

Lifespan Respite Care Program



Lifespan Respite Grantee Lead Agency: **Nevada Aging and Disability Services Division (ADSD)**

Funding Period: September 1, 2020 – August 31, 2024

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Primary Goal: **Strengthen support and services for family caregivers in Nevada through capacity building and advocacy.**

Key Performance Measures	Notable Achievements
<p>Nevada ADSD’s formal caregiver assessment collects data on family caregivers’ willingness and ability to provide long-term services and supports; the effects of social determinants of health; specific risk factors related to family caregiver stress and depression; the efficacy of referrals linking family caregivers to local resources; and family caregivers’ unmet needs and use of resources to meet those needs. Nevada ADSD also collects data on numbers of caregivers receiving respite across state programs.</p>	<p>Nevada ADSD and partners worked during the 82nd session of the Nevada Legislature (2023) to create two critical pieces of legislation that support family caregivers. First, the passage of AB 100, championed by the Nevada Lifespan Respite Care Coalition, piloted a standardized caregiver assessment that measures the impact of caregiving and resources needed, and provides data to help plan future programming. Second, the passage of AB 208 created a path for the state Medicaid agency to develop a new Structured Family Caregiving waiver for family caregivers of people living with dementia.</p>

Key Objectives, Activities and Outcomes	Coalition, ADRC and Community Partners
<p>Objective 1. Build a coordinated framework of respite access across the state that emphasizes self-direction and flexibility.</p> <p>Notable Partnerships, Products and Performance Outcomes</p> <ul style="list-style-type: none"> Nevada ADSD facilitated an intra-state workgroup that included leadership from the Older Americans Act programs, Medicaid Waivers, and State funded respite programs. <ul style="list-style-type: none"> The group built upon previous efforts to develop a minimum data set and satisfaction survey with the group. Once consensus was met for the data set and satisfaction survey, the group piloted these tools for a year. This effort was critical in helping to identify gaps in current practices and to plan ways to address those gaps. The intra-state workgroup documented the following: <ul style="list-style-type: none"> Older Americans Act programs served more than 2100 caregivers during fiscal year 2022. Intellectual/developmental disability programs served 1,985 caregivers during the same period. Medicaid Waivers for frail elderly and physically disabled persons served 372 caregivers during this period. 	<p>State and Community Partners</p> <p>Nevada ADSD facilitated an intra-state workgroup that included leadership from key programs administrating, funding, or providing respite programs and services, or promulgating respite policy. (See Objective 1.)</p> <p>State Respite Coalition/Organization Role</p> <p>The Nevada Lifespan Respite Care Coalition (NLRCC) created three videos aimed at promoting respite and recruitment of informal respite through existing networks. The Coalition also partnered with other organizations to help facilitate ‘Caregiver Conversations,’ informal monthly conversations open to all community members to highlight caregiver support</p>

- Nevada ADSD's efforts to facilitate recruitment through community social events was initially delayed due to ongoing restrictions from the COVID-19 pandemic. As a result, the ADSD and partners worked together to identify an approach that would increase access to respite while also adhering to restrictions.
 - In response, Nevada ADSD continued activities to fund emergency respite vouchers that focused on self-direction, empowerment and guidance to address ongoing respite needs.
 - The program coordinator for this project worked closely with family caregivers, the Nevada Care Connection Resource Centers, and state partners to identify resources and support for individuals beyond the use of emergency vouchers.

Objective 2: Promote awareness of respite through outreach and social activities to build recruitment mechanisms that connect caregivers, care recipients, and potential respite workers.

Notable Partnerships, Products and Performance Outcomes

- ADSD aimed to increase referrals to respite and caregiver support programs by 10% each year within the Nevada Care Connection network.
 - An analysis of contact data shows a 91% increase from the pre-grant year (9/1/19 to 8/31/20) to the last year of the project (9/1/23 to 8/31/24) through the Nevada Care Connection Resource Centers.

Objective 3: Increase the availability of the Respite Education and Support Tools (REST) training for paid and unpaid respite workers in Nevada through various training modalities.

Notable Partnerships, Products and Performance Outcomes

- Long recognizing the need for formal training to increase the quality of respite in Nevada, the state implemented Respite, Education and Support Tools (REST) training. This training, although not widely utilized, has been sustained through community partners.
 - Nevada ADSD's original objective was to create an online training format that could be accessed by various partners according to a schedule that accommodated their recruitment activities. Instead, the grantee decided to participate in a national pilot program with the Respite Care Association of Wisconsin (RCAW).
 - Nevada ADSD worked to permanently adopt REST training through a state-hosted online learning management system and to enhance modules to address various types of respite workers.
 - This effort was paired with another workforce development project aimed at personal care attendants and service providers that serve children with a dual diagnosis (behavioral health and intellectual/developmental disability).

including respite, building a network, and other relevant topics. This grassroots effort helped to highlight the need for respite and increase awareness of respite.

The grantee worked to convert the Nevada Lifespan Respite Care Coalition from a non-profit organization to a public advocacy body under the Nevada Aging and Disability Services Division (ADSD). During the first two years of grant funding, the agency hired an Executive Director to lead the transition, developed bylaws, recruited members, and developed a State Plan for Supporting Family Caregivers. The Coalition met six times each year to learn about existing challenges facing respite programs and providers, to coordinate advocacy with other public advisory bodies, and to promote recommendations included in the state plan.

Aging and Disability Resource Center Role/No Wrong Door System Role

The Lifespan Respite grantee worked closely with its partner, Nevada Care Connection, the state's ADRC, and its Resource Centers, to serve as the first contact and refer family caregivers for respite and caregiver support. Nevada Care Connection also serves in an advisory capacity to the Lifespan Respite Care grantee and the state respite coalition.



For more information, contact ARCH at (703) 256-2084