

# **South Carolina Lifespan Respite Care Project**

## **Supplemental Grant Program**

Request for Proposals

Released by the South Carolina Respite Coalition

February 15, 2012

## **Expansion of Respite Care Through the Faith Community**

Proposal Due: Postmarked by March 16, 2012.

Awards to be made by March 26, 2012

Expected project period: March 26, 2012 – September 16, 2012

Contact:

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# SC Lifespan Respite Expansion Request for Faith-Based Program Proposal

## FACE PAGE

**Name of Organization:**

**Proposed Respite Program Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**Telephone Number:** \_\_\_\_\_ **Fax:** \_\_\_\_\_

**Person Completing the Request for Proposal:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

### Checklist

\_\_\_\_\_ **Project Narrative (no more than 1,500 words)**

\_\_\_\_\_ **Budget**

\_\_\_\_\_ **Proof of 501(c)(3) Status**

# **South Carolina Lifespan Respite Care Project**

## **Background**

In 2009, South Carolina was one of 12 states to receive funding to establish a state and local Lifespan Respite system. The overall goal of this project is to improve access to respite services in South Carolina for all family caregivers of people of any age with any special need.

Respite care means “getting a break.” It is short-term, temporary relief from ongoing care giving responsibilities for those who are caring for a family member(s) with special needs. It is intermittent, flexible for the family, and beneficial to all family members. It can be provided in-home or in the community by paid providers, volunteers, family members or friends, all of whom have appropriate training and supervision. As little as 4 hours a week away from those responsibilities have been shown to relieve stress, improve physical and mental health of the family caregiver, and reduce the potential of abuse and neglect of the loved one. Respite provides family caregivers with the relief necessary to maintain their health, bolster family stability, sustain marriages, and avoid or delay much more costly nursing home placement, foster care, or institutionalization (Wade et al. 2003; Friends FS#14, 2007).

Although respite is an essential service for many families, there are inadequate resources to meet the needs of most families and resources are, in fact, shrinking due to state budget cuts and increased costs of service provision in health fields. It is significantly underfunded for those who need subsidy; and it is difficult, if not impossible, in some places and for certain populations with particularly complicated physical and mental conditions to find trained respite providers.

South Carolina has received supplemental funding from the Administration on Aging to support direct respite services and the development of additional respite resources. The South Carolina Respite Coalition in partnership with the Lieutenant Governor’s Office on Aging will build on South Carolina’s Lifespan Respite Grant to deliver respite services to caregivers of individuals of any age with special needs. The goal is to increase caregiver utilization of respite through new and expanded respite options for families across the state.

## **Purpose**

The purpose of this funding is to support and encourage the development of additional respite services through mini-grants to faith-based programs. The ultimate goal is to generate actual respite for family caregivers and others providing informal care for someone of any age with a special need. A secondary goal is to demonstrate how effective small investments in respite can be and to develop models to show to faith communities elsewhere in the state and nation.

## **Assumptions**

1. Faith communities have religious and moral imperatives to care for members.
2. Family caregivers mainly trust family members to provide respite care. The faith community is next best to “kin.” Trust can more easily be built among members.
3. Faith communities can mobilize effectively and affordably because they are established, non-profit organizations accustomed to accomplishing much of their ministry with volunteer leadership and staffing.
4. Faith communities are flexible and can tailor ministry to individual and family needs.
5. Focus will be on family caregivers now tied down and unable to leave their loved ones for any length of time OR on those for whom this will soon be very true.

6. The earlier we can intervene in providing respite for a family caregiver the better (before they become completely isolated or are too “burned out” to be able to train, organize, and use respite volunteer help.)

**Number of Grants to be Awarded:** Up to 10 respite grants will be awarded. These grants of up to \$500 will focus on family caregiver respite provided or initiated by faith communities in South Carolina. They may serve unpaid caregivers who are caring for someone of any age or disability/special need. Although not limited to any age group, priority may be given to congregations planning to focus on ministry to caregivers caring for the underserved people aged 18-60. Funds will be on a reimbursement basis, after receipts are submitted.

**Eligible Applicants:** Faith-based organizations that are *already underway with planning or have already begun developing a respite ministry or program* and are close to provide respite care services will be most likely to be awarded a grant. This is due to the desire to provide actual respite in a short period of time. These mini-grants are not planning grants, but are designed to help programs move to the next level. They are to establish new respite programs.

**Due Date:** March 16, 2012

**Project period:** March 26, 2012 – September 16, 2012

### **Proposal structure**

Program Narrative should include:

- Description of your faith-based organization. Include a description of your planned respite program, whom the program will serve (e.g., parents of children with any disability/special need, a family caregiver of someone with mental illness, family caregivers of people with dementia, etc.) and the status of where you are in the planning/development process (how close you are to providing respite).
- Description of how the grant funds will be used to enable the provision of new respite.
- How you will determine/measure success of the program.
- Who will work in this program (e.g., paid staff, volunteers, youth group, etc.).
- How the program will be sustained.
- Timeframe – major activities and expected timeframe for implementation respite.
- Budget and justification for proposed expenses.
- Documentation of 501(c)(3) status.

### **Reporting requirements**

Programmatic reports: Grantees will be required to submit a short progress report by June 30, 2012 indicating progress to date and a final report by September 16, 2012. The final report will include a description of the program and how grant funds contributed to the implementation of respite as well as documentation of actual respite hours provided and the number of people/caregivers receiving respite.

Fiscal reporting: Funds must be encumbered by September 1, 2012. Invoices may be submitted on a monthly basis. The final invoice must be submitted no later than September 16, 2012. All invoices must include all cost data and claims for reimbursement.

**Timeframe:** Costs may be incurred between the award date and September 16, 2012.

**Questions should be addressed to:** Susan Robinson/Allison Poole, SC Respite Coalition at [screspitecoalition@yahoo.com](mailto:screspitecoalition@yahoo.com) or 1-866-345-6786.

**Mail/email proposal to:** SC Respite Coalition  
P.O. Box 493  
Columbia, SC 29202-  
[screspitecoalition@yahoo.com](mailto:screspitecoalition@yahoo.com)

**Evaluation criteria**

Those applicants demonstrating the ability to provide respite within the grant's timeframe and who can show planning to sustain the activity will be deemed strongest applicants.

**Examples of appropriate activities:**

**Clarification:** Funds are to provide short, temporary or intermittent breaks from family care giving, not full time breaks that allow someone to work, such as child day care. However a faith community that expands a child day care program to include a child with special needs for a period of time each week could be considered. A congregation planning to expand child care to give an afternoon a week of afterschool care for children with special needs might be granted funding.

**Examples of respite include, but are not limited to:**

1. Having a new on-site program during the day at your facility for people with dementia. You may want to use grant funds to develop a brochure and market the program.
2. Developing a Care Team that would provide respite (e.g., stay with a person with Alzheimer's disease while the spouse goes out or reads a book or some other activity of choice) as part of their Care Team activities.
3. Developing/adapting programs within the faith community to include children, young adults or older adults with disabilities or special needs, such as Vacation Bible School, youth group ministries, regular religious education classes, Women's or Men's groups. Grant funds could be used to recruit volunteers to "shadow" loved ones with special needs, dementia, autism, etc. and to train them for work with that group of individuals or to buy adaptive or special materials to enable them to participate.
4. Providing respite for loved ones of family caregivers who attend support groups in your building. For support groups of parents of children with special needs, respite could be provided by youth group volunteers and funds could purchase games and materials to be used with children.
5. Partnering with a neighboring congregation by recruiting members of your congregation to attend their existing respite program. Grant funds could be used for brochures/materials or meetings/trainings. An example would be churches in the St. Andrews/Dutch Fork area of Columbia might mobilize their own members to help fill the vacant adult day program "slots" at Our Lady of the Hills Catholic Church. Recruiting caregivers to enroll their loved ones and/or providing volunteers for the project would be considered "NEW" respite activity.
6. Hosting single special events, such as evenings out or a Saturday off a few times a year.
7. Starting a respite cooperative. Funds could be used to purchase materials/activities.
8. Establishing a benevolence fund to help pay for respite for families. See Benevolence Policy Paper as: [http://www.screspitecoalition.org/Downloads/Respite\\_Benevolence\\_Policy.pdf](http://www.screspitecoalition.org/Downloads/Respite_Benevolence_Policy.pdf) . Grant funds could be used to pay filing fees or for printing materials. Part of your ministry can be to help people locate providers, and to screen and train them, if they cannot do it alone.
9. Recruiting and training pastoral visitors to coach and enable family caregivers to accept offers of help from family and others. Or assist those with adequate resources to locate, interview, train and make use of private "sitters" or organizations that already exist to provide respite.