



ELEVATE RESPITE

17th National Lifespan Respite Conference

September 20–22, 2016 • Denver, CO



**National
Multiple Sclerosis
Society**
Colorado-Wyoming Chapter

*Respite for you
= better care for
your loved one*



COLORADO
Office of Community
Access & Independence
Division of Aging & Adult Services





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1-877-333-5885



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State Unit on Aging
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- Advocacy



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National Multiple Sclerosis Society
Colorado-Wyoming Chapter



Welcome to Denver and the 17th National Lifespan Respite Conference

Welcome to the Mile High City of Denver and to the 17th National Lifespan Respite Conference! This year marks the 10th Anniversary of the enactment of the Lifespan Respite Care Act that is transforming the way we reach family caregivers and support them in their caregiving roles. This important milestone presents a great opportunity to assess how far we have come to improve the accessibility and use of respite, as well as recognize that we still have a few mountains to traverse. The conference theme, ***Elevate Respite***, aptly reflects the beautiful backdrop of the great Rocky Mountains, but even more importantly, challenges us during this celebratory year to raise up our voices to heighten awareness about the ever-growing need for respite and caregiver supports.

There is a lot to celebrate this year! 2016 is especially noteworthy as we enjoy the first federal increase to the Lifespan Respite program since it was first funded in 2009, the reauthorization of the National Family Caregiver Program that expands eligibility to older parents caring for adult children with disabilities, the awakening of a greater need for support for military caregivers, and the formation of the first bicameral, bipartisan Congressional Caucus on Family Caregiving. For the first time, family caregiving is being elevated in some Presidential campaigns and included in state party platforms.

Across the country, new State Respite and Caregiver Coalitions have formed, state legislation has established

Caregiver Task Forces to recommend new strategies to support family caregivers, and despite economic challenges facing many states, new state policies like the Care Act or budget line-items for respite are emerging.

Right here in Colorado, a Respite Care Task Force, consisting of professionals, policymakers and caregivers representing the lifespan, disability spectrum and state, was formed to develop recommendations for the state legislature to address the state's respite care needs. The legislature approved funding to make these recommendations a reality in Colorado. Additional policy advances were made in recent years. State General Funds were awarded for four years to support community-based respite grants, a family respite voucher program, training and education. In 2012, HB12-1226 passed to create a respite fund from fines collected from individuals convicted of committing a crime against an at-risk individual. The Colorado Respite Care Program and its partners are grateful for the support and leadership of Colorado's policymakers and continue to ***Elevate Respite*** across Colorado, and in collaboration with ARCH, across the nation.

We invite you to join the breakout sessions hosted by Colorado programs to learn more about exciting advocacy efforts, respite programs and caregiver resources from across this state.

Between 2009 and 2016, thirty-five states and the District of Columbia

have received federal Lifespan Respite grants to better coordinate and streamline respite at the state level, making it easier for families to find and use respite. These efforts have spawned unprecedented collaboration and innovative best practices in the field. Significant awareness has grown around the respite needs of the nation's 45 million family caregivers, but we still have a long way to go!

Limited resources challenge us to think more creatively about engaging and sustaining new partners to support families – whether these are with non-traditional service providers, volunteer or faith-based initiatives, university students, consumer-directed programs, or employers who are exploring ways to serve the escalating number of working family caregivers. As states shift to managed care for providing long term services and supports, we have had to educate ourselves about how to work with an ever-changing health care and social service system. Increasingly, we are looking to peers, friends, neighbors and our local communities to offer a helping hand. And we have been meeting these challenges head on! This conference will showcase new ways of supporting families, innovative best practices in service delivery and financing, research to improve and expand respite, and community building and networking.

Take advantage of everything this conference and Denver have to offer and let's ascend the mountain peak together.



Conference Exhibitor Directory

Please visit our exhibit tables from 8am to 5pm on Wednesday, September 21, and Thursday, September 22, located on the Terrace and Majestic levels.

AARP

601 E Street, NW
Washington DC, 20049
www.aarp.org

The Alzheimer's Association

455 Sherman St. #500
Denver, CO 80203
www.alz.org/co

ARCH National Respite Network and Resource Center

4016 Oxford St.
Annandale, VA 22003
www.archrespite.org

Benjamin Rose Institute on Aging

11890 Fairhill Road
Cleveland, OH 44120
www.benrose.org

Christopher and Dana Reeve Foundation

636 Morris Turnpike Suite 3A
Short Hills, NJ 07078
www.christopherreeve.org

Colorado Department of Human Services, Aging and Adult Services

1575 Sherman St.
Denver, CO 80203
<https://sites.google.com/a/state.co.us/humanservices>

Continuum of Colorado

11111 East Mississippi Ave.
Aurora, CO 80012
www.continuumofcolorado.org

Denver Metro Colorado Regional Respite Coalition

Denver, CO
[www.coloradorespitecoalition.org/
local-efforts/denver-metro](http://www.coloradorespitecoalition.org/local-efforts/denver-metro)

Developmental Pathways

325 Inverness Dr. South
Englewood, CO 80112
www.developmentalpathways.org

Easter Seals Colorado / Colorado Respite Coalition

5755 W Alameda Ave.
Lakewood, CO 80226
www.eastersealscolorado.org
www.coloradorespitecoalition.org

JFK Partners

13121 E. 17th Ave., C234
Aurora, CO 80045
[www.ucdenver.edu/academics/
colleges/medicalschoo/programs/
JFKPartners](http://www.ucdenver.edu/academics/colleges/medicalschoo/programs/JFKPartners)

National MS Society – CO/WY Chapter

900 South Broadway, 2nd Floor
Denver, CO 80209
[www.nationalmssociety.org/
Chapters/COC](http://www.nationalmssociety.org/Chapters/COC)

REST (Respite Education and Support Tools)

164 S. Prairie Ave.
Bloomington, IL 60108
www.restprogram.org

Rewarding Work Resources

52 Babcock St. #3
Brookline, MA 02446
www.rewardingwork.org

Road Scholar

11 Ave de Lafayette
Boston, MA 02111
www.roadscholar.org/caregivergrant

Seniors' Resource Center

3227 Chase Street
Denver, CO 80212
www.srcaging.org

Southern Colorado Regional Respite Coalition

Colorado Springs, CO
[www.coloradorespitecoalition.org/
local-efforts/southern-co](http://www.coloradorespitecoalition.org/local-efforts/southern-co)

Therap Services

562 Watertown Ave. Suite 3
Waterbury, CT 06708
www.therapservices.net

United Cerebral Palsy Association of Sacramento, CA

4350 Auburn Blvd.
Sacramento, CA 95841
www.ucpsacto.org

WellMed Charitable Foundation

8637 Fredericksburg Road, Suite 100
San Antonio, TX 78240
www.wellmedgives.org

Wind Crest, Inc.

3420 Mill Vista Road
Highlands Ranch, CO 80129
www.ericksonliving.com

50 Plus Media Solutions

2502 Timberwood Dr., Unit T-108
Fort Collins, CO 80528
www.50plus.news



Overall Conference Schedule

Tuesday, September 20 – National Conference Reception

5:00pm – 7:30pm	Registration	Majestic Ballroom Foyer
6:30pm – 8:30pm	Welcome Reception	Majestic Ballroom

Wednesday, September 21 – Conference, Day One

7:30am – 5:00pm	Registration/Information Table	Majestic Ballroom Foyer
7:30am – 9:00am	Continental Breakfast	Majestic Ballroom
9:00am – 9:30am	Opening Session: Welcome to Denver!	Majestic Ballroom
9:30am – 10:30am	Bovine Metropolis Theater	Majestic Ballroom
10:30am – 10:45am	Break	
10:45am – 12:00pm	Breakout Session A	See Full Schedule for Rooms
12:00pm – 12:15pm	Break	
12:15pm – 1:00pm	Lunch	Majestic Ballroom
1:00pm – 2:00pm	Luncheon Program: State and National Champions for Respite	Majestic Ballroom
2:00pm – 2:15pm	Break	
2:15pm – 3:30pm	Breakout Session B	See Full Schedule for Rooms
3:30pm – 3:45pm	Break	
3:45pm – 5:00pm	Breakout Session C	See Full Schedule for Rooms
6:00pm – 9:00pm	Dinner on Your Own in Denver's Mile High City	

Thursday, September 22 – Conference, Day Two

7:30am – 5:00pm	Registration/Information Table	Majestic Ballroom Foyer
7:30am – 9:00am	Breakfast on Your Own	Majestic Ballroom
9:00am – 10:15am	Keynote Speaker – Jane W. Barton Speaker, listener, and author of <i>Caregiving for the GENIUS</i>	Majestic Ballroom
10:15am – 10:30am	Break	
10:30am – 11:45am	Breakout Session D	See Full Schedule for Rooms
11:45am – 12:00pm	Break	
12:00pm – 12:45pm	Lunch	Majestic Ballroom
12:45pm – 1:45pm	Luncheon Keynote Speaker – Amy Goyer Author, media authority, and AARP's family and caregiving expert	Majestic Ballroom
1:45pm – 2:00pm	Break	
2:00pm – 3:15pm	Breakout Session E	See Full Schedule for Rooms
3:15pm – 3:30pm	Break	
3:30pm – 4:45pm	Breakout Session F	See Full Schedule for Rooms
4:45pm – 5:15pm	Closing Ceremony and Door Prizes	Majestic Ballroom
5:30pm – 6:30pm	Reception for Lifespan Respite Grantees and Partners	Majestic Ballroom

Friday, September 23 – Lifespan Respite Grantee and Partner Learning Symposium

(By invitation only for Lifespan Respite Grantees and Partners. Separate registration required.)

7:30am – 8:30am	Registration and Breakfast	Majestic Ballroom
8:30am – 3:30pm	Presentations and Interactive Discussion	Majestic Ballroom



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Welcome to the Sheraton Denver Downtown Hotel! The meeting rooms for the 17th National Lifespan Respite Conference are located on the Terrace and Majestic levels of the Tower Building.

Directions to Terrace and Majestic Levels

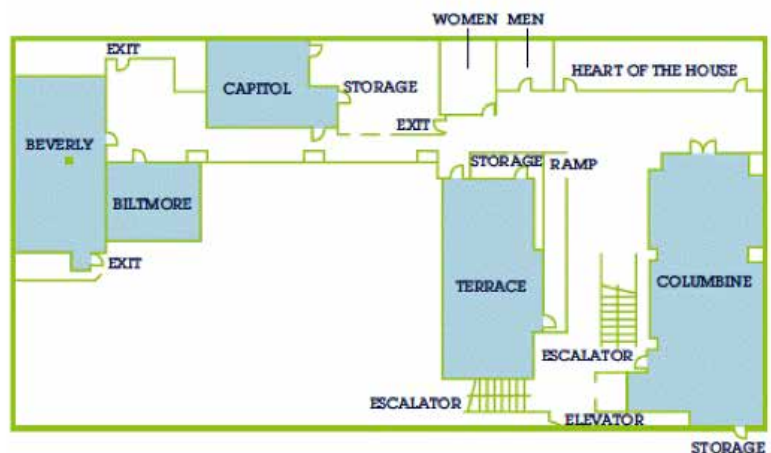
From the Tower Building Guest Elevators to Terrace and Majestic Levels:

- Take the Tower guest elevators down to the Street level.
- Exit the elevator and head toward the seating area, turn left and continue down the hallway.
- At the end of the hallway is an escalator. (There is an elevator also to your right, slightly hidden by a column.)
- Take the escalators down one floor to the Terrace level, or two floors to the Majestic level.

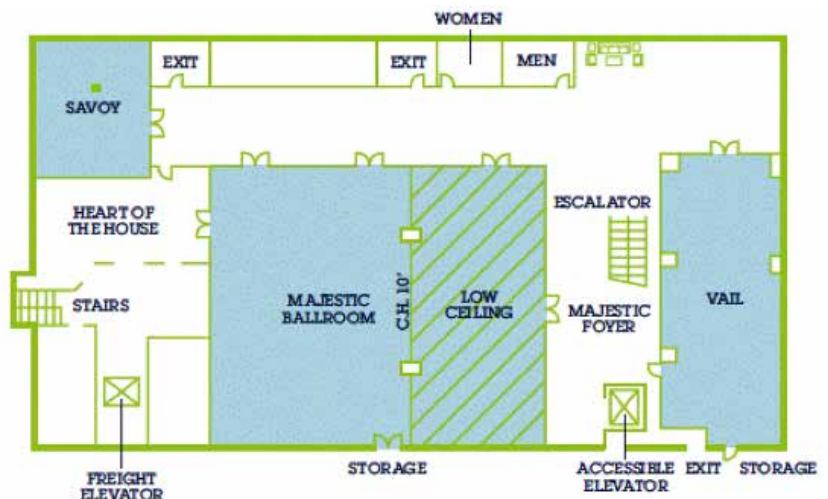
From the Plaza Building Guest Elevators to Terrace and Majestic Levels:

- Take the Plaza Building Guest Elevators to the 2nd level, exit and cross the sky bridge.
- Take the Tower guest elevators down to the Street level, exit and head toward the seating area, turn left and continue down the hallway.
- At the end of the hallway is an escalator. (There is an elevator also to your right, slightly hidden by a column.)
- Take the escalators down one floor to the Terrace level, or two floors to the Majestic level.

Tower Building Terrace Level

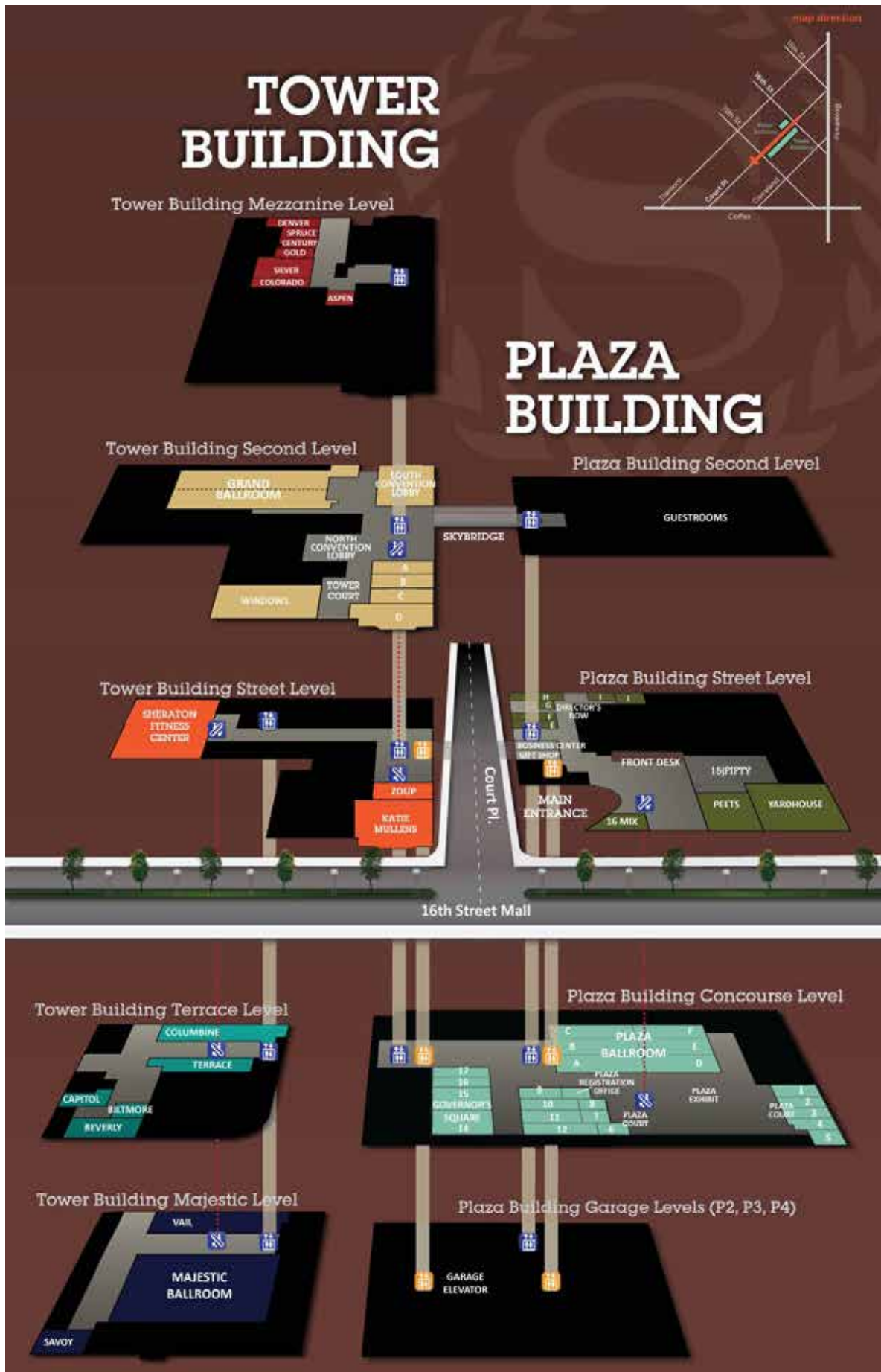


Tower Building Majestic Level



Contact Information

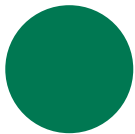
Telephone: 303-893-3333
General Fax: 303-626-2543





Conference Tracks

To assist you in planning your conference experience, we have categorized breakout sessions by the following tracks that we hope will help you select presentations that are most meaningful for you.



Beginner Level: New Partnerships and Business Development

Colorado is home to 25 ski resorts, which had more than 7 million visitors in the 2015–2016 ski season.

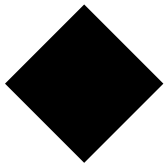
Successful programs are gaining respect in the business and policy world as efficient and cost-effective. It is imperative that we learn from and replicate successful models that have improved administrative as well as service capacity as we move ahead in meeting growing numbers of family caregivers. With more than 60% of family caregivers in the workplace, partnering with employers is also critical for reaching caregivers to provide respite resources.



Intermediate Level: Service Delivery

Trail Ridge Road is the highest continuous highway in the United States, reaching 12,183 feet.

This track highlights models in respite training for providers and those who assist family caregivers; features service delivery options including voucher programs and consumer-directed respite, planned and emergency respite, and volunteer respite; and explores innovations in respite registries and online technologies. Best practices in respite services for children, adults, and the frail aging population as well as for underserved populations across the lifespan will be presented. Non-traditional approaches to respite will also be explored.



Black Diamond: Evaluation and Research

Colorado has the highest average altitude of any state.

As service providers and caregivers make a case for respite availability and funding, we need to demonstrate a solid evidence-base for respite. Research also provides understanding of the health and well-being of family caregivers and the overall effect of respite on societal outcomes, including cost-benefits. This track presents findings from evaluations of lifespan respite activities, respite models, technologies and interventions to assist care recipients and their family caregivers. Planning for new research opportunities is also highlighted.

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Sun: Family Caregivers

Colorado is famous for its 300-plus days of sunshine per year.

This track is primarily geared to family caregivers and those who work with family caregivers who want to learn more about caregiving, about cultural differences among caregivers, or to learn new strategies and activities to promote wellness.



Snow: Advocacy, Networking, and Sustainability

The Winter X Games have been held in Aspen since 2002.

Connecting with others in your state and from around the country is essential for promoting respite and the needs of family caregivers and for sustaining the important work that we do. Collaboration is also important in building strong respite coalitions, in advancing coordinated systems of respite options, in strengthening cross-agency partnerships, in raising public awareness, and for reaching underserved populations. These sessions will explore use of media, strategic planning, legislative advocacy and other strategies.



Fall Aspen Leaf: Respite for Military Families and Caregivers of Veterans

Colorado is known for its beautiful aspen trees, which turn yellow and gold in the fall.

As Honorary Chair of the conference, Senator Elizabeth Dole, *Caring for Military Families: The Elizabeth Dole Foundation*, has helped us raise awareness about the special needs of military families and caregivers of veterans. More than five million young spouses, mothers, fathers and other loved ones care for the nation's wounded warriors at home. Millions more are caring for veterans from all eras. More meaningful and accessible respite services are critically needed for this population and important efforts to achieve this goal will be presented.



Mountain: Lifespan Respite

Colorado has 58 mountain peaks surpassing 14,000 feet, often called "14ers."

Some sessions that fall into the above tracks may also be relevant in a Lifespan Respite Track. These sessions may be of particular interest to Lifespan Respite grantees and their partners.

Through the federal Lifespan Respite Program, the US Administration for Community Living awards competitive grants to state agencies in partnership with state respite coalitions and others to develop statewide coordinated systems of community-based respite services for family caregivers of children and adults with special needs. This track will showcase best practices in current Lifespan Respite grant activities.



Tweet

#ElevateRespite

Chat with Us on Twitter at #ElevateRespite

Come chat with us on Twitter during the conference. We encourage you to share your reactions to conference plenary sessions, keynote addresses and workshops by chatting on Twitter at #ElevateRespite. Network and engage with colleagues and presenters by posing questions, offering insights and information from your own experience, and sharing new resources and even photos! We welcome all Twitter chatter!



Tuesday, September 20 – National Conference Reception

5:00pm – 7:30pm Registration _____ Majestic Ballroom Foyer
6:30pm – 8:30pm **WELCOME RECEPTION AND PROGRAM** _____ Majestic Ballroom

As the conference theme says, let's ***Elevate Respite*** during this celebratory conference by raising up our voices to heighten awareness about the ever-growing need for respite and caregiver supports.

Wednesday, September 21 – Conference, Day One

7:30am – 5:00pm Registration/Information Table _____ Majestic Ballroom Foyer
7:30am – 9:00am Continental Breakfast _____ Majestic Ballroom
9:00am – 10:30am **OPENING SESSION: WELCOME TO DENVER!** _____ Majestic Ballroom

- *Lynn Robinson, President and CEO, Easter Seals Colorado*
- *Jill Kagan, MPH, Director, ARCH National Respite Network and Resource Center*
- *Julie Krow, MA, LPC, Deputy Executive Director, Community Partnerships, Colorado Department of Human Services*

Video Welcome from The Honorable Elizabeth Dole

- *The Honorable Elizabeth Dole, Honorary Chair of the 2016 National Lifespan Respite Conference and Founder of Caring for Military Families: The Elizabeth Dole Foundation*



Senator Elizabeth Dole, with a long and distinguished career helping women and minorities reach their full potential, most recently founded *Caring for Military Families: The Elizabeth Dole Foundation* to raise awareness and support for the 5.5 million young spouses, mothers, fathers and other loved ones caring for our nation's wounded warriors at home. In this role as a distinguished caregiver advocate, she has served as a stalwart champion for military caregiver supports, including meaningful and accessible respite services, and for ensuring that the Lifespan Respite Care Program is fully funded.

Bovine Metropolis Theater

The collaborative nature of improvisation teaches us to learn and adapt to new situations in a positive and uplifting way. Established in 1996, Bovine Metropolis Theater is the first dedicated school and theater for improvisation in the Rocky Mountain region. The Bovine uses improvisation to create exceptional ensembles for life, business, and the stage. Enjoy the performance!

10:30am – 10:45am BREAK



Wednesday, September 21 – Conference, Day One (cont.)

10:45am – 12:00pm **BREAKOUT SESSION A**



A-1 Elevating Partnership and Collaboration Between Your Respite Coalition and Lifespan Respite Grantee

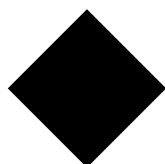
Tracks: Advocacy, Networking, and Sustainability

Lifespan Respite

Room: Terrace

- *Alicia Blater, NC Lifespan Respite Project Director, Family Caregiver Support Program Consultant, NC Division of Aging and Adult Services, Raleigh, NC*
- *Cindy Miles, President, NC Respite Care Coalition and Family Caregiver Support Program Specialist, Southwestern Commission Area Agency on Aging, Sylva, NC*

Successful lifespan respite care programs require mutual collaboration and a willingness to help all stakeholders shine and grow their capacity. It's sometimes about asking questions like, "what do they need and how can I help make that happen?" This presentation will highlight North Carolina's efforts to work together and their process of building bridges to sustainability and success for one another.



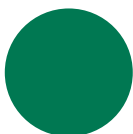
A-2 A Research Agenda for Respite Care: Deliberations of an Expert Panel

Track: Evaluation and Research

Room: Capitol

- *Ray Kirk, PhD, RS Kirk & Associates and Senior Consultant to The ARCH National Respite Network and Resource Center, Pittsboro, NC*

Respite is considered to be a positive and preventive service and research exists to support this claim. However, a 12-year literature review of respite research revealed many equivocal findings. The ARCH National Respite Network and Resource Center in collaboration with the U.S. Administration for Community Living convened an expert panel of researchers, advocates, and funders to assess the status of respite research and develop a research agenda to establish a stronger evidence-base for respite services. This session will present an update on the implementation of the Panel's recommendations and explain why this is so important to the respite field.



A-3 Maximizing Respite Dollars Through Partnership and Collaboration: One Community's Story of Caregiver Support

Tracks: New Partnerships and Business Development

Lifespan Respite

Room: Beverly

- *Janice Sparks, PhD, Senior Staff Analyst, Harris County Area Agency on Aging and Program Manager, Care Connection, Aging and Disability Resource Center, Houston, TX*
- *Suzanne Terry, Human Service Program Manager, Harris County Area Agency on Aging, Houston, TX*

To maximize Lifespan Respite Program dollars, several community organizations lead by the Harris County Area Agency on Aging and Care Connection, Aging and Disability Resource Center have worked together over the last four years to deliver uniquely crafted respite services to caregivers caring for individuals across the age spectrum. The program has been very successful, providing direct services in the form of vouchers, as well as through evidence-based information and education to deliver a comprehensive scope of support services.



Wednesday, September 21 – Conference, Day One (cont.)



A-4 Connecting Kinship Caregivers – Creative Support Programs for Kinship Families

Track: Family Caregivers

Room: Columbine

- *Carrie Savage, Kinship Program Coordinator, Catholic Charities, Denver, CO*
- *Peggy Spaulding, Program Specialist, State Unit on Aging, CO Department of Human Services, Denver, CO*

Nearly 1 in 12 American children live in a household run by a grandparent or other relative. Catholic Charities of Denver will share their experiences running several support groups for kinship care families, and how they have recently collaborated with Easter Seals Colorado to support their unique needs. This presentation will also discuss funding resources for kinship families, from a local to statewide level.



A-5 Lessons Learned in the Delivery of Respite Care for Military Families with Children Having Special Needs

Tracks: Service Delivery

Respite for Military Families and Caregivers of Veterans

Room: Savoy

- *Bonnie Storm, M.S. Ed., Senior Director, Exceptional Family Member Program Respite Care, Arlington, VA*

Child Care Aware® of America has been facilitating and improving on implementation of the military Exceptional Family Member Program (EFMP) Respite Care for eight years. The program has evolved from initial concepts to full development by understanding military families' needs and adapting the program to meet those needs. There are lessons learned and best practices for respite care implementation. The presentation is aimed at exploring best practices that might be considered by other respite care practitioners.



A-6 Shared Session:

Room: Vail

Elevating Respite to Care for the Caregiver

Track: Service Delivery

- *Kristin Steadman, Founder and Executive Director of Night Lights, Inc., Littleton, CO*

This presentation will demonstrate the best practices of elevating respite care through volunteer and faith-based models for children with special needs and their siblings, and will highlight a model of respite care that has been replicated throughout the Denver metro area. In addition, it will discuss compassion fatigue for caregivers of children with special needs, thus bringing awareness to the need for respite care.



Tweet #ElevateRespite



Wednesday, September 21 – Conference, Day One (cont.)



A Path to Overnight Respite for Caregivers – A Respite Model for Caring for the Caregiver

Track: Family Caregivers

- *Lisa Story, MSCP, LPC, CT, Executive Director, Hope Grows & Psychotherapist, Moon Township, PA*

While finding time for self in the midst of the demands of being a caregiver is difficult, three components as best practice for caregivers to retreat for respite of self are explored: 1) empowerment, 2) awareness, and 3) emotional connection. At the core of these best practices is a model of overnight respite that weaves positive psychology, holistic therapies, and mindfulness-based practices with healing and restorative gardens, fostering a change of perspective and a healthier caregiver identity role. One objective of the session is to understand the therapeutic benefits that nature and the natural world provide and how using this modality of therapy can be a part of a healthy caregiver identity.

12:00pm – 12:15pm

BREAK

12:15pm – 2:00pm

LUNCH AND LUNCHEON SPEAKERS _____ Majestic Ballroom

State and National Champions for Respite

Recognition of Colorado policymakers and leaders presented by the Colorado Respite Coalition.

10th Anniversary of the Enactment of the Lifespan Respite Care Act

- *The Honorable Jim Langevin (D-RI)*
- *The Honorable Gregg Harper (R-MS)*

Video Presentations from **The Honorable Jim Langevin (D-RI)** and **The Honorable Gregg Harper (R-MS)**, U.S. House of Representatives, Washington, DC, on the Reauthorization of the Lifespan Respite Care Program and the Tenth Anniversary of the enactment of the Lifespan Respite Care Act.



Rep. Jim Langevin



Rep. Gregg Harper

Presentation

- *Percy Devine III, MSW, Bi-Regional Administrator, Regions VI and VIII, Administration for Community Living, U.S. Department of Health and Human Services*



Percy Devine III serves as Bi-Regional Administrator of the Administration for Community Living in Region VI and Region VIII (Dallas and Denver regional offices) with responsibility for representing the Assistant Secretary for Aging and advocating for seniors in the Regions, and for maintaining stewardship of the aging services program in Arkansas, Louisiana, Oklahoma, New Mexico and Texas of Region VI and Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming of Region VIII.

2:00pm – 2:15pm

BREAK

Please visit our exhibit tables from 8am to 5pm on Wednesday, September 21, and Thursday, September 22, located on the Terrace and Majestic levels.



Wednesday, September 21 – Conference, Day One (cont.)

2:15pm – 3:30pm

BREAKOUT SESSION B



B-1 Lifespan Respite Panel: Best Practices at Mile Post 7

Track: Lifespan Respite

Room: Vail

- *Kevin Foley, Administration for Community Living, U.S Department of Health and Human Services, Washington, DC*
- *Peggy Spaulding, Program Specialist, State Unit on Aging , CO Department of Human Services, Denver, CO*
- *Kerrie Reidelbach, Montana Lifespan Respite State Program Manager, Senior & Long Term Care Division, MT Department of Public Health and Human Services, Helena, MT*
- *Linda J. Porter, Program Coordinator, Lifespan Respite Washington/Senior Services of Snohomish County, Everett, WA*

The Lifespan Respite Care Program, funded by the U.S. Administration for Community Living (ACL), was designed to build coordinated statewide systems of respite care services for family caregivers caring for individuals of all ages and conditions. ACL has provided grants to 35 states and the District of Columbia since 2009. This session will provide an overview of the program nationally and allow three state grantees to highlight the most significant of their grant-funded activities and the outcomes.



B-2 Coping with Humor

Track: Family Caregivers

Room: Capitol

- *Rosie McMahan, M.Ed./A.C.S., Optimistic Options, Amherst, MA*

As caregivers, it is no wonder that our sense of humor is often the first thing to go, even though we know that humor is helpful and laughing is healthy. In 2011, I became my mom and brother's caregiver. My mom was elderly and declining, and my older brother was born with permanent physical and cognitive disabilities. Nothing prepared me for becoming their primary caregiver, nothing. But finding the funny is essential to my well-being. This session will allow participants, especially family caregivers, to feel more able to laugh, feel connection to other caregivers as it relates to the often absurd and hysterical situations in which we find ourselves, and feel more able to ask for help when needed.



B-3 The Stress-Busting Program: An Evidence Based Program for Family Caregivers

Track: Family Caregivers

Room: Beverly

- *Sharon L Lewis, RN, PhD, FAAN, Owner, Stress-Busting Program, LLC, Helotes, TX*
- *Debbie Billa, Grants Manager, WellMed Charitable Foundation, San Antonio, TX*

Chronic stress undermines the physical and emotional health of family caregivers. It affects spousal caregivers differently than adult children. The Stress-Busting Program for Family Caregivers is an evidence-based program that meets the Administration for Community Living's highest criteria, and is proven to reduce stress, anger and anxiety, and improve the quality of life of family caregivers. Hear how this nationally recognized, master trainer/lay leader model can be adopted in your community.



Wednesday, September 21 – Conference, Day One (cont.)



B-4 Shared Session:

Track: Service Delivery

Room: Columbine

Turning Obstacles into Opportunities: Reinventing Respite Programs with a Unique Service Model

- *Mary Chaput, Program Director, Family Caregiver Support Programs, Anne Arundel County Department of Aging & Disabilities, Annapolis, MD*
- *Dee Scharff, Program Coordinator, Respite Care Referral Program, Anne Arundel County Department of Aging & Disabilities, Annapolis, MD*

Anne Arundel County's Respite Care Referral Program (RCRP) is unique to Maryland's Area Agencies on Aging. In the mid-1980's, the program began as a training program for low income women. Thirty-years later, RCRP has become a lifeline for many of the county's caregivers who rely on it to provide a registry of screened and trained workers who provide home care at a lower cost than most agencies.

Rural Respite Voucher Option with a Family Caregiver Centered Approach

- *Jillian Broce, Family Caregiver Coordinator, Weld County Area Agency on Aging, Greeley, CO*
- *Holly Darby, Community Outreach Manager, Weld County Area Agency on Aging, Greeley, CO*

During this session, conference attendees will learn about a respite voucher program offered in a large 4,000+ square mile, rural county where home health staffing is a challenge. The program reaches multiple populations with varying medical conditions. The program is caregiver centered choice and is a wonderful option for caregivers that are resistant to accepting assistance. Session participants should be in a position to create their own respite program.



B-5 Partners, Policies and Politics – Playing Inside and Outside the Formal and Informal Playgrounds of Family Caregiver Supports

Track: Advocacy, Networking, and Sustainability

Room: Savoy

- *Dorinda A. Adams, LGSW, Programs Manager, Office of Adult Services, Social Services Administration, State of Maryland Department of Human Resources, Baltimore, MD*
- *Tammy Bresnahan, Associate State Director of Advocacy, AARP Maryland, Baltimore, MD*
- *Elizabeth Weglein, Chair, Maryland Caregivers Support Coordinating Council, Baltimore, MD*

Partnerships are often created by daily interactions within traditionally defined roles. We often overlook strategic planning in developing our partnerships and accept that it is always the same players at the table. This workshop will focus on creating partnerships within the state administrative landscape in order to ensure that Respite Care Services are part of everyone's agenda. While this workshop will be focusing on the "big picture," there will be local applications to consider.

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Wednesday, September 21 – Conference, Day One (cont.)



B-6 Reaching the Peak: Innovative and Cost Effective Community-Based Respite Programs

Track: Service Delivery

Room: Terrace

- *LeAnn Massey, Executive Director, Respite Care, Inc., Fort Collins, CO*
- *Natalia Perea, Program Director, Respite Care, Inc., Fort Collins, CO*
- *Lauren Whynott, Development Director, Respite Care, Inc., Fort Collins, CO*

As one of the few 24/7, facility-based respite centers in the country not supported by state and government funds, Respite Care, Inc. has had to be innovative in their delivery of services. This session will walk each participant through the development and implementation of community-based programs, including week-long Summer Day Camp programs and Respatialities, for people with developmental disabilities. We will explore staffing, training, utilization of volunteers, activities, funding and evaluation. The presentation includes comprehensive handouts, visual examples and time for questions. Participants should walk away with the knowledge and ability to reach new heights with their community-based respite programs.

3:30pm – 3:45pm

BREAK

3:45pm – 5:00pm

BREAKOUT SESSION C



C-1 Climbing the Heights to Sustainability through Dynamic Partnerships

Track: Advocacy, Networking, and Sustainability

Room: Savoy

- *Elenore Parker, President, Rewarding Work Resources, Brookline, MA*
- *Jeffrey Keilson, Vice President, Rewarding Work Resources, Ashland, MA*
- *Lisa Gurgone, Executive Director, Home Care Aide Council, Watertown, MA*

Using case studies acquired from experiences and lessons learned in eight states, the presentation will demonstrate how to build a sustainable respite resource where caregivers can find experienced respite providers who meet their specific needs. The presentation will discuss challenges to overcome, such as lack of sustainable funding, political disruptions, changes in program leadership, and engaging diverse partnerships. The presentation will explore building atypical coalitions that can work to successfully sustain and grow organizations supporting respite.



C-2 Finding Respite in the Midst of End of Life Crisis

Track: Service Delivery

Room: Capitol

- *Kori Novak, PhD, MBA, Chief Gerontologist, Sangre de Cristo Hospice, Pueblo, CO*

Caring for someone in hospice situations is physically and emotionally difficult. There are elements of grief, exhaustion, guilt, anger, and other emotions that create heavy burdens as we provide care. Caregivers are often overlooked during the chaos of the end of life process. This presentation will utilize academic, professional, and personal experiences to examine how caregivers can find meaningful respite so they can continue to provide care to their dying loved ones.



Wednesday, September 21 – Conference, Day One (cont.)



C-3 Tools for Building a Well-Trained and Educated Respite Workforce

Track: Service Delivery

Room: Beverly

- *Ronald Lucchino, Ph.D., Professor of Biology and Director of Institute of Gerontology at Utica College at Syracuse University, Emeritus*
- *Susan Prater DeBeaugrine, Assistant Executive Director, The Arc of Florida, Tallahassee, FL*

The purpose of this presentation is to assist in building a well-educated and trained respite workforce that can support individuals with intellectual and other developmental disabilities (I/DD), persons on the Autism Spectrum, and their families. The session will cover the many programs The Arc of Florida has initiated to help build successful experiences for Floridians with I/DD through behavioral, aging and health related issues and solutions, as well as, Dr. Ron Lucchino's training modules on age related biological changes in individuals with intellectual and other developmental disabilities (I/DD).



C-4 Nebraska Lifespan Respite Evaluation: A Multi-Year Approach and Preliminary Data

Tracks: Evaluation and Research

Lifespan Respite

Room: Columbine

- *Jolene J Johnson, Ed.D., University of Nebraska Medical Center, Munroe-Meyer Institute, Omaha, NE*
- *Sharon Johnson, Program Coordinator, Nebraska Lifespan Respite Program, Children & Family Services, NE Department of Health and Human Services, Lincoln, NE*

This session will discuss the overall evaluation plan and preliminary results for the Nebraska Lifespan Respite program. Family caregiver outcomes, respite care provider outcomes and systems level issues, including REST provider training and results from the pilot Employee Engagement project, will be shared and discussed. The three-year evaluation plan including the goals, guiding questions, partners and instruments will be shared. Attendees will gain an understanding of planning a respite evaluation within a collaborative framework; will learn how respite impacts family caregiver outcomes across multiple areas including health, stress, relationships and finances; and will gain knowledge on employee engagement programs, including outreach and marketing.



C-5 Hidden Heroes: Meeting Respite Needs of America's Military and Veteran Caregivers

Tracks: Service Delivery

Respite for Military Families and Caregivers of Veterans

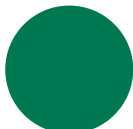
Room: Terrace

- *Jed D. Johnson, Senior Vice President, Strategic Initiatives, Easter Seals headquarters, Washington, DC*

The Elizabeth Dole Foundation's 2014 Hidden Heroes Report revealed the limited availability of respite care for our nation's 5.5 million military caregivers. Whether you seek to support the spouse of a post-9/11 wounded warrior or the service member who has a child with special needs, this session shares practical resources, training materials and strategies for success. It will also provide an overview of the current military caregiver public policy landscape.



Wednesday, September 21 – Conference, Day One (cont.)



C-6 So You Want to Start a Respite Center – What We Have Learned in 16 Years of Serving the Community

Track: New Partnerships and Business Development

Room: Vail

- *Linda Ellegard, Executive Director, Special Kids Special Families, Colorado Springs, CO*

Starting a respite center requires careful thought, study and strategic partnerships within your community. You will learn elements of a business plan from assessment of need to designing and finding your facility, zoning considerations, and working with State credentialing agencies. You will learn how to market for funding and referrals, how to develop your daily schedule and program, recruiting and training your staff and sustaining your program through ever changing times.

6:00pm – 9:00pm

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Thursday, September 22 – Conference, Day Two

7:30am – 5:00pm	Registration/Information Table _____	Majestic Ballroom Foyer
7:30am – 9:00am	BREAKFAST ON YOUR OWN _____	Majestic Ballroom
9:00am – 10:15am	KEYNOTE SPEAKER _____	Majestic Ballroom

- *Jane W. Barton, MTS, MASM, CSA, Speaker and Author of “Caregiving for the GENIUS”*



Jane W. Barton, author of *Caregiving for the GENIUS*, is a passionate speaker, writer, and listener. As the founder of Cardinal, LLC, she provides educational programs, books, and blogs to assist people in confronting the daunting challenges posed by aging, serious illness, and the end of life. Jane is well versed in the areas of grief and bereavement, caregiving, hospice and palliative care, change and transition, and spirituality and health. As the Caregiving Ambassador for AARP Colorado (2014–2016), she offers educational programs for personal and professional caregivers throughout the state of Colorado.

10:15am – 10:30am BREAK

10:30am – 11:45pm **BREAKOUT SESSION D**



D-1 Respite for Caregiver Health: Strategies to Maximize Benefits, Minimize Stress

Track: Family Caregivers
Room: Savoy

- *Emily Jean Davidson, MD, MPH, RYT, Boston Children's Hospital, Jamaica Plain, MA*

Caregiving can take a toll on caregiver health in both predictable and unexpected ways and respite used wisely can lessen these effects. This seminar reviews the impact of caregiving on physical and mental health and provides strategies for caregivers to maximize the health benefits of respite. The session will include a brief respite and opportunity for self-care in the form of chair yoga and meditation.



D-2 Veteran Directed Services – Texas Style: The VA and Bexar Area Agency on Aging Working Together

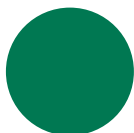
Tracks: Service Delivery
Respite for Military Families and Caregivers of Veterans
Room: Capitol

- *Susan D. Blevins, Care Transitions Intervention Coach, Care Coordination and VD-HCBS, Bexar Area Agency on Aging, San Antonio, TX*
- *Laura B. Ledesma, Care Coordination Coordinator, Bexar Area Agency on Aging, San Antonio, TX*

The Veterans Administration has become a key provider of Respite and Support Services for older Veterans and their caregivers. Veteran-Directed Home and Community Based Services (VD-HCBS) is a program of the U.S. Department of Veterans Affairs (VA) for self-directed care. The Veteran or Veteran Representative hires, supervises, evaluates and pays the Employee to provide specific services and supports, such as respite, that the Veteran needs to live in his or her own home or with family based on medical needs as opposed to having to live in a long term care facility. Working together, the VA and the Bexar Area Agency on Aging have partnered successfully to implement a VD-HCBS program with promising results.



Thursday, September 22 – Conference, Day Two (cont.)



D-3 Caring for Caregivers: Respite via TimeBanking

Track: New Partnerships and Business Development

Room: Beverly

- *Kathy Perlow, BBA, Outreach Coordinator, TimeBanks USA Board of Directors and Community Exchange TimeBank Membership Coordinator (retired), Division of Community Health, Lehigh Valley Health Network, Bethlehem, PA*

TimeBanks creates neighbor-to-neighbor exchanges whereby participating community members trade their time in mutual support of one another's needs. A CareBank is a TimeBank that focuses on the needs of the aging and their caregivers. This session will discuss how to launch and administer a TimeBank and alternative strategies for creating a CareBank as a social enterprise, a university-sponsored project, or an eldercare sub-group within a place-based neighbor-to-neighbor TimeBank.



D-4 Advocacy 101 and Policy Update: Strategies to Elevate Respite for Policymakers

Track: Advocacy, Networking, and Sustainability

Room: Columbine

- *Jennifer Dexter, Assistant Vice President, Government Relations, Easter Seals, Washington, DC*
- *Laura E. Weidner, Senior Director, Federal Government Relations, National Multiple Sclerosis Society, Washington, DC*

More than 43 million family caregivers provide care and support to individuals with disabilities or the aging. Government funded supports exist, and Congressional awareness is growing, but funding is limited. In this session, national leaders on federal policy affecting access to respite and other caregiver supports will update attendees on specific respite and caregiver policy initiatives at the federal level, share tools and techniques to help attendees increase their advocacy skills, and provide insight into policy trends that will affect caregivers in the future. No matter what your role in the caregiver world is, there will be information in this session that will help you better play your part in the process.



D-5 Therapeutic Respite for Crisis Prevention/Stabilization for People with Intellectual and Developmental Disabilities (I/DD) and Behavioral Disorders

Track: Service Delivery

Room: Terrace

- *Corry Robinson, PhD, MA, Professor, Pediatrics, Psychiatry, and Preventive Medicine, University of CO Denver School of Medicine, Aurora, CO*
- *Sharon Jacksi, PhD, Chief Executive Officer, Strive, Grand Junction, CO*
- *Carol Meredith, The Arc – Arapahoe and Douglas Counties, Centennial, CO*

For people with complex developmental disabilities and co-occurring mental illness or behavioral disorders and their families, therapeutic respite and regular scheduled respite are critical components of services in the home or the community. Access to these respite services were identified as major gaps in Colorado systems of care. Learn strategies to develop and secure funding for a pilot program to fill gaps in services for people with developmental disabilities and behavioral disorders. A comprehensive model of services has been highly satisfactory for families and individuals and has proven to reduce emergency department visits, hospital stays, lower costs, and strengthen cross system collaboration.



Thursday, September 22 – Conference, Day Two (cont.)



D-6 Shared Session:

Tracks: Service Delivery
Lifespan Respite
Room: Vail

Montana's Lifespan Respite Cost Share Voucher Program

- *Vicki Clear, Lifespan Respite Program Director, Developmental Educational Assistance Program (DEAP) and Montana Lifespan Respite State Program Coordinator, Miles City, MT*
- *Kerrie Reidelbach, Montana Lifespan Respite State Program Manager, Senior & Long Term Care Division, MT Department of Public Health and Human Services, Helena, MT*

Montanans needing respite face two very challenging issues: finances to pay for respite and finding qualified providers available to meet their respite needs. Our solution is a person-centered voucher program that allows the caregiver to choose their own respite provider and then reimburses the caregiver for payment. We have also implemented a sliding scale cost share system that makes our respite dollars stretch further. You'll hear about the process and lessons learned.

Climb Every Mountain...Soon You'll Find Your Dream – Lifespan Respite Washington

- *Linda J. Porter, Program Coordinator, Lifespan Respite Washington/Senior Services of Snohomish County, Everett, WA*

Moving beyond the "sound of music," this year Lifespan Respite Washington will highlight the peaks and valleys of developing a unique respite program as it moves across agencies and communities like an upland river, gathering momentum and creating change. Beginning as a coalition, the program evolved into a unique pilot project partnering with respite vendors across the lifespan. It moves upward as a recognized program for caregivers who might otherwise be stranded on the mountain.

11:45am – 12:00pm BREAK

12:00pm – 1:45pm **LUNCH AND KEYNOTE SPEAKER** _____ Majestic Ballroom

- *Amy Goyer, Author, Speaker, Consultant, and AARP's Family and Caregiving Expert*



Amy Goyer is an author, speaker, and consultant specializing in aging and families, including caregiving, grandparenting, and multi-generational issues. She has authored numerous print and online publications, including the books, AARP's *Juggling Work and Caregiving* and *Things to Do Now That You're...a Grandparent*. She is a recognized media authority, including interviews for ABC, NBC, CBS, NPR, *The New York Times*, *The Washington Post*, *People Magazine*, and numerous other media outlets. As AARP's Family and Caregiving expert, Amy is a columnist and blogger on aarp.org, and has a "Taking Care" YouTube web series with actionable tips for caregivers. A passionate champion for all types of caregivers, Amy has been one her entire adult life, and has been an advocate for older adults, children and families for more than 30 years at the local, state, national, and international levels.

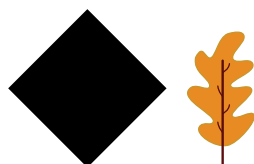
1:45pm – 2:00pm BREAK

Please visit our exhibit tables from 8am to 5pm on Wednesday, September 21, and Thursday, September 22, located on the Terrace and Majestic levels.

Thursday, September 22 – Conference, Day Two (cont.)

2:00pm – 3:15pm

BREAKOUT SESSION E



E-1 BRI Care Consultation and Unmet Respite Needs of Family Caregivers

Tracks: Research and Evaluation

Respite for Military Families and Caregivers of Veterans

Room: Savoy

- *Miriam Rose, Senior Research Analyst II and Research Grants Administrator, Center for Research and Education, Benjamin Rose Institute on Aging, Cleveland, OH*
- *Celeste Graham, Care Consultant, Nevada Senior Services, Inc., Las Vegas, NV*

BRI Care Consultation, an evidence-based program, provides personalized caregiver support to manage care and find practical solutions to caregiving challenges. Nevada Senior Services will demonstrate how professionals use this program with families to address caregiver needs for respite and support. Study findings of about 200 Ohio caregivers of veterans with dementia also will be described, including the relationship between use of BRI Care Consultation and decreased unmet needs for respite after one year in the program.



E-2 Big “C” Collaboration: A 28 Year View of a Responsive Respite Program for Families and Children with a Disability

Track: Service Delivery

Room: Capitol

- *Cara L. Magrane MBA, LCCA, LCPAA, Chief Operating Officer/Administrator, Respite Care of San Antonio, Inc., San Antonio, TX*

Respite Care of San Antonio (RCSA) has worked for 28 years to be responsive to the needs of families caring for a child with developmental disabilities. Success is found in collaborative relationships. RCSA hopes to share its legacy of progress and pitfalls in hopes of inspiring attendees to think outside the box and show vulnerability in engaging partnerships to provide respite.



E-3 Healthy Respite – A Caregiver's Wellness Guide for Respite

Track: Family Caregivers

Room: Beverly

- *Adeola Sonaike, Ph.D., M.P.H., C.H.E.S, National Get FIT Director, The Family Resource Network, Trenton, NJ*

Family Caregivers are accustomed to caring for everyone but themselves 24/7. This interactive discussion will challenge you to elevate your personal wellness as a caregiver through transforming your respite into a healthy respite. The presentation will take you through each dimension of wellness outlined in The Caregivers Wellness Guide so that you may prioritize your personal health and wellness while caring for a loved one.



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Thursday, September 22 – Conference, Day Two (cont.)



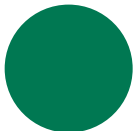
E-4 Respite as a Component of a Holistic Support Program for African American Caregivers of Older Adults

Track: Service Delivery

Room: Terrace

- *Nichelle Stiggers, Older Adult & Caregiver Services Program, Coordinator & Care Manager, Lutheran Family Services Rocky Mountains, Denver, CO*
- *Carri Ratazzi, Older Adult & Caregiver Services Program Director, Lutheran Family Services Rocky Mountains, Denver, CO*

Lutheran Family Services Rocky Mountains (LFS) offers respite stipends for caregivers of older adults through our African American Caregiver Support Program. LFS staff members will discuss how respite is provided as a part of a larger, holistic, culturally-responsive program that also includes support groups, individualized counseling, referrals for assistance, and education and support regarding the various roles they play in the lives of their older loved ones.



E-5 Shared Session:

Tracks: New Partnerships and Business Development

Lifespan Respite

Room: Columbine

Elevating the Needs of Family Caregivers: Why Respite Should Be a Concern to Employers

- *Sharon Johnson, Respite Program Coordinator, Children and Family Services, NE Department of Health and Human Services, Lincoln, NE*
- *Sarah Swanson, Family Support and Outreach Coordinator, UNMC Munroe-Meyer Institute, Omaha, NE*
- *Ellen Bennett, Respite Coordinator, Nebraska Respite Network, UNMC Munroe-Meyer Institute, Omaha, NE*

This session will present the business case of why employers need to be educated on the needs of family caregivers. Specific strategies for Respite Networks to engage with employers to better support their employees who are family caregivers will be offered. Attendees will obtain data to get employers' attention on why supporting family caregivers is essential to 'their bottom line' and marketing templates that can be adapted to engage with employers in their area.

Elevating Respite through a Corporate Outreach Model: Employee Survey Yields Important Respite Needs

- *Emily Kearns, PhD, MBA, Consultant, Massachusetts Lifespan Respite Coalition, Andover, MA*
- *Amy Nazaire, MA, Director, Massachusetts Lifespan Respite Coalition and Massachusetts Department of Developmental Services, Hathorne, MA*

This session presents a replicable, cross-sector corporate outreach model. The Massachusetts Lifespan Respite Coalition partnered with the EMC/DELL corporation to develop an employee caregiver survey to assess employee difficulty in balancing caregiving and work responsibilities. The survey was



Thursday, September 22 – Conference, Day Two (cont.)

distributed to more than 25,000 EMC employees via company email. Key lessons (both opportunities and challenges) are shared as well as findings and recommendations helpful in identifying the respite needs of some of today's workers.



E-6 What is the Value of a Respite Care Task Force for Your State?

Track: Advocacy, Networking, and Sustainability

Room: Vail

- *Lynn Robinson, President & CEO, Easter Seals Colorado, Lakewood, CO*
- *Mindy Kemp, Director, Division of Aging and Adult Services, Colorado Department of Human Services, Denver, CO*

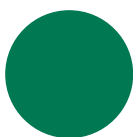
In 2015 a legislative task force made up of respite care providers, family caregivers and caregiver advocates came together from across the state and lifespan. Over six months the group conducted research and shared ideas to address barriers, challenges and the growing needs of Colorado's caregivers and drafted a report with policy recommendations to improve respite services in Colorado. Two members of the Respite Care Task Force will discuss the group's process from beginning to end, and how it can be adapted for other groups.

3:15pm – 3:30pm

BREAK

3:30pm – 4:45pm

BREAKOUT SESSION F



F-1 Respite Agency Best Business Practices – Reaching New Altitudes in Respite Care

Track: New Partnerships and Business Development

Room: Savoy

- *Jodi Guevara, Director of Sales and Marketing, United Cerebral Palsy of Sacramento and Northern California, Sacramento, CA*
- *Tanya Vallad, Training Instructor, United Cerebral Palsy of Sacramento and Northern California, Sacramento, CA*

This session is relevant to any respite agency employee, respite worker or family member caring for a loved one. The topics covered will provide a complete understanding of quality best business practices necessary for a new respite agency or an existing respite agency to realize revenue growth.



F-2 The Family Caregiver Pampering Day Event

Track: Family Caregivers

Room: Capitol

- *Kent Mathews MSW, Case Manager, Family Caregiver Support Center, Pikes Peak Area Council of Governments Area Agency on Aging, Colorado Springs, CO*

Respite for family caregivers is essential to their own health and well-being. Tragedy occurs when a primary caregiver becomes ill, disabled or unable to care anymore. Hear how a 1/2 day of pampering can change attitudes, lift spirits, and bring joy to stressed-out caregivers. Learn how this annual event comes together with the help of community partnerships and volunteers. Discover how easy it is to host a CPD event in your community.



Thursday, September 22 – Conference, Day Two (cont.)



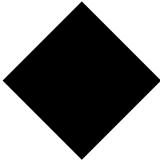
F-3 Called to Companion – Rely on Respite

Track: Family Caregivers

Room: Columbine

- *Jane W. Barton, MTS, MASM, CSA, Cardinal, LLC, Speaker, Writer, Listener, Centennial, CO*

When called to companion loved ones or clients challenged by aging, illness, and/or disability, we must rely on respite to maintain our well-being. Respite is afforded by informal and professional caregivers. By periodically sharing the responsibilities of care, primary caregivers reap the blessings of self care. However, we must overcome our resistance to assistance. Perhaps by exploring the life-giving benefits of collaborative care, we will choose to routinely rely on respite when called to companion.



F-4 You Don't Have to Move Mountains! Plan and Conduct Meaningful Evaluation to Tell Your Respite Story

Track: Research and Evaluation

Room: Terrace

- *MaryJo Alimena Caruso, M.Ed., CareBreak Coordinator, CareBreak at the Watson Institute and TakeFIVE Volunteer Respite Trainer, Sewickley, PA*

Evaluation is a necessary part of program accountability. Identifying what you want to measure, having the right measurement tools and collecting the data may seem insurmountable but are vital and manageable steps. Knowing how to use the data for continuous quality improvement and telling your program's success story will allow you to enjoy the view from the top of the mountain! Learn the process of engaging in meaningful evaluation to promote quality and demonstrate effectiveness!



F-5 Forging a Trail to the Top: Strategic Planning for Respite Care in Texas

Tracks: New Partnerships and Business Development

Lifespan Respite

Room: Vail

- *Nicole Hawk, Program Business Operations Manager, Strategic Operations and Grants, Texas Department of Aging and Disability Services, Austin, TX*
- *Martha Diase, Ph.D., Manager, Quality Research and Reporting, Texas Department of Aging and Disability Services, Austin, TX*

Strategic planning can feel like an overwhelming task. Where do you begin? How do you take extensive public input and turn it into an achievable plan? This workshop will describe an 18-month process followed by the Texas Respite Coalition to develop its strategic plan for respite care. The presentation will discuss the challenges of narrowing a large amount of public input, facilitating a group with diverse opinions and finding consensus through a planning process.

4:45pm – 5:15pm	Closing Ceremony and Door Prizes _____	Majestic Ballroom
5:30pm – 6:30pm	Networking Reception for Lifespan Respite Grantees and Partners _____ (By invitation only)	Majestic Ballroom

Friday, September 23 – Lifespan Respite Grantee and Partner Learning Symposium

(By invitation only for Lifespan Respite Grantees and Partners. Separate Registration Required)

7:30am – 8:30am	Registration and Breakfast _____	Majestic Ballroom
8:30am – 3:30pm	Presentations and Interactive Discussion _____	Majestic Ballroom



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The **mission of the ARCH National Respite Network and Resource Center** is to assist and promote the development of quality respite and crisis care programs; to help families locate respite and crisis care services in their communities; and to serve as a strong voice for respite in all forums.

The ARCH National Respite Network includes the **National Respite Locator**, a service to help caregivers and

professionals locate respite services in their community, the **National Respite Coalition**, a service that advocates for preserving and promoting respite in policy and programs at the national, state, and local levels, and the **Lifespan Respite Technical Assistance Center** which is funded by the Administration for Community Living in the US Department of Health and Human Services.

ARCH was established with funding from the US Children's Bureau in 1990. The first respite conference was sponsored by the Children's Bureau with ARCH's assistance in the fall of 1991 in Washington, DC. In 1998, ARCH became the main sponsor of the annual national respite conference with state respite coalition collaboration. In 2004, ARCH turned to affiliated state respite coalitions to take the lead on hosting the conference, making it a true National Respite Network event supported by its grassroots membership.

ARCH, which stands for *Access to Respite Care and Help*, is a project of the Chapel Hill Training Outreach Project, Inc., Chapel Hill, North Carolina.

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extend gratitude to the
Christopher & Dana Reeve Foundation
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family caregivers and care recipients to attend
the 2016 National Lifespan Respite Conference.***





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**Thank you for attending and helping us
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