

**Older Adult & Caregiver Services** 

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

DENVER FORT COLLINS Presented by: Nichelle Stiggers, Program Coordinator & Care Manager Carri Ratazzi, Program Director

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# Welcome!

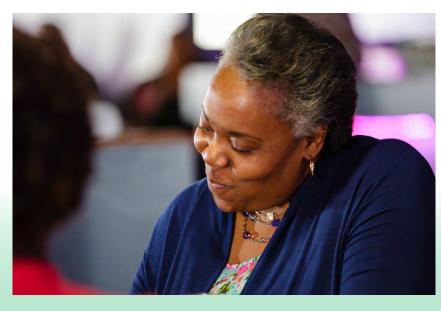
### Introductions

- 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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