

# Connecting Caregiving Research Through a Common Framework for Measuring the Value of Respite

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## BACKGROUND

- Despite ample evidence that respite has many benefits for family caregivers, limited research has been done to capture the economic value of respite.
- Current research and evaluation methods do not adequately measure the economic value of respite.

## PURPOSE

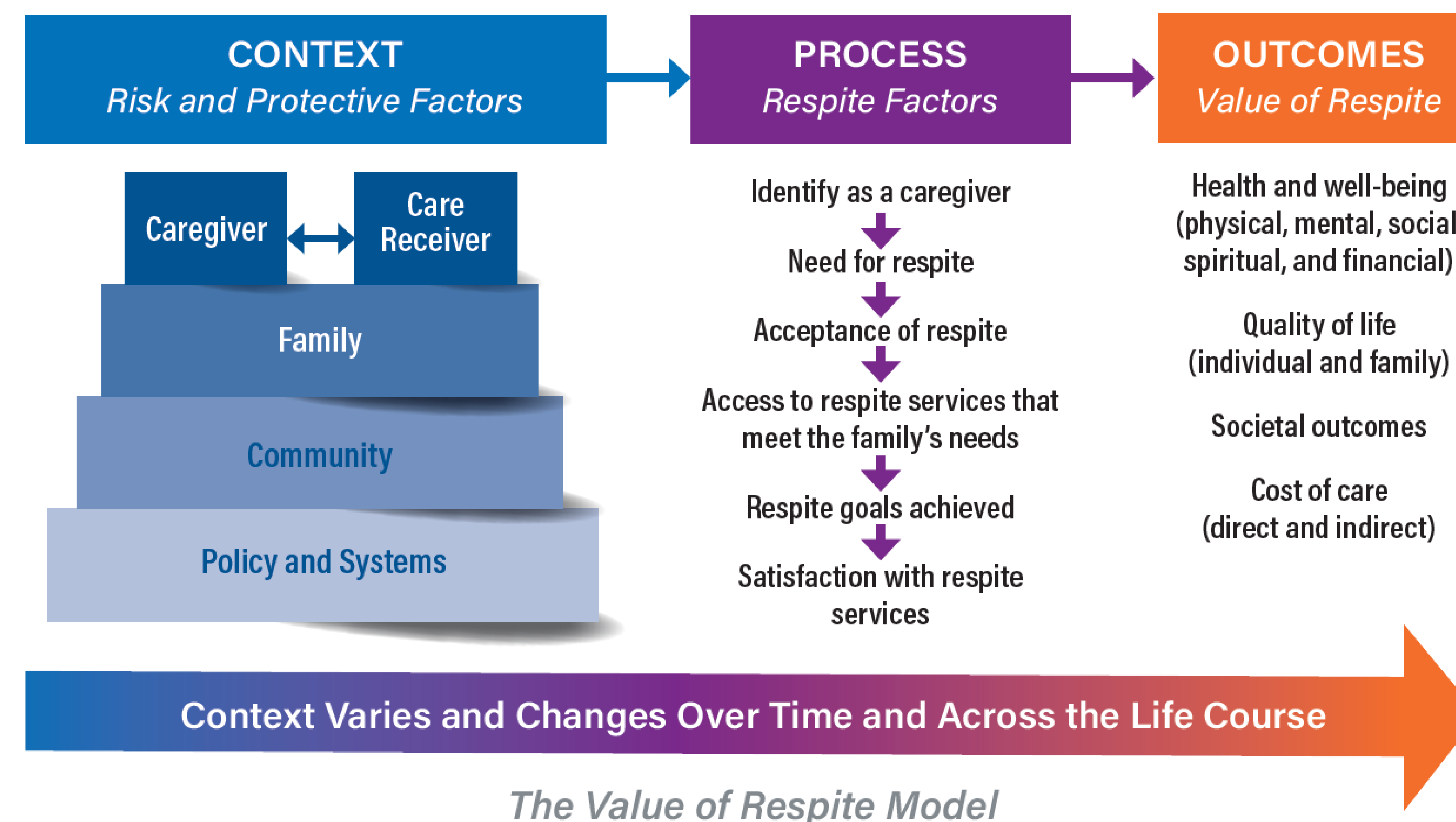
- This white paper provides an in-depth description of the current challenges related to measuring the economic value of respite and offers a new framework for research and evaluation.

## METHODS

- The ARCH National Respite Network and Resource Center (ARCH) convened national experts to serve on the Committee for Advancement of Respite Research (CARR).
- Members of the CARR conducted a comprehensive environmental scan and engaged in an iterative process over several months to develop the *Value of Respite Model*.

## THE VALUE OF RESPITE MODEL: A MULTI-LEVEL LIFE COURSE PERSPECTIVE

- In this model, the caregiver is the main beneficiary of respite
- However, the caregiver is interconnected with the care receiver
- Both are situated in the context of their family, community, and policy and systems
- These contextual factors can help protect the caregiver or put them at risk for negative outcomes
- The context varies and changes over time and across the life course of both the caregiver and the care receiver
- The caregiver goes through a process that begins with identifying themselves as a caregiver
- If all respite factors in this process align positive outcomes can occur and the value of respite can be measured at the individual, family, community, or policy and systems level



## DISCUSSION & IMPLICATIONS

- This paper is a call to action for researchers, state and federal programs, and other organizations that fund or provide respite to adopt the *Value of Respite Model*.
- The recommendations provided should be used as a guide to enhance research and evaluation methods which, ultimately, may lead to increased access to evidence-based respite that improves caregiver outcomes.

## NEXT STEPS

- The CARR is developing a companion document which provides recommendations for common data elements (CDEs) for respite research that will be released at the ARCH Respite Research Summit in October.

**\*SCAN QR CODE TO READ THE WHITE PAPER**

