Welcome

Caregiving in SE Idaho: Lifespan Respite Summit
Moving Respite Forward through Communities of Strength

We will begin shortly…
Please turn off your camera and mute your microphone
Welcome

Judy Taylor, Administrator, Idaho Commission on Aging

Mike Hirschi, Director, Area V Agency on Aging

Senator Mark Nye Idaho District 29

Dr. Sarah Toevs, Director, Center for the Study of Aging, Boise State
Respite from a Caregiver Perspective
Family Caregiver Panel
Ice Breakers

Where are you from?

How many years have you been a caregiver?

*Type your answer in the chat*
Welcome

JILL B. KAGAN, MPH
ARCH National Respite Network and Resource Center
Lifespan Respite: Building and Sustaining Best Practices and Innovation

Caregiving in SE Idaho: Lifespan Respite Summit
Moving Respite Forward through Communities of Strength

May 21, 2021

Jill Kagan
ARCH National Respite Network and Resource Center
Lifespan Respite …

Definition:

Coordinated **SYSTEMS** of accessible, community-based respite services for all family caregivers regardless of age or special need.
Lifespan Respite Grant Activities

- Connecting families to respite
- Volunteer and Faith-based Respite
- Recruiting and Training Respite Providers
- Consumer-directed Respite Voucher Programs
- Promoting Informal Respite Opportunities
State Highlights

- State Summaries of Lifespan Respite Grant Activities
  archrespite.org/lifespan-programs/state-lifespan-respite-grantee-activities

- In Support of Family Caregivers: Key Accomplishments of Lifespan Respite Grantees
  archrespite.org/key-accomplishments
Read More

archrespite.org/innovative-and-exemplary-respite
ISBA 2021

JUNE 22 - 25, 2021

VIRTUAL

MOVING RESpite FORWARD

www.isba.me/registration
For More Information

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ARCH National Respite Network
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 Lifespan Respite
Technical Assistance Center

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Breakout Room Instructions

- In a moment you will be placed in a breakout room - If prompted with an invitation to join the room, please accept.
- Please keep your microphone muted, and use the chat for interacting with the group.
Gaps & Strengths

Breakout Session #1

• What are the **barriers and gaps** in your community and in Idaho for connecting caregivers with respite and other supports?
  - Example: Sustainability and funding

• What are the **strengths and assets** that exist in your community and in Idaho for connecting caregivers with respite and other supports?

This room is sponsored by the Blue Cross of Idaho
Gaps & Strengths

Reporting Out

Lynn’s Group

- **Barriers** -
  - Resources - trying to find the different groups to find the information needed -
  - Different types of caregivers - There are paid caregivers and unpaid caregivers and the experiences are very different
    - Getting a caregiver to identify as a caregiver - often times it is too late
    - Caregivers do not recognize their own needs
  - Finding caregivers that will go to rural areas (Direct Care Workforce)
  - Caregivers often don’t qualify for respite care because they don’t qualify for medicaid - they fall in the gaps
  - Lack of funding for programs

- **Strengths**
  - Consumer-directed Respite
  - A network is forming - removal of silos
  - Powerful Tools for Caregiving Course
  - People are beginning to recognize respite and caregivers
Gaps & Strengths

Reporting Out

Marilyn’s Group

- **Gaps:**
  - Lack of resources in rural areas
  - Inadequate training for home caregivers
  - Knowledge of what is available to identify a caregiver, lack of outreach in rural areas
  - Need for more transportation services
  - Struggling to find someone that is a right fit for your family
  - Family members not wanting to accept help

- **Strengths:**
  - Family and community members that offer support
  - Consumer Directed Respite Care and traditional respite through the AAA
  - Strong connection between AAA and Veteran Services
  - Great Agency Directors!
  - Caregivers very dedicated and willing to help
Sarah’s Group
Giveaway
Take a Break

We will begin again at 10:35
Agenda - Overview of Programs

- National Family Caregiver Support Program
- VA Caregiver Support Services
- Elizabeth Dole Foundation
- BPA Health
- Optum Idaho
- Medicaid A&D Waiver
- Services for Adults w/ Developmental Disabilities
- Certified Family Homes
Caregivers need a break and respite is a temporary break from caregiving!

Respite/Rest is important if you want to continue being healthy caring for loved ones.
Are you a caregiver at risk?

- Taking time from work to accompany a loved one to appointments
- Changing plans to accommodate the needs of a loved one
- Making calls on behalf of a loved one to resolve questions and problems
- Neglecting time with family and friends to care for a loved one
- Limiting recreation and activities
- Laying awake nights worrying about a loved one
Benefits of respite

For family:
- Reduces family stress
- Increases opportunities for social activities and a change of pace for all
- Reduces risk of abuse and neglect

For caregiver:
- Remain healthy
- Feel better about self
- Have more energy and enthusiasm to continue providing care and support
National Family Caregiver Support Program (Older Americans Act)

What is available?
- Information, training, decision support, respite, temporary supplemental services

Who is eligible for these services?
- Adult family members or other informal caregivers age 18 and older providing care to individuals age 60 and older;
- Adult family members or other informal caregivers age 18 and older providing care to individuals of any age with Alzheimer’s disease and related dementias;
- Older relative caregivers (excluding parents) age 55 and older providing care to children under age 18; and
- Older relative caregivers (including parents) age 55 and older providing care to adults ages 18 to 59 with disabilities.
Access to National Family Caregiver Support Program

**Area Agency on Aging** (Southeast Idaho Council of Governments)
214 E Center
Pocatello, ID 83201
Mike Hirshi, Director

- Information and Referral phone Number: 1-208-233-4032
  or 1-800-526-8129
- Website – [https://www.sicog.org/aaa-home.html](https://www.sicog.org/aaa-home.html)
- Email – [gina@sicog.org](mailto:gina@sicog.org)
- Counties – Bingham, Caribou, Power, Bannock, Oneida, Franklin, Bear Lake

- Access to AAAs across Idaho, Events, Education and Training and other programs can be found on the Idaho Commission on Aging website: [https://aging.idaho.gov/](https://aging.idaho.gov/)
VA Caregiver Support Services

- Adult Day Health Care (ADHC) Centers
- Home-Based Primary Care
- Skilled Home Care
- Homemaker and Home Health Aide Program
- Home Telehealth
- Respite Care
- Home Hospice Care
- Peer Support for Caregivers

Call 855-260-3274 for more information

See Caregiver.va.gov/support/support_services.asp
Elizabeth Dole Foundation
Caring for Military Veterans

- [https://hiddenheroes.org/respite/](https://hiddenheroes.org/respite/)

HiddenHeroes.org website sponsored by the Elizabeth Dole Foundation provides a vetted directory of valuable resources
BPA Health

See www.bpahealth.com/respitecareidaho/ for application
Children’s Mental Health Voucher Respite Care Program - BPA Health (IDHW/DBH)

Voucher Respite

- Managed by BPA Health on behalf of the Idaho Department of Health and Welfare.
- The CMH Voucher Respite Care program provides vouchers to parents or caregivers of children with a Serious Emotional Disturbance (SED).
- Short-term or temporary respite care is provided by friends, family or other individuals in the family’s support system.
- Families pay an individual directly for respite services and are then reimbursed.
- A single voucher is issued for up to six hundred dollars ($600) for six (6) months per child.
- The total vouchers issued per child per year cannot exceed two (2) vouchers.

Families on Medicaid are encouraged to contact Optum at 855-202-0973

Contact BPA Health Monday – Friday by calling 1-866-617-3126 or 208-947-5154
Email: respitecare@bpahealth.com
Children’s Mental Health Voucher BPA Respite Care Program (IDHW/DBH)

Eligibility of Child

- Under the age of 18
- Resident of Idaho
- Have been assessed by a master’s level clinician with credentials to diagnose
- Have been determined to have a mental illness and functional impairment.
- Respite services have been identified on the child/youth’s person-centered plan or treatment plan.

Families on Medicaid are encouraged to contact Optum at 855-202-0973
Medicaid Respite

Any child or youth under the age of 18 who is eligible for Medicaid can access all Optum Idaho mental health services that are part of the YES system of care, except for Respite. To use Respite services through Optum Idaho, a child or youth must be evaluated by the Independent Assessor. The Medicaid YES Program offers increased household income eligibility limits for Idaho youth under the age of 18 with serious emotional disturbance (SED). Those who qualify for the YES Program are also able to receive Respite services through Optum Idaho.

Families on Medicaid are encouraged to contact Optum Idaho at 855-202-0973 or visit www.optumidaho.com
For more information:

- To access the BPA respite voucher application or for more information please visit the BPA Health website at [https://www.bpahealth.com/respitecareidaho/](https://www.bpahealth.com/respitecareidaho/) or contact BPA Health at:

  - **Phone:** 208-947-5154 or 866-617-3126 toll-free
  - **Fax:** 208-344-7430
  - **Email:** respitecare@bpahealth.com

**Medicaid/Optum Respite:**

- Please visit the Optum Idaho’s website for information on Medicaid Respite at [www.optumidaho.com](http://www.optumidaho.com) or call 855-202-0973

Additional resources:

- or call (208) 785-5826

- Idaho Department of Health & Welfare: [www.healthandwelfare.idaho.gov](http://www.healthandwelfare.idaho.gov)
Medicaid Aged and Disabled (A&D) Waiver

A&D administration is managed by the Bureau of Long-Term Care (BLTC)

Services & Facilities include:
• Home & Community Based Services
• Idaho Home Choice
• Medicaid for workers with Disabilities
• Certified Family Homes
• Residential Assisted Living Facilities
• Nursing Home Coverage

Please Contact 208-334-5747 for further assistance

More information can be found on:
https://healthandwelfare.idaho.gov/Medical/Medicaid/LongTermCare/tabid/215/Default.aspx
Respite Under the A&D Waiver

- A&D Waiver participants in the state of Idaho receive paid support in their own home, a Certified Family Home or Residential Care Facility.

- There are 18 discrete A&D Waiver services available in addition to Respite Care, such as: Chore Service, Homemaker Services, and Companion Services for individuals who request long-term services and supports to remain in the community.

- Respite is available as a service for individuals on the A&D Waiver whose non-paid caregivers require short-term breaks from caregiving.
A&D Waiver: Eligibility Requirements

- 18 years of age or older
- Disabling Condition
- Can be safely maintained in their home or community
- Must meet Financial Eligibility determined by Self Reliance (Welfare)
- Must meet Nursing Level of Care as determined by the Uniform Assessment Instrument (UAI)
- Must need and receive a Waiver Service at least once every 30 days
- Must be cost effective
Bureau of Developmental Disabilities—Adult Program

- Many services are available for adults with developmental disabilities:
  - Traditional Support Services
  - Intermediate Care Facilities w/Intellectual Disabilities
  - Court Services & Guardianship
  - Self-directed Services
  - My Choice Matters
  - Manage my Adult w/Disabilities Medicaid

Care Manager (208) 334-0736
http://healthandwelfare.idaho.gov/Medical/DevelopmentalDisabilities/AdultDDCareManagement/tabid/211/Default.aspx
Respite Under the Medicaid Developmental Disabled (DD) Waiver for Adults

- The vast majority (90%+) of DD Waiver participants in the state of Idaho receive paid support in their own home or a providers home.
- There are a variety of DD waiver residential services available such as: Supported Living, and Certified Family Homes for individuals who request long-term services and supports to remain in the community.
- Respite is available as a service for individuals on the DD Waiver whose non-paid caregivers require short-term breaks from caregiving.
Respite can be delivered by a Developmental Disabilities Agency (DDA)

Providers are employed by the agency

Providers of Respite to children:

- Must be at least 16 years of age and demonstrate the ability to provide the service.
- Complete DHW criminal history background check (CHC) and be CPR/First Aid certified.

The service can be provided in the child’s home, in a DDA or in the community.

May be provided in a group in the community or in a DDA.
Respite provided under Independent Provider agreement

- Can be a person of your choosing (family, neighbor etc.)
- Must complete Medicaid Provider enrollment process.
- Independent Providers of Respite to children:
  - Must be 18 years of age and demonstrate the ability to provide the service.
  - Be a high school graduate or have a GED.
  - Complete DHW CHC and be certified First Aid/CPR certified.

- Service can be provided in the child’s home, in the private home of the respite provider.
- Service can be in group only when individuals are siblings and provider is a relative of the siblings.
Limitations

- Only available to children living with an unpaid caregiver who requires relief.
- Cannot be delivered to allow the parent to work.
- Cannot be provided at the same time as another Medicaid service.
- Limited to 14 consecutive days.
Certified Family Homes for Adults (Respite)

- Certified family Homes (CFH) provide personal assistance and/or supervision to adults 24 hours a day in a homelike environment.
- CFHs may care for one to four people and many CFH providers only care for one person, a relative.
- Residents of CFHs may pay for their care through Medicaid assistance, if they are eligible, or they can pay privately.
- Some CFH providers offer hourly adult day health care (1 to 4 hours) to adults who do not live in the home. This is a respite option to family caregivers.
- To learn about how to become a CFH provider, or to locate a local CFH, go to [www.cfh.dhw.idaho.gov](http://www.cfh.dhw.idaho.gov)
Pay for respite on your own, non-profit or volunteer-powered programs

Examples in Idaho are:

- Local churches
- Friends, neighbors, relatives
  - Contact 211 Careline, the local Area Agency on Aging, the Alzheimer's Association, or Idaho Parents Unlimited to ask about what's available in your area.
So Take a Break!!!

- **Lynn Fyanes & Janet Miller**
- Program Specialist
- Idaho Commission on Aging
- [Lynn.Fyanes@aging.idaho.gov](mailto:Lynn.Fyanes@aging.idaho.gov)
- [janet.j.miller@aging.Idaho.gov](mailto:janet.j.miller@aging.Idaho.gov)
- (208) 577-2852
Welcome

Gina Stucki
Information and Assistance Supervisor
Idaho Lifespan Respite Coordinator
PRO Age Connections Coordinator
The Area Agency on Aging
Idaho Lifespan Respite
What is Lifespan Respite?

- Consumer-directed respite.
- Allows the primary caregiver to hire and pay individuals from their support network.
- Caregivers manage their respite time, providers and budget.

- Connect caregivers with additional services and referrals.
- Face to face meeting and ongoing contact with caregivers.
## Goal of Lifespan Respite?

- Assist caregivers in their confidence and ability to continue to care for their loved one in the home.
- Manage caregiver stress and burnout.
- Recognize the importance of self care for caregivers.
- Outreach to caregivers especially in areas lacking resources.
- Identify caregivers early in the caregiving process. (caregivers self-identify)
- Assist in finding ways to pay for respite services.
- Contact person to guide caregivers through the process.
# Caregiver Eligibility

- Caregivers must be an Idaho resident.
- The caregiver must be providing unpaid care to someone of any age with a significant disability, special need or chronic illness.
- Lives with the care recipient or the caregiver must be providing frequent on-site visits throughout the day.
- No current in-home respite is being provided though another agency such as Medicaid A&D Waiver, VA respite benefits or certified family home.
- Ineligible for facility long term care.
Voucher Budget

- Budget allotted- $600.00 for 6 month period.
- Reauthorized every 6 months.

- Additional care receivers budget is evaluated.
- Primary caregiver is the only person requesting and receiving payment.
Caregivers may use their funds all at once or in increments over the approved 6 months.

Any unspent portion of the voucher will be forfeited and will not be rolled over. (case by case exceptions)

The caregiver is responsible for tracking the balance of the voucher.

Voucher starts on date of enrollment. Will not reimburse any respite prior to enrollment.

Funds are strictly for respite services only and cannot be used to pay for any other needs such as rent, utilities, etc..
Choosing a Respite Provider

- The primary caregiver is responsible for selecting, hiring and training the respite provider of their choice.

- The caregiver can hire multiple respite providers if they choose.

- The respite provider is at least eighteen (18) years of age.

- The caregiver and respite provider agree on a rate of pay and payment schedule.
Synergies and Strategies

Breakout Session #2

• How can we work together to improve and sustain caregiver supports?
  • What needs to be done?
  • Who needs to be involved?
• What could lifespan caregiver support look like in your community?

This room is sponsored by Optum Idaho
Synergies and Strategies

Reporting Out

Lynn’s Group

- Marketing and outreach - the word needs to get out
  - Powerful Tools for Caregivers is a great program for caregivers - the skills in the class remind us of self-care
- Who can help be “feet on the ground” in this work?
  - Universities - Extension Offices (U of I), Idaho State University
  - colleges, students, seniors centers, employers, faith-based organizations, chamber of commerce,
- Senior Centers
- Employers and organized labor
  - Incentive Programs
- Libraries
  - teaching and sharing technology with caregivers and their families
- Build a health coalition to bring people who the community already trusts
  - Bring in key stakeholders from the community
    - churches
    - school systems
- Advisory committee
  - Establish goals based on needs
- Include in legislators outreach
  - some send newsletters with community resources
    - add caregiver respite programs and supports
- Utilize media - news, newspaper, radio, etc.
Marilyn’s Group

● Improving Caregiver Supports
  ○ Working with the university students focused in social service/healthcare
  ○ Inform caregivers of resources early in life
    ■ Targeted outreach for schools
    ■ Training for teachers, parents, school districts
  ○ Faith based community interaction
    ■ Identifying the leaders in that community
    ■ Faith based organizations usually happy to help
  ○ Involvement of businesses to incentivize staff for caregiving/respite
  ○ Voice Program: after school learning for high school graduates until age 21
    ■ For children on the verge of independent living, but need extra skill development
    ■ Collaboration of the university and school district
Giveaway
Next Steps
Thank you!