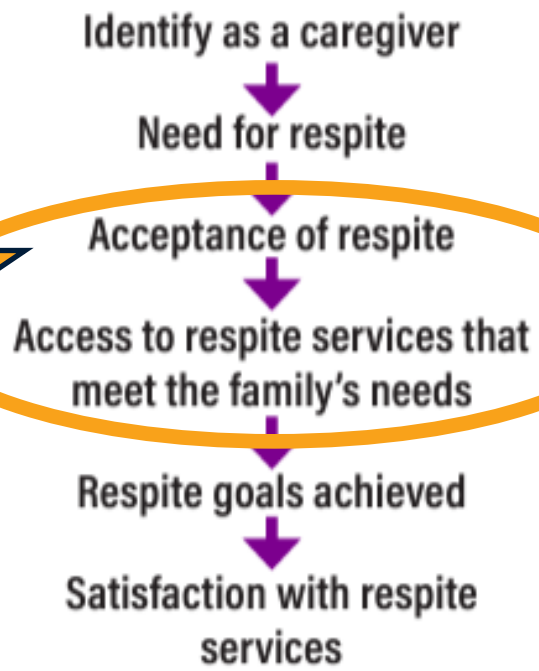
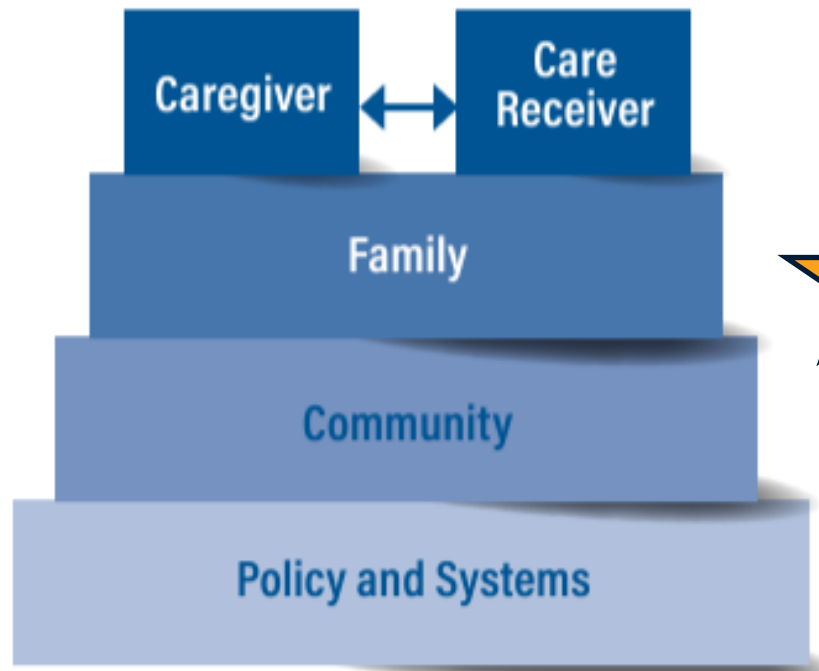


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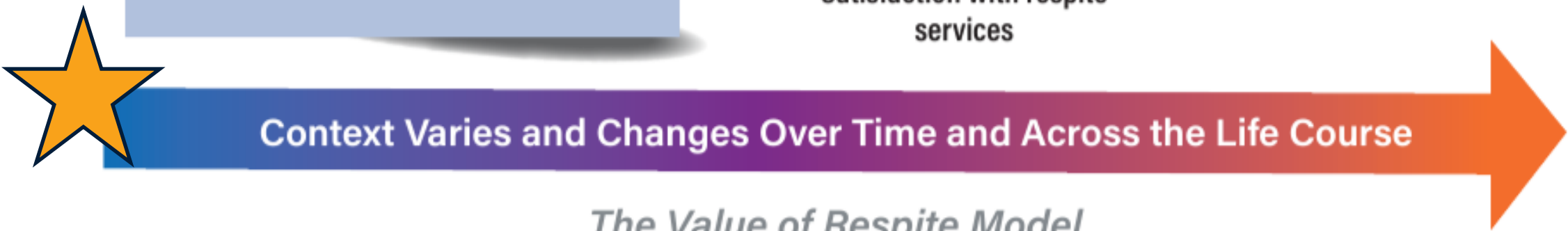
The “Five Rights” of Respite Care

Right PERSON	→	Right FAMILY
Right MEDICATION	→	Right TYPE of Respite
Right TIME	→	Right TIME
Right DOSE	→	Right DURATION
Right ROUTE	→	Right LOCATION

**From [Kim Whitmore Dissertation](#)*

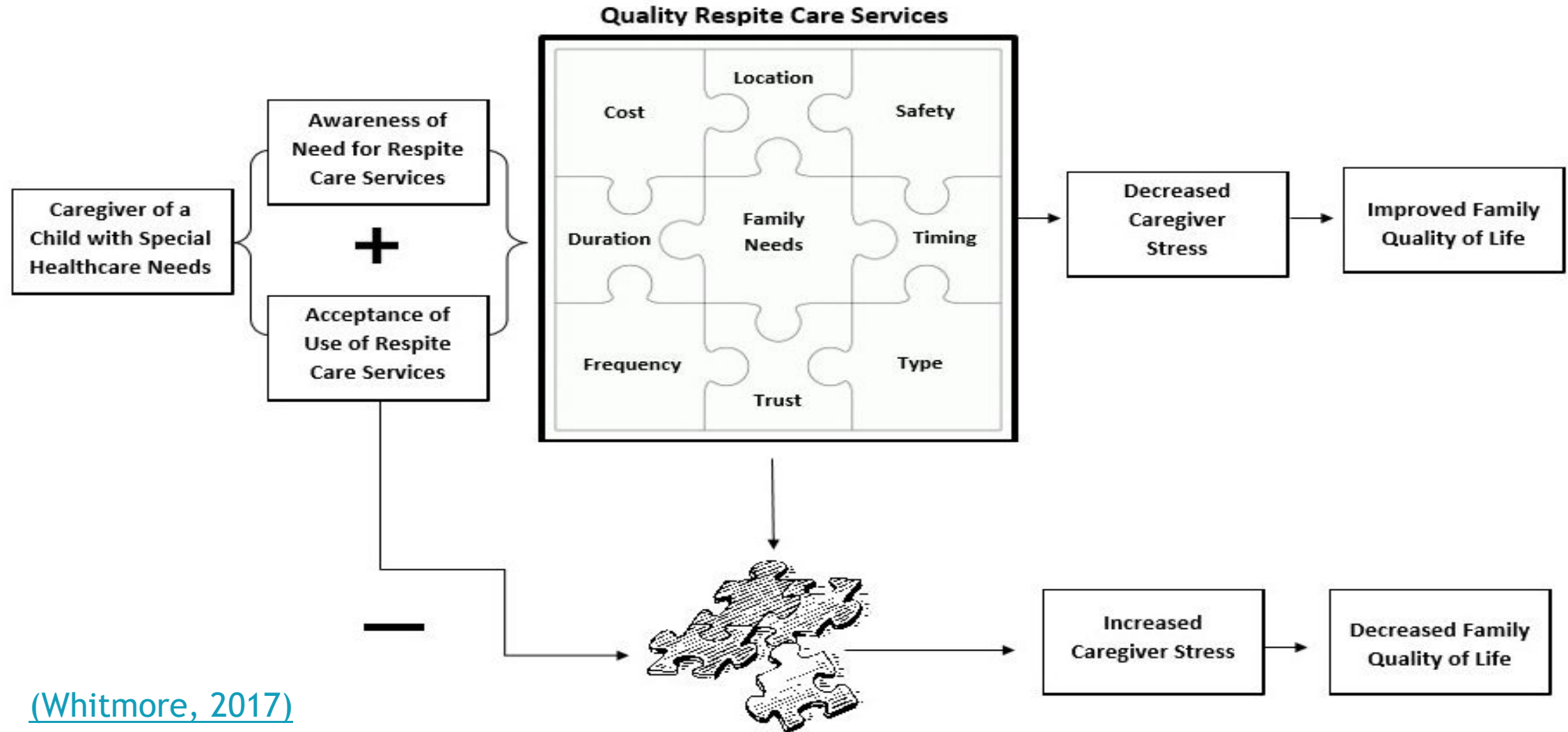


- Health and well-being (physical, mental, social, spiritual, and financial)
- Quality of life (individual and family)
- Societal outcomes
- Cost of care (direct and indirect)



The Value of Respite Model

The Concept of Respite Care



[\(Whitmore, 2017\)](#)



**How do we “do”
Equity, Diversity, Inclusion,
and Accessibility in Respite
Research?**

Research studies that...

- Intentionally address disparities or inequities
- Focus on historically underrepresented populations
- Capture cultural context of participants
- Engage community partners in the research process
- Have established community advisory boards
- Validate findings with the community
- Disseminate plain-language summary of findings to community

Reflection Questions

- Is your research team diverse, representative, and inclusive?
- Are you cultivating authentic relationships with diverse stakeholders, including family caregivers, care receivers, and respite providers?
- Are you engaging stakeholders at all stages of the research process, including formulating research questions, study design/methods, recruitment, data collection, analysis, and dissemination?
- Are all study materials accessible and linguistically appropriate?
- What implicit biases do you/your team need to unlearn to avoid biased data collection and biased dissemination?
- What inequities need to be prioritized in your work?

Chat Question

What is one way you plan to enhance your work to include an intentional focus on equity, diversity, inclusion and/or accessibility?





For More Information



Lifespan Respite Technical Assistance Center

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ARCH National Respite Network
and Resource Center

<http://www.archrespite.org>

