Lifespan Respite Grant (2014-2017)

The goal of the Lifespan Respite Grant (2014-2017) is to continue building a coordinated Lifespan Respite Program that is fully integrated into the New York State Long Term Services and Supports System (LTSS) and fully sustainable beyond the period of Federal funding. Accomplishments this past year include:

**NYSOFA/NY Connects**
- Staff at NYSOFA working on the NY Connects Resource Directory listings by reviewing a subset of respite-related listings and adding key words to improve consistency of search returns.

**New York State Caregiving and Respite Coalition (NYSCRC)**
- Continues to build its capacity, conduct outreach to the public, and develop implementation strategies to meet the Program deliverables.
- Monthly Newsletters and Updates - NYSCRC distributed its Newsletter and/or update at least monthly to over 1,000 people and/or organizations via email.
- NYSCRC updated its Web site during 2017 and continues to build content and enhance the NYSCRC Web Site [http://www.nyscrc.org/](http://www.nyscrc.org/). The NYSCRC Director works with NYSOFA and NY Connects at the state level to make the NYSCRC Web site a “go-to” place for information tailored to informal caregivers and the professionals who serve them across New York. The Web site includes links to the NY Connects Resource Directory, to NYSOFA, and to other sites and organizations concerning caregiver and respite issues and services. The NYSCRC Director has added links to all current organizations who are members of NYSCRC, and has reached out to over 1,000 aging and disability groups across New York, inviting them to join NYSCRC and offering to feature a link to their organization on the NYSCRC Web site.
- Statewide Conference - NYSCRC held its annual conference on October 3, 2017 in Albany, NY. The Conference theme, “Understanding and Effectively Engaging Caregivers” brought together state and local agencies, family caregivers and the professionals who support them. An expert group of speakers and panelists provided valuable information from both their professional and personal experiences to an estimated 130 attendees.
- Launched a Caregiver Simulation - held three during 2017, with attendance between 45-60 at each session. The goals for the simulation are: to enhance understanding of caregiver responsibility and stress; enhance knowledge of community services; understand what caregivers experience day to day and how the age wave impacts the need for services. Plans for 2018 include expanding the simulation into the business community across NYS.
- The NYSCRC Director became a member of the LifeCourse Tools Advisory group through ARCH National Respite. The group is working on a new respite tool, which is currently being piloted through New York State.

- As part of the Lifespan Respite Program grant initiative, Lifespan of Greater Rochester awarded nine (9) mini-grants for $5,000 each. The mini-grants are designed to expand available respite service availability, and included a volunteer respite training component. Grantees span organization types serving older adults and people with disabilities.

- Respite Education and Support Tools (REST) Initiative - REST is a professionally designed ‘Train-the-Trainer’ course that provides respite education to those who will then go out and train others to be REST Companions™, also known as respite care workers or providers.

- As of October 2017:
  - Master Trainers = 3
  - Trainers = 100
  - Companion volunteers = 100
  - Number of Counties with REST Trainers: 26

- Also in 2017:
  - New York State was awarded a Lifespan Respite grant for 2017-2020, “Advancing State Lifespan Respite Systems.” This will enable New York to continue its focus and further solidify the Coalition on Caregiving and Respite, implement additional respite services and supports, and establish a Caregiving and Respite Resource Center at NYSCRC.
  - New York State received the REST Vision Award, recognizing our state as an outstanding state who has trained the most trainers this year and continues to strive to create an international network of organizations that prepares individuals to support caregivers through respite.
  - 2017 ARCH National Respite Conference “Take off with Respite”: The Project Director of the Lifespan Respite Grant attended the 18th annual conference held on October 11-13, 2017. The conference showcased new ways of supporting families, innovative best practices in service delivery and financing, research to improve and expand respite, and community building and networking – with a focus on fostering integrated community supports and expanding social capital to benefit the whole family.