

Lifespan Respite Care Program Enhancement Grant

PROJECT SUMMARY

Grantee Organization: Alabama Department of Senior Services (ADSS)

State: Alabama

Project Period: September 30, 2025 to September 29, 2028

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Project Overview:

The Alabama Department of Senior Services (ADSS), in partnership with the Alabama Lifespan Respite Resource Network™ (Alabama Lifespan Respite), a program of United Cerebral Palsy of Huntsville and Tennessee Valley, Inc. (UCP), the Alabama Lifespan Respite Coalition (Coalition), and others will implement principles and actions contained in the National Strategy to Support Family Caregivers to meet three goals aligning with the mission of Lifespan Respite Care programs to elevate the quality and availability of respite services to reduce caregiver burden.

The **goal** of this project is to enhance and expand existing respite and support services and respite provider training to family caregivers of children and adults, while developing a policy framework that will expand and strengthen Alabama's current lifespan respite care initiatives.

Project objectives: 1) reach underserved populations; 2) increase collaboration with new state agency partners and its local offices; 3) strengthen caregiver identification and internal referral processes within the AAAs/ADRCs; 4) enhance caregiver well-being by expanding access; and 5) utilize data and insights from the Caregiver Wellness Initiative.

Proposed interventions: utilize new strategies to achieve key objectives; develop tailored marketing products including magazine print ads posted in state magazines for target audience of caregivers

of older adults and individuals with disabilities; extend reach to all areas of the state including caregivers in rural areas; develop caregiver toolkit highlighting availability of respite and mental health crisis services; initiate new state level partnerships; develop and distribute standardized caregiver information packets; strengthen existing caregiver identification and referral process; utilize grant funds to increase planned respite for caregivers needing mental health support; implement training through CareAcademy online program; and collect, analyze and share data with partners.

Outcomes and Products:

Anticipated outcomes: 1) reached new caregivers to provide support; 2) increased partnerships and cross-training; 3) improved workflow and efficiency identifying new caregivers and sending referrals; 4) increased respite hours, mental health counseling, and respite provider training to benefit caregivers; and 5) decreased stress, anxiety, isolation, and depression experienced by caregivers.

Expected products: magazine print ads; digital banner ads; caregiver toolkits; and standardized caregiver information packets and referral tools.

Data to be shared with the Alabama Department of Mental Health (ADMH) and other collaborative partners to determine effectiveness of free and accessible mental health counseling and supports for family caregivers.



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