

Lifespan Respite Track

2013 National Lifespan Respite Conference

October 15-17, 2013



The 2013 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

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TO RESPITE



15th National Lifespan Respite Conference

evaluation, program innovation, business practices and more. For those of you who also want to ensure that you are gleaning information specific to your state's Lifespan Respite grant, ARCH has identified a Lifespan Respite track within the workshop options to help in your final selection.

There were so many excellent proposals from Lifespan Respite grantees and partners, that some Workshop Sessions may have more than one breakout that in 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 workshop sessions, as all of them have relevance to the work you are doing under your Lifespan Respite grant.

In addition, the morning of October 17 will feature a Lifespan Respite Plenary session, ***Sustaining Lifespan Respite Programs: Successful Strategies in Economically Challenging Times*** focusing on state grantees with innovative service and sustainability plans. The [conference program](#) is available on the conference website for more information.

Wednesday, October 16, 2013

11:00–12:15 Workshops Session 1

1A. Giving your Communities the Freedom to Care: How a Little Money can go a Long Way Stuart Room (4th Floor)

• *Alicia Blater, M.S., APR and Linda Kendall Fields, M.Ed, North Carolina Lifespan Respite Project*

During this session, presenters will highlight the use of Lifespan Respite mini-grants to build respite capacity in communities across the State of North Carolina. Participants will learn about

innovative and sustainable projects that have resulted from this effort and how the state continues to leverage funding through the NC Money Follows the Person Project. Participants will be invited to apply this information as well as specific methods and tools to their own states and communities

2:30–3:45 Workshops Session 2

2D. State Plan for Respite: Partners Mapping South Carolina’s Freedom Trail to Respite White Hill Room (4th Floor)

• *Kathy Mayfield-Smith and Susan Robinson, South Carolina Respite Coalition, Columbia, SC*

South Carolina will share its experience in building partnerships across the lifespan to strategically map their state’s freedom trail to respite. They will describe how writing a strategic lifespan respite plan can bring a diverse group of stakeholders together, provide the structure to prioritize work, and create excitement for better coordination of services, even in an environment of reduced spending. It provides a road map for future work and a communication tool at all levels.

4:00 – 5:15 Workshops Session 3

3A. Shared Session: St. James Room (4th Floor)

A Revolution in Nebraska’s Respite System: A Look Back and a Journey Forward

• *Charlotte Lewis, University of Nebraska, Lincoln, NE*
• *Sharon Johnson, Nebraska Lifespan Respite Network, NE Department of Health & Human Services, Lincoln, NE*

Fourteen years since the passage of Nebraska’s original Lifespan Respite Network legislation, Nebraska has grown a Network model that provides inspiration to other states. Participants will take a look back at Nebraska’s Lifespan Respite history and then step into what Nebraska is doing now with the use of technology. Nebraska’s new eLifespan Respite System matches the provider skills with caregiver/care recipient needs, enhances collaboration between the Network’s six Respite Coordinators, and provides data that can identify gaps and barriers.

Freedom Trail to Respite: Ring-a-Ling – Building a Statewide Resource Line to Support Family Caregivers

• *Elizabeth Harris, M.S.W., Division of Aging & Adult Services, Arizona Department of Economic Security, Phoenix, AZ*

Learn the steps that the Arizona Caregiver Coalition took to establish a statewide Caregiver Resource Line (CRL), which has been integrated as part of Arizona’s “no wrong door” approach to serving families seeking supportive services. This resource was developed as part of the Lifespan Respite Program and now serves as the primary access point for statewide Respite Vouchers and the associated online Respite Registry for respite care providers and formal caregivers throughout Arizona.

Thursday, October 17, 2013

9:30am – 10:30am Lifespan Respite Plenary Panel

Georgian Room

Sustaining Lifespan Respite Programs: Successful Strategies in Economically Challenging Times

- *Moderator: Jill Kagan, Program Director, ARCH National Respite Network and Resource Center*
- *Greg Link, Aging Services Program Specialist, Administration on Aging, Office of Supportive and Caregiver Services, Administration for Community Living, U.S. Department of Health and Human Services*
- *Alicia Blater, M.S., APR, Family Caregiver Support Program Consultant, Lifespan Respite Project Director, NC Division of Aging and Adult Services;*
- *Joyce Pohlman, Grants Coordinator, Access & Intake Division, Texas Department of Aging and Disability Services; and*
- *Ellen Nau, Human Services Program Coordinator, Virginia Department for Aging and Rehabilitative Services, Division for the Aging*

State aging or disability government agencies are recipients of Lifespan Respite grants from the Administration for Community Living/Administration on Aging to establish statewide systems to improve respite care access for family caregivers of individuals of any age with a disability or chronic condition. States are encouraged to develop sustainability plans to ensure that program activities continue once the federal funding has ended. At the heart of Lifespan Respite projects are partnerships between the state agency, a statewide respite coalition, other state partners, and Aging and Disability Resource Centers. Many states have excelled at collaboration and are well on their way to sustaining efforts utilizing a variety of strategies. This workshop will provide background on the Lifespan Respite Program, elaborate on successful sustainability strategies, and provide state examples of successful Lifespan Respite grant activities and sustainability efforts.

10:45am – 12:00pm Workshops – Session 4

4A. Respite Registries: Connecting Families with the Respite Workers They Need - From East to West, Two States Share Their Experiences

Stuart Room (4th Floor)

- *Elenore M. Parker and Jeffrey A. Keilson, Rewarding Work Resources, Inc., Brookline, MA*
- *Sharon Kaiser, RN, BS, New Hampshire Dept of Health & Human Services, Concord, NH*

Family caregivers in every state and across the lifespan continue to need respite workers who can give them a short break. When caregivers do not have family or friends available, locating the right worker can be difficult and time consuming. An up-to-date listing of ready and willing workers helps families find respite they need. This presentation will describe the experiences of two states in developing a respite registry as a resource for the family caregiver.

4E. Emergency Respite as a Service Delivery Option: The Illinois Respite Coalition Model for Illinois

White Hill Room (4th Floor)

- *Lois Sheaffer Kramer, Marklund Organization and the Illinois Respite Coalition Board Member, Bloomington, IL*

The emergency respite system for Illinois is the result of a collaborative effort between the Illinois Department of Aging (IDOA), Illinois Respite Coalition (IRC) and the Illinois Department of Children and Family Services (IDCFS). The system was developed to streamline the application process, approval process, and locator for services so that caregivers in crisis could receive approval for funding within 48 hours of request. This session will detail the process of implementation as well as the plan to diversify funding sources.

4F. Lifespan Respite for All Ages: Priorities for Improving Respite Services in Ohio

Statler Room (Mezzanine Level)

- *Miriam Rose, M.Ed. and Linda S. Noelker, Ph.D., Benjamin Rose Institute on Aging, Cleveland, OH*

Respite is a high-priority issue for family caregivers who provide long-term services and supports for individuals of all ages with disabilities or chronic conditions. Reports from five regional Respite Summits in Ohio, attended by a total of 288 persons, covered common themes, such as respite availability and funding, and differences, such as perspectives of caregivers of children and of older adults. Public policy related to respite services and program design must accommodate these concerns.

3:00pm – 4:15pm Workshops – Session 5

5B. Development and Implementation of a Coalition Strategic Plan

Statler Room (Mezzanine Level)

- *Pat Luchkowsky, Chair, Ohio Respite Coalition, Easter Seals of Ohio, Huron, OH*
- *Jessica Hawk, Family Voices of Ohio, Chillicothe, OH*

This session will focus on sustaining the respite coalition into the future through development and implementation of a strategic plan. In 2012, Ohio spent an entire year in the development of a strategic plan. Learn the process used for developing the plan, and more importantly, the process used for implementing it. There will be real life examples of successes and activities.