



The Growing Need for Respite Services In Ohio

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Who is Providing Respite Care Now?

Who is providing respite care now?

- 2 million Ohioans
- 2 million hours of unpaid help
- 50 million family caregivers nationwide
- 80% of all long-term care is now provided at home by family caregivers
- 60% women

Who is providing respite care now?

Work

- Less Hours
- Less Income
- 60% had to adjust work life
- 10% from full-time to part-time jobs

Who is providing respite care now?

Health Issues

- 60% family caregivers age 19-64 reported fair or poor health
- 63% caregivers of spouses aged 66-96 have a higher mortality
- 27% reported having more headaches, 24% reported stomach disorders, 41% more back pain, 51% more sleeplessness and 61% reported more depression
- 75% women caregivers report feeling very strained emotionally, physically, or financially

Who is providing respite care now?

Use of supports

- 9% used respite services
- 11% participated in support groups



What are the Future Trends of
Families providing Caregiving?

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We are getting older

- 12,000 Ohioans turn 60 each month
- 1 million Ohioans 85 and older by 2050

What are the Future Trends of Families providing Caregiving?

We are better informed and expect more

- more knowledgeable patient population because of Internet
- desire for more self-determination in all aspects of life

What are the Future Trends of Families providing Caregiving?

More chronic diseases

- Because in advanced age, chronic conditions are almost inevitable
- We have learned to cure many acute diseases that used to kill people

What are the Future Trends of Families providing Caregiving?

Less Institutionalized Care

- movement from institutional care to home- and community-based care puts more responsibility onto family caregivers
- less able to afford nursing homes/10% people aged 65 and older have purchased private long-term care insurance



What have research studies shown about the value of respite care?

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Reduces families' stress

- families of a child with a disability reported that respite had made a significant difference in their ability to provide care at home
- improves family functioning, satisfaction with life, enhance the capacity to cope with stress, and improve attitudes toward the family member with a disability.
- reduces abuse and neglect
- may reduce the likelihood of divorce and help sustain marriages

What have research studies shown about the value of respite care?

Saves Money

- 35% - 40% of the respite users indicated that without respite services they would have considered out-of-home-placement for their family member
- \$ 1.12 Billion is saved annually if respite care delays institutionalization of a person with Alzheimer's disease by as little as a month
- As respite use increased, the probability of nursing home placement decreased significantly
- \$17.1 and \$33.6 billion per year is lost by U.S. businesses

What have research studies shown about the value of respite care?

Improves health

- Fewer hospital admissions for medical care for the elderly with chronic disabilities vs. two other control groups who received no respite care
- 64% of caregivers of the elderly receiving 4 hours of respite per week, after one year, reported improved physical health
- 78% improved their emotional health
- 50% cited improvement in the care recipient as well



What's happening in Ohio to help
provide respite and respite
information?

Respite for Caregivers of People with DD Adults in Ohio

Medicaid Waivers - 27,000 people on the Individual Options/Level 1 waiver waiting lists

OH Department of Developmental Disabilities' draft waiver Self-Empowered Life Funding (SELF) Waiver (formerly known as the Flexible Supports Waiver)

- 500 first year, 2000 by year 3
- 100 children with intensive behavioral needs
- 3 types of Respite:
 - Informal (Provided by an Independent Provider)
 - Residential (90 day limit)
 - Community (– aka 'camp') - 60 day limit

Respite for Caregivers of People with DD Adults in Ohio

Family Support Services Program

- families purchase respite services
- state-funded reimbursement program
- makes co-payments with the family to approved providers
- amount determined by the Ohio legislature July 1 to June 30
- first-come, first-served basis

Recommendations from “Caring for Children with Disabilities: The Impact on Families”

- evaluation of current assistance programs for children with disabilities and their families
- the potential expansion of respite services and parental stress coping training
- a strategy for the expansion of parental trainings

Respite for Caregivers of Older Adults in Ohio

Marcus J. Molea, AICP, Chief

- Older Americans Act Programs Division
- Ohio Department of Aging

Respite for Caregivers of Older Adults in Ohio

- Available Respite Services
 - Respite
 - Personal Care as Respite
 - Adult Day Services
 - Institutional Respite (limited)
 - Visiting

Respite for Caregivers of Older Adults in Ohio

- Funding for Respite Services
 - Older Americans Act
 - Title III B – Supportive Services
 - Case-Managed Care Coordination Programs
 - Title III E – National Family Caregiver Support Program
 - 2005 Reauthorization expanded eligibility
 - Example: caregiver of person with Alzheimer’s disease or other dementias regardless of age of the person with dementia
 - State Funds
 - Senior Community Services
 - Alzheimer's Respite - 19,800 Consumers, 1,559 w/ Respite

Respite for Caregivers of Older Adults in Ohio

- Local Funds/Resources
 - Senior Services Property Tax Levies
 - Volunteer Respite Programs (limited)
 - Senior Corps
- Medicaid Waiver Programs
 - PASSPORT (ODA)
 - Ohio Home Care (JFS)
 - Individual Options (DD)
 - Level 1 (DD)

Respite for Caregivers of Older Adults in Ohio

- Access to Respite Services
 - Local Aging Information, Referral and Assistance
 - AAA, Focal Points, Senior Centers
 - Aging and Disability Resource Centers/Networks
 - In Ohio focus is on older adults, adults with disabilities, and their caregivers
 - AAAs, Centers for Independent Living, 211, others
 - Access all respite support available with one call
 - Educate caregivers about caregiver and respite services
 - Don't self-identify as a caregiver or in need of services

Now It's Your Turn...

Break Out Session

- What is your connection with respite?
- What is going on to help families?
- What are the strengths, barriers and unmet needs?