

# rest

A stylized graphic of a flower with five petals. The top petal is dark teal, the bottom-left and bottom-right petals are a lighter teal, and the two side petals are a medium teal. A small yellow circle is at the center of the flower. A thin dark teal line curves from the bottom of the flower towards the left, underlining the word 'rest'.

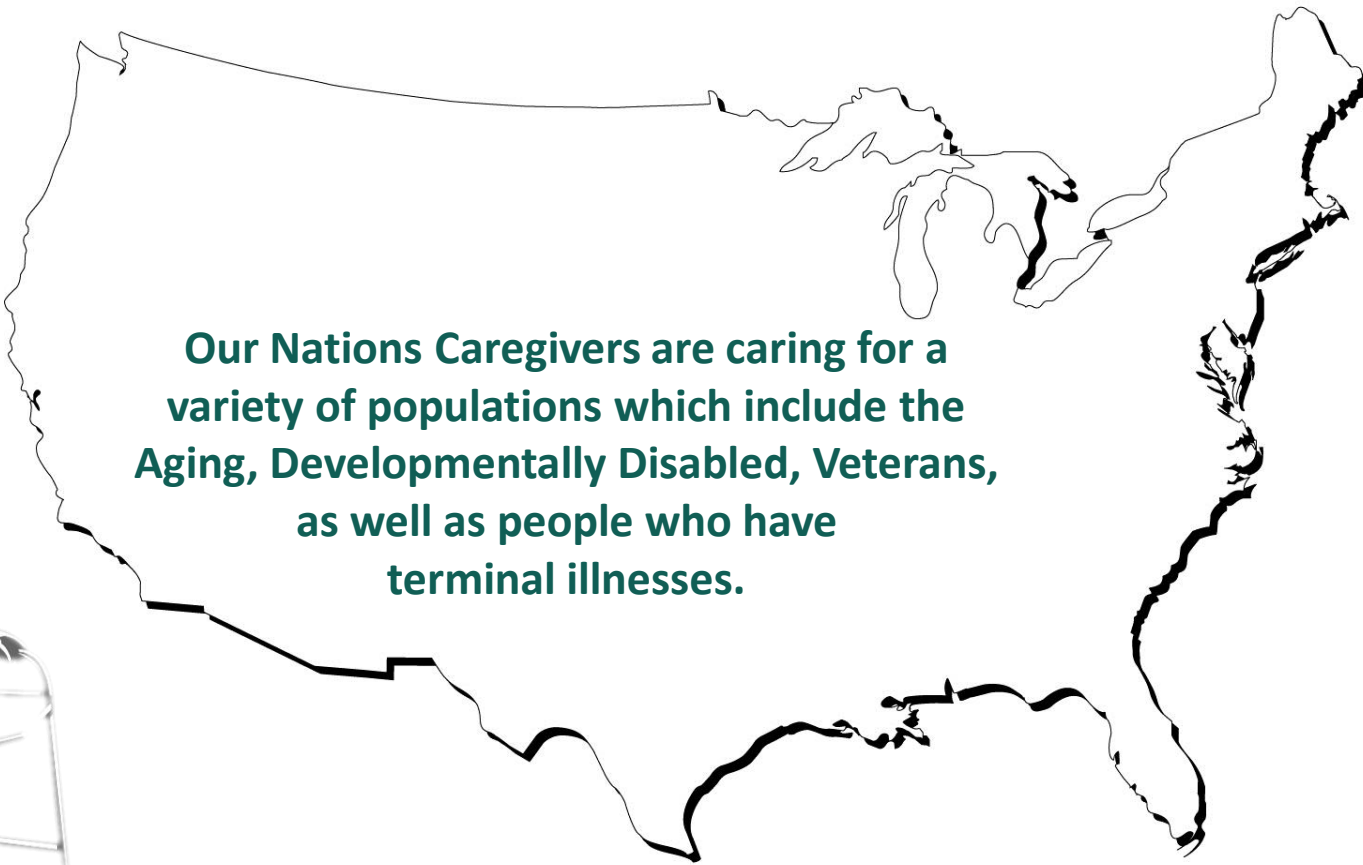
**RESPITE EDUCATION & SUPPORT TOOLS**

# **Sustainable Volunteer Respite Models are Music to Our Ears!**

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# The Caregiving Crisis

A large, thin black outline of the United States, including Alaska and Hawaii, serves as a background for the central text.

**Our Nations Caregivers are caring for a variety of populations which include the Aging, Developmentally Disabled, Veterans, as well as people who have terminal illnesses.**



# Individuals Want to Stay at Home – Caregivers Need Help

- Respite allows caregivers to:
  - Bring their best self
  - Reduce stress related medical conditions
- Respite has been shown to improve:
  - Family functioning
  - Life satisfaction
  - Attitudes toward the care recipient
- Respite widens the social network of the care recipient.





# Who Cares for the Caregivers?

- Respite is currently underfunded and caregivers health is at risk.
- Reliance on social service agencies, as entitlement programs are decreasing.
- Caregivers prefer to have people they know provide respite for their loved ones.
  - They often rely on un-trained family , friends, or neighbors.
  - REST trained volunteers feel more comfortable providing respite.



# National Initiative to Delay or Avoid Long Term Care Placement

- Long Term Services and Support
  - Include respite as a support service for caregivers
- Balancing Incentive Programs
  - Allows for partnerships with private sector



# National Initiative to Delay or Avoid Long Term Care Placement

- Centers for Medicare & Medicaid Services
  - Supports initiative to improve quality of care and reduce cost
- Lifespan Respite Care Act of 2006 appropriates funds for:
  - Training paid and unpaid Respite Workers
  - Emergency Respite Services
  - Building Lifespan Respite programs in each state



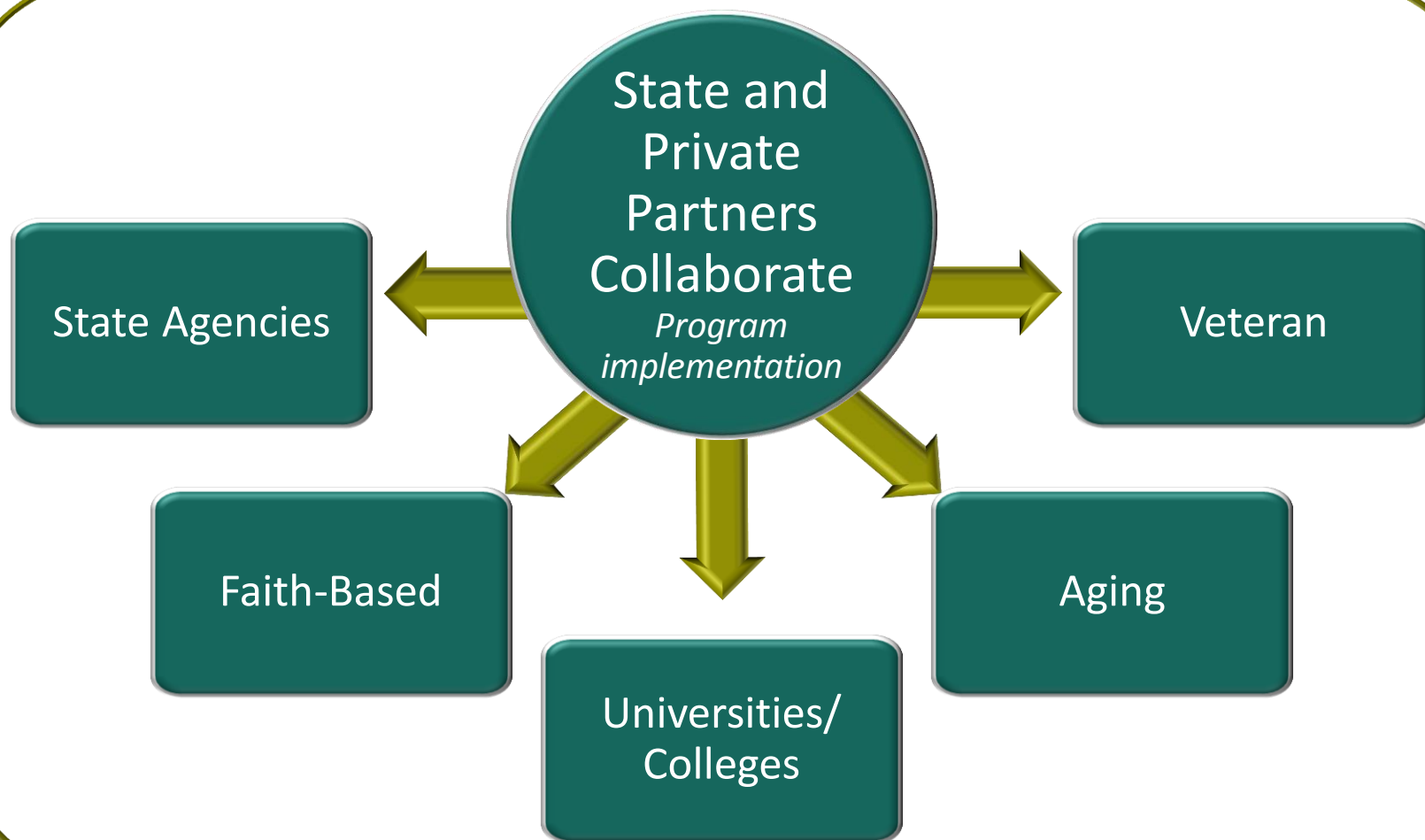


# How do we Create a Vast Network of Trained Volunteers?

- Educate agencies and organizations about non-traditional avenues of respite, and how they can increase resources and availability.
- Mobilize trained volunteers through a variety of agencies and organizations to increase the availability of planned and emergency respite.



# Volunteer Respite Models



# State Agency Model

State partnerships and collaborations can provide unique opportunities to build new networks of support for caregivers throughout the state.

## **Benefits:**

- Community resources such as local churches and volunteer organizations will work together with families to train volunteers and their personal support workers if needed.
- Through this training, caregivers will have greater access to trained workers in their own communities.

## **How REST model can be utilized:**

- Used as a standard of training for volunteers across the state to provide respite to caregivers who are caring for or working with a variety of populations.
- State agencies can assist with distribution of Caregiver Surveys that help to measure the efficacy of respite.

# Faith-Based Model

Caregivers often stop attending weekly services, or they attend alone. They may become less involved, and feel more isolated.

## **Benefits:**

- Connects caregivers to their faith based support network
- Allows expansion of mission beyond walls of church
- Allows families to worship together with support
- Increases church membership, attendance, and community involvement

## **How REST model can be utilized:**

- Utilize the REST training as a foundation for all volunteers
- Enhances Home Visitor Program for elderly church members
- Begin or expand a Disability Ministry by starting:
  - a drop-off program for individuals with disabilities.
  - a buddy system for church services, events and religious education, allowing the entire family to attend and participate.

# Aging Model

Older Americans and their caregivers continue to need additional support. Aging organizations can equip volunteers with the knowledge and skills they need to support and provide respite.

## **Benefits:**

- Creates opportunities for boomers who are retiring and seeking satisfaction through volunteerism.
- Increases awareness of your organization by developing community partnerships or collaborations.

## **How REST model can be utilized:**

- Creates a standard foundation of training for volunteer programs.
- Enhances In-Home Respite, Adult Day Care, and Palliative Care programs.
- Ease burden of transition from hospital stays or rehab centers.
- Create potential pathways to employment for baby boomer volunteers who are seeking a career change.
- Volunteers can mobilize REST in their own neighborhoods to increase opportunities to support caregivers.



# Veteran Model

Veteran organizations can expand their respite outreach to veteran and military families by training respite volunteers.

## **Benefits:**

- Allows caregivers and veterans to have access to a small group of trained local volunteers for respite support.
- Create service opportunities for post-war vets who want to volunteer at home in their own community.
- Allows for potential pathways to future employment – utilizing skills & talents acquired.
- Allows Military bases the ability to provide training on base to support those living there.

## **How REST Model can be utilized:**

- Enable Veterans to help each other during times of transition through: peer mentoring programs, support groups, or online discussion groups.
- Develop in-home respite programs and other programs that help to foster connections.

# Universities/College Model

The idea of pairing a large student base with a state-of-the-art training program aligns with the needs of our nations' caregivers

## **Key Benefits:**

- Allows colleges and universities to actively support those in need in their communities—providing much needed respite care.
- Provides learning opportunities for students who will be able to apply important care and interpersonal skills in a real-life environment.

## **How REST model can be utilized:**

- Can provide structured training and field service experience, that can be integrated with college courses and service learning programs to provide respite for community caregivers who care for individuals across the lifespan.

# What is Unique about the REST Program?

- Standardized training:
  - Aligns with National Respite Guidelines
  - Allows for customization
- Active learning:
  - Discussion
  - Group exercises
  - Experiential learning
  - Student-led presentations
  - Peer evaluation
- Modeling of Volunteer Respite Course



# What is Unique about the REST Program?

- Interactive training:
  - Experience of participants enriches course
  - Creates close, lasting connections
- Ongoing support from REST Team – successful mobilization

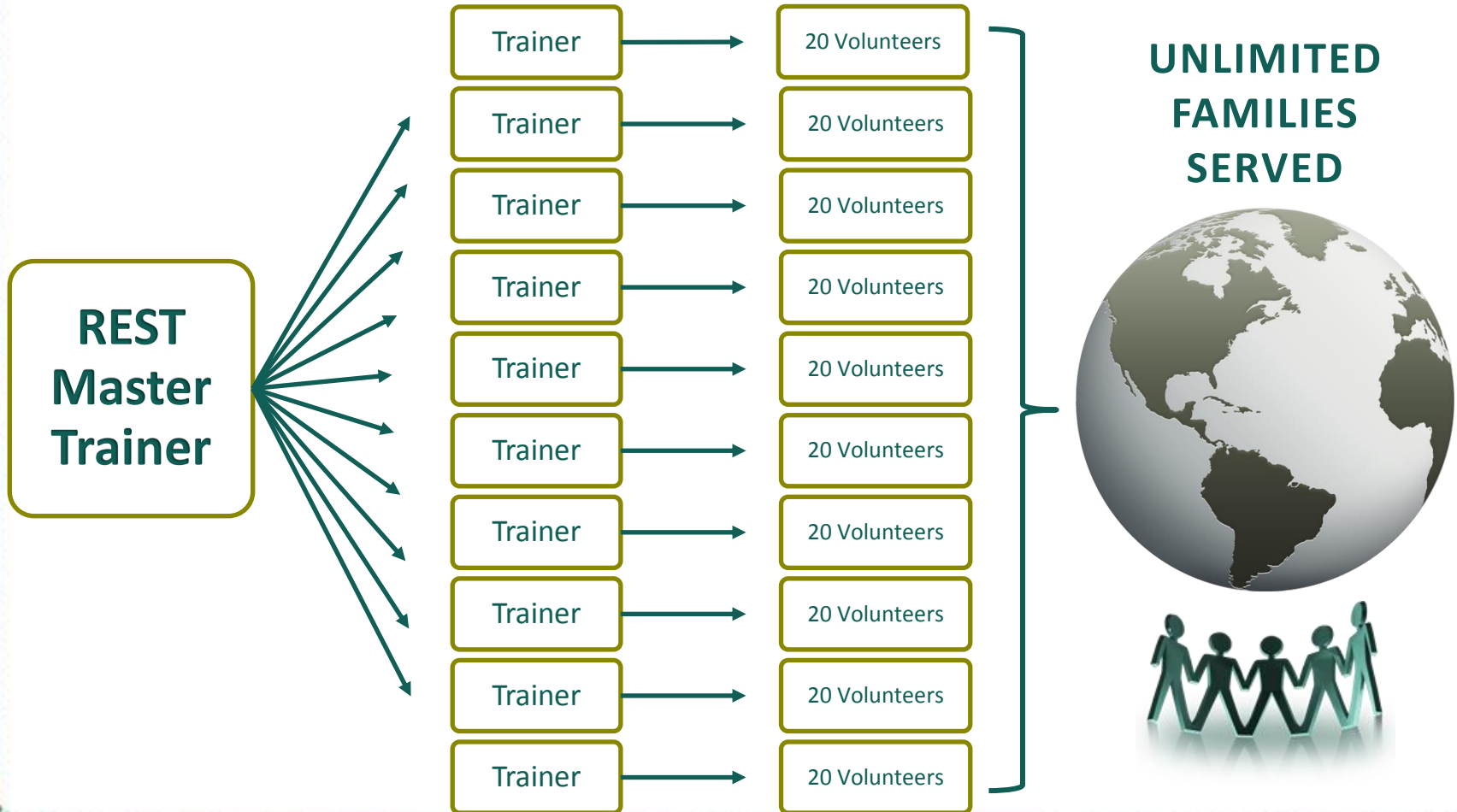




# REST Program Impact

Impact of one Train-the-Trainer Course

1 Master Trainer → 10 Trainers → 200 Volunteers → Families Served





For more information:  
[www.restprogram.org](http://www.restprogram.org)

**Thank you for joining us today!**

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