



Sustaining Lifespan Respite Programs and Systems

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October 11, 2017



Why talk about Sustainability?

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- Grantees identified Sustainability as their top priority for technical assistance
- Political, social and economic contexts are constantly in flux—necessitating planning, responsiveness, and perseverance
- The need for respite is great and growing
- Social isolation for families—and for professionals—is an issue

How can we best respond to change?

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Learn from our collective past experiences—ARCH resources

- ▣ Archived conference calls
- ▣ Logic Models
- ▣ Respite Sustainability Plans
- ▣ Work Plans

https://lifespanrespite.wildapricot.org/Sustainability_Tools



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A Research Agenda for Respite Care



Sustaining Lifespan Respite Systems: Lessons Learned and Practical Applications with a Checklist for Success

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Lessons Learned Checklist

What's the Key Ingredient for a Successful, Sustainable Coalition?

A diverse group of *people* working together to achieve a shared vision.



People in successful collaborative partnerships believe change is possible and goals can be achieved.

Coalition members belong to or are connected with at least one of the systems in the checklist.

A sustainable coalition has a core team of at least 3—the backbone of the coalition. They're knowledge-keepers, connectors, and champions.

Among the members are people:

- With decision-making authority.
- Connected to others with influence knowledge.
- With first-hand experience as a family caregiver.

The number of meetings people attend is not a reliable indicator of successful collaborations. A better indicator is the quality of the relationships within the group.



The coalition's most productive work usually happens outside of meetings



WHO are the people in your coalition?

✓ Do 50% of the members have the qualities in the blue columns?
 ✓ Does at least one member have political clout (direct or indirect)?
 ✓ Do members from key organizations have decision making power?

Your coalition should include or have strong connections with people in the following systems. Make sure each box on the left can be checked.	Personal experience with respite	Professional knowledge of respite	Political clout and connections	Decision making power
<input checked="" type="checkbox"/> Faith communities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> Private sector non-profit organizations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> Private sector businesses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> Volunteer organizations and clubs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> Health care sector	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> Aging and disability groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> Education community	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> Charitable foundations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> Philanthropic individuals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> Legislators and other policy makers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input checked="" type="checkbox"/> Veterans and military families	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

FUN FACT! Different sized groups work in different ways. Pairs and threes work well for focused tasks to be brought back to the larger group. Four to 10 work well generating and refining ideas. More than 10 brings a diversity of great ideas and influence, but larger numbers may inhibit reticent members from participating, and leadership struggles are more likely. (www.faculty.londondeanery.ac.uk)



Collaboration Checklist

How can we best respond to change?

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Share our collective wisdom and collegial support in *real time*:

- ▣ The Sustainability Learning Collaborative
- ▣ 22 Members with varying tenure, diverse skills and experience
- ▣ Meet via teleconference and webinar to discuss key topics and burning issues
 - Starting and Maintaining Coalitions; Logic Modeling and Sustainability Planning; Volunteers and Faith-Based Organizations in Respite
 - Case Studies from Grantees and states engaged in Sustainability activities

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