Sustaining Lifespan Respite Programs and Systems

Susan Summers, ARCH Senior Consultant
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Why talk about Sustainability?

- 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?

Learn from our collective past experiences—ARCH resources

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

https://lifespanrespite.wildapricot.org/Sustainability_Tools
A Research Agenda for Respite Care

Deliberations of an Expert Panel of Researchers, Advocates and Funders

Principal Authors:
Raymond S Kirk, PhD, RS Kirk and Associates and
Jill Kopen, MPH, ARCH National Respite Network and Resource Center
Lessons Learned Checklist

Sustaining Lifespan Respite Systems:
Lessons Learned and Practical Applications
with a Checklist for Success
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.
- A sustainable coalition has a core team of at least 3—those connected with 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 collaboration. A better indicator is the quality of the relationships within the group.

The coalition’s most productive work usually happens outside of meetings:

- Remember what we discussed at the meeting? We’ve had this thought.
- Good idea! I know someone who might be able to help. I’ll give her a call.

Different types of groups work in different ways. Pairs and threes work well for focused tasks to be brought back to the larger group. Pairs can 10 work well generating and refining ideas. More than 10 bring a diversity of great ideas and influence, but larger numbers may exhibit reticent members from participating, and leadership struggles are more likely (www.faculty.londonmet.ac.uk).
How can we best respond to change?

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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