



Montana Caregiver Respite Retreat Program



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What happens if we offer a 1-day Respite Retreat?

830 Caregivers have attended a retreat

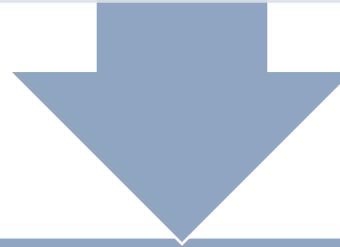
6 hr. events focusing on education on Sustainable-Self Care practices

4400 hours of Respite in Montana

Well-being begins to dip over time

2.46/5 Pre-Assessment score avg.

4.89/5 Post Assessment score avg.



1-month Assessment score avg. 4.24/5

3-month Assessment score avg. 3.92/5

6-month Assessment score avg. 3.61/5

Challenge how can we return sooner than yearly?

Moved to a 2-hour program check-in at 6 months (Opposite of the yearly 5-hour program)

MSU Extension agents put on 11 retreats across Montana in Feb 2025 where we engaged 174 caregivers and provided 348 hours of respite

Post Assessment score avg. 2.78 / 5 to 4.4 / 5

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“it was great to have another retreat”

“when are you coming back?”

“I needed this today.”

