



ARCH
National Respite Network
AND RESOURCE CENTER

Three-Part Webinar Series: Sustaining Respite

ARCH Sustainability
Planning Learning Collaborative

The Foundation for Sustainability: Empowering Leaders, Cultivating Partnerships, and Nurturing Mentorships

  2 Contributors





Leadership

Empowering Leaders for a Sustainable Future

Oklahoma's Commitment to Respite Care



LeadingAge Oklahoma

Claire Nichols-Dowers, OKCares Chair

Supports aging service providers and advocates to promote quality care for older adults and caregivers.

1

Oklahoma Human Services

Talena M. Ford, OKCares Vice-Chair

Provides leadership and oversight for respite care programs.

2

Sooner SUCCESS

Aietah Stephens, OKCares Respite Representative

Offers programs and resources for caregivers.

3

Oklahoma AARP

Mashell Sourjohn, OKCares Legislative Representative

Advocates for policies that support older adults and caregivers.

4

Oklahoma ABLE Tech

Shelley Gladden, OKCares Secretary

Provides technology resources for caregivers and individuals with disabilities.

5



How would you currently describe the leadership structure within your organization?

- Concentrated in one person
- Shared among a few
- Collaborative and distributed

Please select the option that best describes your organization's current leadership approach.



Vision for Respite Care

Improved Caregiver Well-being

Respite care provides caregivers with much-needed breaks, reducing stress and burnout.

Enhanced Quality of Life

Both caregivers and care recipients benefit from respite care. Individuals receiving care get personalized attention and specialized services, while caregivers experience reduced stress and improved well-being during respite periods.

Strengthened Family Support

Respite care empowers families to navigate caregiving challenges and maintain a sense of balance.



OKCares Leadership Vision for Respite Care

Empowered Caregivers

Caregivers experience reduced stress and improved physical and emotional well-being through regular breaks.

State Cost Savings

States save millions in healthcare costs by preventing caregiver burnout and reducing institutional placements.

Stronger Communities

Communities benefit from healthier families and reduced burden on healthcare services.



Oklahoma: A Model for Respite Care



Strong Leadership

Oklahoma's Department of Human Services provides leadership and oversight for respite programs.



Robust Partnerships

A strong network of community partners expands the reach and impact of respite services.



Data-Driven Approach

Oklahoma uses data to inform program adjustments and ensure effectiveness.

Why The Oklahoma Caregiver Coalition Coalition?

Strong Coalition

Over 400 partners demonstrate widespread support for respite care in Oklahoma.

Wide Reach

An interactive website and strong social media presence make resources easily accessible.

Large Attendance

Over 100 attendees at the January 2025 meeting highlight the growing interest in respite care.



OKCares



Oklahoma Family Caregiver Conference

1

High Attendance

Over 1000 registrants from 73 of the 77 Oklahoma counties show the conference's impact.

2

Vendor Support

125+ vendors from across the state highlight strong local community support for caregivers.

3

Virtual Q&A

Virtual Q&A breakout rooms provide opportunities for personalized support and connection.



My Caregiving Journey



Work-Life Balance

My personal story highlights the importance of flexible work arrangements.



Support

Caregiving has its challenges, but support plays a crucial role in resilience and healthy families.



Power Mapping: Benefits for Strategic Leadership & Targeted Engagement in Coalitions





Inclusive Leadership: Creating a Welcoming Environment

Commitment

Create a culture where all feel valued and respected.

Courage

Advocate for policies and initiatives that create social change.

Curiosity

Seek input from others and conduct needs assessments to understand different perspectives.

Collaboration

Foster partnerships to expand reach and provide comprehensive support.



Why Partnerships Matter: Building a Network of Support



Partnership: A Roadmap for Success

Humility

Acknowledge limitations and be open to learning from others.

Visible Commitment

Demonstrate commitment to actively support all people through actions and words.

Curiosity about Others

Actively seek to understand the varied experiences and perspectives of those you lead.

Balancing Virtual and In-Person Collaboration



In-Person Collaboration

Prioritize face-to-face interactions to foster deeper connections and build a stronger sense of community.



Virtual Collaboration

Leverage technology to stay connected, share resources, and reach a broader audience.



How do you prioritize who you partner with?

1 Shared Values


2 Complementary Skills

3 Track Record

4 Warm Body

5 Resources Offered

6 Other



A Collaborative Success Story: The Power of Working Together and Amplifying Impact

Increased Resources & Expertise

Pooling resources allows us to offer a wider range of services and tackle complex challenges more effectively.

Enhanced Innovation & Creativity

Unique perspectives spark innovation and lead to more creative solutions.

Expanded Reach & Impact

Working together allows us to reach more families and communities, making a greater impact.





Collaboration: The Key to Success

Improved Service Delivery

Collaboration streamlines service delivery and enhances the overall quality of care.

Stronger Community Support

Building strong partnerships within the community garners greater support and advocacy for caregivers.



The Importance of Shared Leadership





Sharing the Load, Sharing the Success

1

Increased Ownership

Empowering caregivers to participate in decision-making fosters commitment and self-care.

2

Enhanced Creativity

Unique perspectives lead to innovative solutions and tailored support options.

3

Greater Morale

Building a support network reduces stress, prevents burnout, and fosters a sense of community.

4

Improved Decision-Making

Collaborative decision-making ensures that choices reflect caregiver values and needs.



Mentorship: Empowering the
Next Generation of Leaders



Poll Question?

Have you been a mentor?

Have you been a mentee?



Mentorship: Building a Legacy of Respite Care Leadership

1

Continuity

Mentorship ensures that knowledge and skills are passed on to future generations.

2

Growth

Empowers individuals to develop their skills and contribute more effectively.

3

Support

Provides a vital support system for those new to leadership or new to respite leadership.

Mentorship: A Guiding Hand

Guidance

Mentors offer support, share experiences, and provide insights to navigate challenges.

Network

Mentees gain access to their mentors' connections and resources, expanding their network.

Belonging

Mentees feel supported and encouraged, knowing they have someone to turn to for guidance.



Mentorship: A Lifeline for Leaders

Guidance & Support

Mentors provide valuable guidance, share experiences, and help mentees develop essential skills.

Open Communication & Support

Mentorship offers a safe space for communication, active listening, and mutual support.

Reducing Burnout & Increasing Retention

Mentorship can help reduce burnout, increase retention, and empower respite care leaders.





Moving Forward: A Collective Call to Action

Empower Leaders

Invest in leadership development and mentorship programs to cultivate a strong workforce.

Strengthen Partnerships

Foster collaboration among organizations and individuals to amplify impact and resources.

Nurture Mentorship

Create a culture of mentorship to support and guide the next generation of respite care professionals.



Call to Action: Join the Movement

Engage in Collaboration

Actively seek opportunities to connect and work with other organizations.

Support Mentorship

Become a mentor or seek mentorship to support the development of future leaders.

Advocate for Respite Care

Share your experiences and advocate for policies that strengthen respite care services.

Thank You for Your Commitment to Respite Care

Together, we can create a brighter future for caregivers, families, and communities.



*Thank
you*



Questions and Discussion



Connect With Us

We'd love to hear from you and continue the conversation about strengthening respite care in our community.



Email

OKCares@okdhs.org



Phone

405.625.7030



Website

www.OKCares.org



Facebook

[@OKCares4You](https://www.facebook.com/OKCares4You)



Twitter

[@OKCares](https://twitter.com/OKCares)



Instagram

[@okcares_ok](https://www.instagram.com/okcares_ok)



LinkedIn

[OKCares](https://www.linkedin.com/company/OKCares)

ARCH Three-Part Webinar Series on Sustaining Respite

Join us for this comprehensive webinar series exploring different aspects of building and maintaining sustainable respite care programs. Each session features experienced presenters sharing valuable insights and practical strategies.

Part Two: The Evolution of Sustainability

April 17, 2025 | 3:00 – 4:00 PM ET

- Abbey Derepentigny, Caregiver Support Program Assistant Director, Division of Policy, Planning, Program and Outcomes, New York State Office for the Aging
- Doris Green, Director, New York State Caregiving and Respite Coalition
- Dana Priest, Caregiver Support Program Director, Division of Policy, Planning, Program and Outcomes, New York State Office for the Aging

This session offers practical guidance in respite systems planning -- including who, when, where, how, and why --, finding and working with a facilitator, and the importance of circling back and revising plans based on data that informs wise decisions.

Part Three: The Art of Sustainability

June 12, 2025 | 3:00 – 4:00 PM ET

- Tracy Cieniewicz, Lifespan Services Director, Alabama Lifespan Respite, a Project of UCP of Huntsville and Tennessee Valley

This session offers practical guidance in developing and diversifying resources from the ground up, ways to reduce risks and threats to sustainability, and strategies for securing funding and using it to build lasting respite infrastructure.

Each session builds upon the previous ones, providing a comprehensive framework for developing and maintaining sustainable respite care services in your community. To register or for more information, contact Susan Summers at sjsummers@archrespite.org or visit

https://friendsnrc.zoom.us/meeting/register/8Q8N_qEWTg6qNHXeWaUloA.

For More Information



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Lifespan Respite Technical Assistance Center

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