

# Hitting the High Notes with Lifespan Respite: Progress at the Five-Year Point “Tennessee”

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# Lifespan Respite in Tennessee

- TN received the Lifespan Respite Grant in 2009
- 3 year grant
- Expansion grant in 2011
- Key partners:
  - Tennessee Respite Coalition (TRC)
  - Regional Lifespan Respite Collaboration groups
  - Area Agencies on Aging and Disabilities (ADRCs)
  - Department of Mental Health and Developmental Disabilities



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# Lifespan Respite in Tennessee

- TN had an existing Lifespan Respite Care System already in place
  - Statewide toll-free Respite Helpline (TRC)
  - Model family-directed respite voucher system through TRC
  - Seven Regional Lifespan Respite Collaboration groups
  - Established system of 9 AAADs/ADRCs functioning as Single Point of Entry for elderly and adults with disabilities
  - Funding for respite services through various agencies



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# Lifespan Respite in Tennessee

- **Barriers:**
  - The system was fragmented
  - Access of caregivers to respite was through categorical funding, with little cross referral when caregivers call to access respite.
  - Not a completely coordinated system.
  - No formal system exists statewide for I&A focused on respite care.



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# Lifespan Respite in Tennessee

- Goal: To expand, enhance, and formalize a system that will improve the statewide dissemination and coordination of respite and provide and improve access and quality of respite, thereby reducing caregiver strain.
- Main Objectives:
  - Facilitate coordination among respite programs and providers and ensure inclusive coalition of respite services
  - Increase access to respite through a “no wrong door” coordinated system
  - Enhance abilities of the TRC to respond to respite needs
  - Increase respite volunteer statewide



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# Lifespan Respite in Tennessee

- Two areas of focus:
  - Family Directed Voucher Program
  - Volunteer Respite



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# Family Directed Voucher Program

- The TRC has a model family directed respite voucher system that has been in place since 2004
- Applicable across age or disability
- Expanded statewide through the grant
- Family-directed meaning:
  - Family selects who will provide the service, family member/friend or agency
  - On-going or one time need
  - Flexibility for the family as it relates to service delivery



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# Family Directed Voucher Program

- Caregivers entered the program through:
  - Statewide Respite Helpline
  - Referrals from AAAD/ADRC
  - Referral from Regional Respite Collaboration group
- Approved families are awarded \$600 bank to be used for respite of their choice
- The use of non-agency respite cost less and allows families greater flexibility and additional respite hours
- Through the grant, 282 caregivers received 26,459 hours of respite valued at \$542,939 for a cost of \$101,818



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# Volunteer Respite

- Chattanooga Volunteer Respite Program partnered with University of Tennessee at Chattanooga, Psychology Department to provide practicum/field experience for students
- Coordinated by Respite Training Coordinator at TRC
- Student completes a practicum, requiring student to do 100 hours of volunteer work in a semester for 3 hours of class credit
- Volunteer work was provided through a respite agency or affiliate of TRC



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# Volunteer Respite

- Expanded to Chattanooga State, Behavioral Science Department
- No set number of volunteer hours; however, students could earn extra class credit
- Through the Volunteer Respite Program, 561 families received 17,315 hours of respite



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# Sustainability

- Commitment to providing direct services and volunteer opportunities
  - TRC was awarded sponsorship of the Senior Companions Program in Davidson county.
    - Training and managing volunteers over the age of 55 to be respite volunteers
  - Additional grants which provide funding for respite
  - Fundraising events to help in the sustainability of the Lifespan Respite System including:
    - Jazzin' for Respite
    - Art of Time
    - TRC Annual Campaign



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# Sustainability

- Other activities sustained include:
  - Regional Respite Collaboration groups
  - Respite Helpline
  - Cross referrals for caregivers among collaborative agencies
  - Respite resource database



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# Moving Forward with Respite in Tennessee

- TN was awarded the new 2014 Lifespan Respite Care grant
- Goal: Expand and enhance existing respite resources, opportunities for respite services, and invest in strategies to sustain respite for all family caregivers in TN.
- Expand respite service delivery
- Increase availability of trained volunteer respite providers using the Marklund REST program



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# Moving Forward with Respite in Tennessee

- Marketing effort to make caregivers aware of the Resource Directory, how to access respite, and the TRC Statewide Respite Helpline
- Develop statewide respite /caregiver support strategic plan bridging the gap between respite and family caregiver support services across the lifespan.



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