



**LUTHERAN
FAMILY SERVICES**

Rocky Mountains

Older Adult & Caregiver Services

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

Presented by:

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DENVER
FORT COLLINS

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Welcome!

- **Introductions**

- *Nichelle Stiggers*
*Program Coordinator and
Care Manager*
- *Carri Ratazzi*
Program Director

- **Who's in the room?**



What you will learn today



- **Values of African American Family Caregiver Support Program**
- **Explanation of the African American Family Caregiver Support Program**
- **Challenges for African American Family Caregivers**
- **Respite Program Discussion**

Values of African American Family Caregiver Support Program

Trust
Faith
Choice
Security
Respect
Privacy
Dignity
Ownership



What services are offered



- **Weekly Support Group**
- **Caregiver Training**
- **Individualized one-on-one support**
- **Annual Caregiver Conference**
- **Information and Referrals**
- **Respite**

What are the challenges for African American Family Caregivers

Research Related to Health and Wellbeing

Self Identifying as a Family Caregiver

Cultural Traditions

Mistrust of Systems



What is our Respite Program

- Respite program is managed by Program Coordinator
- Caregivers are allotted a set number of hours each month to use for respite
- Caregivers can use the respite time however they choose
- Caregivers identify a respite provider of their choice
 - *Respite providers must be dependable*
 - *Respite providers are often family members or a friend*
 - *Respite providers must be a good fit for the family*
- Respite Providers
 - *must pass a background check*
 - *receive training on what they can and cannot do*
 - *are paid hourly*

Why our respite program works for African American Family Caregivers

- Gives permission to accept services in the home without guilt
- Added Flexibility
- Choice of Respite Providers
- No out of pocket expense
- Keep beliefs and values intact
- Reduces isolation
- Feels like they have their lives back



How we know this program is working for caregivers

- Using more services
- Shown increased level of trust in professional service providers
- Report feeling heard and valued because of shared traditions and language
- Gained knowledge and experience with service providers and advocate for selves and families
- Former caregivers mentor new caregivers
- Helpful services shared word of mouth
- Respite provider and the care recipient are culturally connected leading to higher levels of trust

2015 Outcomes

We use Zarit Burden Interview to assess caregiver's level of stress and burden. Of the caregivers utilizing the respite services, we found that:

- 75% of caregivers' score changed from "moderate to severe" burden to "mild to moderate" burden after receiving respite
- 90% of the caregivers reported that respite "enabled them to provide in-home care to their family member for a longer period of time, thus avoiding institutionalization"
- 80% of the caregivers reported that the respite services improved their skills at communicating with the care recipients
- 83% of the caregivers reported that the respite services helped them cope with their caregiving role "better" or "much better"
- 83% of the caregivers reported they were "much more" or "somewhat more" able to provide caregiving after receiving the respite services

Funding and Support

- **Funding/Partners**

- *Denver Regional Council of Government (AAA)*
- *Colorado Respite Coalition*
- *Lutheran Family Services Foundation*
- *Fresh Fish Company*
- *TA Taylor Hunt, Esq./Legal Wellness Inc.*

- **Program Support**

- *Program Coordinator, full time*
- *Program Aide, half time*
- *Support Group Contractor*
- *Advisory Board*
- *Program Director*
- *Co-workers: highly skilled and experienced social workers*



Questions, Comments, Thoughts to Share



Contact Information

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