

Oklahoma Respite Wish List

Training & Education

- **OKCares Training Hub:** Online training hub for all types of caregiving.
- **Respite Provider Training:** Comprehensive training for all respite providers.
- **CPR Certification Resources:** Access to affordable CPR certification courses.
- **CG Training:** Training for caregivers on hiring, training, and maintaining respite providers.
- **Mental Health First Aid Training Resources:** Access to and promotion of Mental Health First Aid training.
- **APS, CPS Training:** Training on Adult Protective Services and Child Protective Services for caregivers.
- **Diagnosis-Specific Training Links:** Links to resources for training on specific diagnoses.
- **Trualta:** Access to online family caregiver training through Trualta.

Respite Services & Support

- **GRG Night Out:** Partner with organizations to provide entertainment and respite care for grandparents raising grandchildren.
- **Respite Nights for Adults with Disabilities:** Regular respite nights specifically for adults with disabilities.
- **Mental Health Services/Counseling for Caregivers:** Increased access to mental health services and counseling for caregivers.
- **Respite Resource Fair:** Annual or biannual fair to connect caregivers with respite providers and resources.
- **Monthly Support Group Meetings:**
 - Support groups led by counselors.
 - Respite resource presentations at each meeting.
 - Respite care provided for care receivers during meetings.
- **Monthly Respite Activity:** Partner with local organizations (RiverSport, Zoo, Horseback Riding, YMCA, Oklahoma River Cruises, Orr Family Farm, etc.) to provide one free or discounted respite activity per month.
- **Caregiver Camp:** Offer a caregiver camp with vouchers for respite providers for care receivers.
- **PTC Classes or Other Educational Workshops:** Offer parent-teacher conferences or other workshops for caregivers with concurrent activity classes for care receivers.

Support & Enrichment

- **Therapy Dogs/Service Dogs:** Increased access to therapy dogs and service dogs for caregivers.

- **Technology Support:**
 - Audiobooks, Kindles, iPads.
 - Virtual Reality Travel Opportunities using VR headsets.
- **Transition Center/Life Skills Classes:** Offer transition centers and life skills classes for adults with disabilities.
- **Student Educational Scholarships:** Offer scholarships to respite providers to earn their Certified Nursing Assistant (CNA) or other healthcare certifications.
- **Tech Classes for Caregivers:** Offer technology classes at Vo-Techs (e.g., GRGs helping grandkids with online schoolwork, seniors connecting with family via Zoom).
- **Partner with Entertainment Venues:** Partner with movie theaters, bowling alleys, etc., for caregiver "night out" events.
- **Caregiver Care Packages:** Provide care packages containing resources/flyers, PPE, age-appropriate games/activities for loved ones, and coupons for respite/self-care (salons, restaurants, etc.).
- **Tutors for Kinship Families:** Provide tutoring services for children in kinship families.
- **Expand Emergency Nursery Services:** Expand access to emergency nursery services like the OKC Crisis Nursery.

Innovative Approaches

- **VR Experiences:** Utilize VR experiences and equipment for GRGs, caregiver support groups, and night outs.
 - Use VR with grandkids, care receivers with dementia, and children with disabilities.
 - Offer VR sessions followed by guided discussions.
- **Partnerships:**
 - Partner with Healthy Living OKC, DLC, Senior Centers, Vo-techs to offer respite activities or respite nights.
 - Partner with the Oklahoma Memory Care Institute and Tulsa Pet Store/Pet Adoption for robotic pets.
- **GRG Summer Camp for Kids:** Offer a summer camp with field trips for children of grandparents raising grandchildren.
- **Music Programs:**
 - Music classes for caregivers and their loved ones.
 - Music Therapy program at SWOSU.
 - Musical Memories Cafe/Songs by Heart (Tulsa Opera).
 - UCO Jazz Lab.
 - Traveling music/entertainment groups.
- **University Partnerships:**
 - Collaborate with UCO's Gerontology and Nursing programs to provide respite and incorporate respite care into student curricula.
 - Utilize various UCO departments (nursing, athletics, social work, pre-allied health/med, music, gerontology, etc.) for respite day activities.

- **Faith-Based Partnerships:** Partner with faith-based organizations to offer respite services.
- **Creative Respite Spaces:** Utilize unused buildings (e.g., Sunbeam Shelter) as a Respite House or Crisis Nursery.

Community Support

- **Friday Night Date Nights:** Offer "Friday Night Date Nights" for parents/GRGs with children with special needs.
- **Vo-Tech Classes with Childcare:** Offer classes at vo-techs for GRGs with childcare provided by students.
- **Transportation:** Provide Uber/Lyft driver support for elderly and home-based patients to reach medical appointments.
- **Virtual Respite:** Offer virtual respite options: music therapy, exercise, games, discussion groups, virtual bingo.
- **Food Support:** Provide food boxes and meal delivery services to new caregivers.
- **Expand Memory Cafes:** Expand the availability of Memory Cafes across the state.
- **Caregiver Navigators:** Implement a program similar to PCOC (Person-Centered Options Counseling) to connect caregivers with resources.
- **Caregiver Toolkit:** Develop a comprehensive caregiver toolkit (print and digital).
- **Cleaning Services:** Offer a one-time deep clean service for caregiver homes.
- **Respite for Hearing Impaired:** Develop specific respite services for caregivers of individuals with hearing impairments.

Recruitment of Respite Workers/Volunteers

- **Higher Education Institutions:**
 - Recruit from college nursing/healthcare/special education/gerontology/health & human services programs (CNA, EMT programs).
 - Contact relevant departments at UCO, OSU, OUHSC, and SWOSU.
- **High School Students:**
 - Recruit from high school NHS/Key Club students for activity assistance (to earn service hours).
 - Explore opportunities with DC Service Learners and similar programs in other schools.
- **Churches & Faith-Based Organizations:**
 - Engage churches and Sunday School classes for short-term respite volunteer commitments.
- **Senior Companion/Volunteer Programs:**
 - Utilize existing senior companion and volunteer programs.
- **Service Fraternities:**
 - Recruit members from service fraternities and sororities.

