

DC LIFESPAN RESPITE SUMMIT 2012

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D.C. OFFICE ON AGING LIFESPAN RESPITE PROGRAM

- D.C. Office on Aging provides assistance with locating short-term relief to families and primary caregivers of children and adults with disabilities and older adults by linking families to our online database of respite care providers. Our goal is to restore and strengthen their ability to continue providing care for their ones.

ACCOMPLISHMENTS OF THE D.C. LIFESPAN RESPITE PROGRAM

- ◉ Incorporated the Lifespan Respite Care Program into current ADRC single point entry model using case management and person-centered care planning.
- ◉ Designed caregiver needs assessment.
- ◉ Recruited and trained family caregivers and friends (Homecare partners).
- ◉ Created an online support group.
- ◉ Developed respite services database.

WHAT WE HOPE TO ACCOMPLISH IN THE FUTURE...

- ◉ Collaborate with more agencies to expand respite services.
- ◉ Strengthen and build lifespan respite coalition.
- ◉ Schedule empowerment trainings.
- ◉ Develop strategic sustainability plan.

STRUCTURE OF THE D.C. LIFESPAN CAREGIVERS & RESPITE COALITION

- ◉ The DCLCRC leadership and staff support is currently being provided by the staff of the DC Caregivers Institute and the DC ADRC. The DC ADRC hosts and sponsors all Coalition activities. The goal is to transfer leadership to a non-governmental member that can apply for grants to sustain the program after the federal lifespan respite monies end.
- ◉ There are two working committees for coalition: the lifespan care giving workgroup and the lifespan respite workgroup. Both groups will be identifying gaps in services and resources and bringing recommendations for the action to the coalition. Each group is also tasked with completing appropriate activities.
- ◉ The Lifespan Respite Workshop also serves as the advisory committee for the DC Lifespan Respite Program.

RESPIRE PROGRAMS

- ◉ In the District of Columbia, there are various types of respite programs. For example, DC Child and Family Services Agency operates two respite programs serving foster parents: the Volunteer Respite Program and the In-House Paid Respite Program which serves medically fragile children. There is also the University of Columbia Institute of Gerontology Senior Companion/Respite Care Program, a DCOA/ADRC grantee that serves caregivers of seniors, that offers relief to caregivers who provide in-home care for terminally ill elderly persons, as well as those elderly persons who are frail, isolated, bereft of friends and/or in need of personal attention required by recent discharge from hospitals.

WHAT OTHER TYPES OF RESPITE IS AVAILABLE IN THE DISTRICT?

- Caregivers have several options for respite care. Services can be provided in the home or in the community performed by volunteers or trained staff; short term or long term. Some services may be free. For specific referrals that match your needs. Contact Linda Irizarry 202-535-1442.

QUESTIONS

