

# Lifespan Respite Program Sustainability in the Commonwealth of Virginia

Lifespan Respite Care Grantee and Partner  
Learning Symposium  
2014  
Nashville, TN

*Get in Tune with Respite*



“The long and winding road that leads to your door will never disappear.” **The Long and Winding Road,**  
Paul McCartney



## Road Map

Tool Kit from The Finance Project

Who is going to “drive the bus” down the Yellow Brick Road to the Land of Sustainability  
**A Committee!**



Composed of DARS Staff, Members of the Virginia Caregiver Coalition and a Family Caregiver!

“Together we stand , divided we fall ,  
Come on now people let's get on the ball and work together... “  
**Let's Work Together, Canned Heat**



## **Sustainability Committee**

**Vision Statement:** Caregivers of individuals of any age or disability should be valued and supported.

**Goal Statement:** Strengthen and expand the availability and delivery of quality lifespan respite support for caregivers who provide unpaid care to individuals of any age, disability or special need.

**With a Little Help from My Friends The Beatles**



## **SUSTAINABILITY SELF-ASSESSMENT TOOL**

Project manager completed and circulated for  
committee's comments

Major decision: The Sustainability Project was going  
to take longer than the time determined by the  
Finance Project

“Help me  
I think I'm falling...” **Help Me**, Joni Mitchell



### **Series of Phone Calls from The Finance Project:**

- Technical assistance to explain tool kit modules
- Confirmation that the sustainability project was going to be a long-term activity
- Inspiration to establish specific objectives to accomplish our vision and goal for sustaining Virginia's Lifespan Respite Care Program

“So put me on a highway, And show me a sign, And take it to the limit one more time...” **Take It to the Limit,**  
Eagles



## Objectives:

- Renewal of the Lifespan Respite Care Voucher Program.
- Sustaining the Virginia Family Caregiver Solution Center. [www.virginiannavigator.org/vf](http://www.virginiannavigator.org/vf)
- Expanding the Virginia Caregiver Coalition to include professionals and family caregivers who provide care to individuals of all ages and disabilities.

- 
- Participation in the activities of the ARCH Lifespan Respite Care Program.
  - Strengthening advocacy efforts for Lifespan Respite Care in the Commonwealth.
  - Establishing volunteer respite groups throughout the Commonwealth.



“My friends are gonna be there too  
I'm on the highway to hell...” **Highway to Hell, ACDC**

## **The Logic Model**

Integral part of the road map to sustainability

- Define existing conditions
- Objective and activities
- Outcomes



“I can see clearly now the rain is gone.  
I can see all obstacles in my way...”

**I Can See Clearly Now, Jimmy Cliff and Johnny**



**sh**

## **Building Long-Term Sustainability in State Lifespan Respite Programs Grant Opportunity**

- Contributions of DARS Lifespan Respite Care Sustainability Committee, Lifespan Respite Care Program Coordinator, Lifespan Voucher Committee and DARS Grant Writer and Finance Project Technical Assistance
- Logic model plan for sustainability

“It might seem crazy what I'm about to say  
Sunshine she's here,... “ **The Happy Song**  
Pharrell Williams



## Plan for obtaining goal and implementing objectives

- Three year implementation plan
- Activities clearly outlined
- Participant responsibilities defined
- Outcomes can be evaluated



**“Tomorrow will be too late,  
it's now or never...” It's Now or Never, Elvis Presley**

## **Building Long-term Sustainability in State Lifespan Respite Programs Grant**

Implementation of the grant activities began  
September 1, 2014

1. Reopening voucher program
2. Adapting on-line respite provider training
3. Forming VCC Committees to partner with DARS  
on grant activities
4. Revisiting Finance Project Tool Kit

“Well, there’s thirteen hundred and fifty-two guitar pickers in Nashville...” **Nashville Cats**, John Sebastian,  
**The Lovin’ Spoonful**



Ellen M. Nau

Program Coordinator

Virginia Department for Aging and Disability Services

1610 Forest Avenue Ste.100

Henrico, Virginia 23229

[Ellen.Nau@dars.virginia.gov](mailto:Ellen.Nau@dars.virginia.gov)

804-662-9340

