

LIFESPAN RESPITE TRACK | 2017 NATIONAL LIFESPAN RESPITE CONFERENCE OCTOBER 12-13, 2017

The 2017 National Lifespan Respite Conference will feature a broad range of topics highlighting best practices in respite service delivery and access across ages and conditions, research and evaluation, program innovation, business practices and more. For those of you who also want



TAKE OFF WITH RESPITE

2017 NATIONAL LIFESPAN RESPITE CONFERENCE
OCTOBER 11-13 | HUNTSVILLE, ALABAMA

to ensure that you are gleaning information that might be most helpful to you in implementing your state's Lifespan Respite grant, ARCH has identified a **Lifespan Respite Track** to help in your final selection of concurrent sessions. There were numerous excellent proposals from Lifespan Respite grantees and

partners. As a result, some breakout sessions may have more than one presentation that falls into the Lifespan Respite Track. Some sessions will be more relevant to you than others given how far along you are in your grant activities and dependent on the focus of your grant.

Please take full advantage of all the exceptional concurrent sessions. You will be certain to glean valuable information from other concurrent sessions in various tracks as well. The [conference program](#) is available on the conference website for more information.

Thursday, October 12, 11:00–12:15 PM Breakout Session A

A-5 Shared Session

Journey to Improved Respite: Mini-Grant and REST Outcomes in New York

Doris Green, MPA, Director, NYS Caregiving and Respite Coalition, Rochester, NY

The NYS Caregiving and Respite Coalition will provide information on the use of Mini Grants and REST (Respite Education and Support Tools) model to implement or expand a variety of volunteer based respite models in the state. The presentation will include discussion of the challenges and rewards of this initiative and evaluation and outcome data.

and

It's not as easy as it sounds: Lessons learned from caregiver-directed respite voucher programs

Alicia E. Blater, M.S., APR, Family Caregiver Support Program Consultant, Lifespan Respite Project Director, NC Division of Aging and Adult Services, Raleigh, NC

Susan E. Reed, Lifespan Respite Project Specialist, NC Division of Aging and Adult Services, Raleigh, NC

Why does a caregiver not use a respite voucher they've been awarded? How do we overcome these barriers to use? Participants will learn about North Carolina's experience with caregiver-directed respite vouchers through two statewide programs and what we learned from an evaluation of their case management experience and voucher award use. The specific evaluation was conducted with caregivers of a person with dementia, but many of the findings can apply to other caregiving populations.

Thursday, October 12, 2017 2:15–3:30 Breakout Session B

B-1 Developing a Legislative Agenda for a Respite Program Capacity Building Initiative

Dorinda A. Adams, Programs Manager, Office of Adult Services, State of Maryland Department of Human Resources, Baltimore, MD

Tammy Bresnahan, Associate State Director – Advocacy, AARP Maryland State Office, Baltimore, MD

Maryland has funded Respite Care across the Lifespan via State funding since 1984. Developing a relationship with the state's General Assembly, a Governor Appointed Caregiver Council has provided strategies that have built a Respite Care Program enhancement plan via a statewide survey. This session will explore how using existing research partnerships and identifying key members of the legislature will work towards systemic changes that support all Family Caregivers with additional Respite Care in the state.

B-5 Lessons Learned: Methods and Outcomes from a 3 year Statewide Evaluation of Lifespan Respite in Nebraska

Jolene Johnson, Ed.D., Assistant Professor, University of Nebraska Medical Center, Omaha, NE

Sharon Johnson, NE Department of Health and Human Services (DHHS) Program Coordinator, DHHS Children & Family Services, Lifespan Respite Subsidy Program, Lincoln, NE

Family Caregiver outcomes will be the primary focus of a presentation on the statewide Lifespan respite evaluation completed in Nebraska. Three years of data provide a rich context

for understanding the impact of respite services for family caregivers. The presentation will also include the methods, evaluation tools and information about the data dashboard.

Thursday, October 12, 2017 3:45–5:00 Breakout Session C

C-5 It's Not Rocket Science: Using Cable Television for Caregiver Outreach, Education, and Sharing Respite

Emily Kearns, PhD, MA, BA, MBA, Evaluator/Consultant, Massachusetts Lifespan Respite Coalition, Andover, MA

Stacey Hammerlind, MHA, Project Coordinator, Massachusetts Lifespan Respite Coalition, Belmont, MA

Amy Nazaire, MA, ABD, Director, Massachusetts Lifespan Respite Coalition, Hathorne, MA

It's Not Rocket Science, offers a case study and replicable model for using local cable television to reach isolated caregivers; respite and other providers; and diverse community stakeholders. Massachusetts Lifespan Respite Coalition staff share the nuts and bolts of creating a show to reach caregivers with respite and support resources. This interactive session explores using cable television as a natural outreach, marketing, and educational infrastructure - a must for any respite coalition and respite movement!

Friday, October 13, 2017 9:30 - 10:45 Breakout Session D

D-5 Charting the LifeCourse: Respite/Short Breaks for Caregivers

Jane St. John, Community Inclusion and Field Research Specialist, National Community of Practice for Supporting Families, University of Missouri-Kansas City, Institute for Human Development, Kansas City, MO

Utilizing the newly released Charting the LifeCourse Respite Booklet designed as a collaborative project between the National Community of Practice for Supporting Families and the ARCH National Respite Network and Resource Center, this interactive, hands-on workshop will help caregivers, and those who support them, to understand the meaning and importance of respite/short breaks. Presenters will also discuss how the LifeCourse Respite Tools can help family caregivers identify the possibilities and options that exist for respite, within and outside the formal paid service system, and begin to create a successful plan that uses these short breaks to enhance the lives of all family members.

E-1 Lift Off with Memory Cafes and Autism Eats: Exploring Innovative Café Respite Models

Emily Kearns, PhD, MA, BA, MBA, Evaluator/Consultant, Massachusetts Lifespan Respite Coalition, Andover, MA

A. Michael Bloom, MA, MS, BS, Director of Strategy & Innovation, LifeLinks, Inc., Chelmsford MA,

Lenard Zohn, Co-Founder and Autism Dad, Autism Eats, Andover, MA

This session introduces two innovative and replicable café respite models that add a new dimension to the concept of respite – light respite where care partners share food, stimulating activity, and a meaningful sense of inclusion and community. Massachusetts Lifespan Respite Coalition’s mini grantees share their programs and facilitate the opportunity to consider how you can start a café respite program in your community.

E-5 Launching Respite Innovations through a Lifespan Respite Program

Sarah Swanson, Family Support Outreach Coordinator, University of Nebraska Medical Center/Munroe-Meyer Institute, Omaha, NE

Ellen Bennett, Respite Associate, University of Nebraska Medical Center/Munroe-Meyer Institute, Omaha, NE

Sharon Johnson, Lifespan Respite Network Coordinator, NE Department of Health and Human Services, Lincoln, NE

Learn about a College Student Service Learning Respite Curriculum being used to increase the base of Respite Providers in Nebraska. The project is gaining attention from colleges wanting to identify home-based experiences and enhance student training. Finally, updates to University of Nebraska Medical Center’s Employer Engagement project shared at the 2016 ARCH conference will be presented. This session will provide specific information about marketing these innovative projects and how evaluation is being used to demonstrate impact.