



Volunteer Respite Program
To benefit Family Caregivers

“Building the Upper Cumberland’s REST
Program”

UCAAAD NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

- ◉ **The National Family Caregiver Support Program enacted by the Older Americans Act in 2000 and amended in 2006.**
- ◉ **The purpose of this program:**
 - aid family caregivers who were taking care of a loved one (over 18 years or older) or
 - another adult individual or an adult individual with Alzheimer's disease (or related cognitive impairment) or
 - if they meet the programs frail guidelines (frail is defined as unable to perform activities of daily living without assistance) .

UCAAAD NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

- ◉ **The family caregiver is defined by:** this program as an adult (over 18 years or older) who is an informal provider of in-home care.
- ◉ **Care recipient is defined by:** this program to be a disabled or older adult who meets the definition of frail.
- ◉ **There are 9 AAADs across the state of Tennessee**

SERVICE COMPONENTS

- ◉ Information Services
- ◉ Access Assistance
- ◉ Individual Counseling, Organization of Support Groups, and Caregiver Training
- ◉ Respite Care
- ◉ Supplemental Services

FUNDING CHALLENGES





HOW CAN I
PROVIDE RESPITE
TO CAREGIVERS AT
A LOW COST?

RESEARCHED RESPITE PROGRAMS

What I found:

- ⦿ ARCH National Respite Network
- ⦿ Ohio University Respite Volunteer Program
- ⦿ Timeout, UCLA
- ⦿ Roselyn Carter Institute

Also found information on:

- ⦿ Grants
- ⦿ Benefits, etc..

OUR SAVING GRACE



Creating an international network of organizations that prepare individuals to support caregivers through respite.

Building a Network of
Trained Respite Care Volunteers

BENEFITS FOR CHOOSING REST

- Two day training
- Scripted training manual
 - Sections for specialized content
 - PowerPoint presentation
 - Training material
- Training manual for volunteer
- Developed reporting tools
 - Added forms specific to the AAAD
 - Intern Application
 - Intern Agreement
 - Timecard
- Ongoing Support

SET UP OF UCAAAD INTERN REST PROGRAM

- Partnered with Tennessee Tech. University (TTU) to start a Intern based respite program
 - Sociology Department
- Other Departments to consider
 - Human Ecology
 - Nursing
 - Anthropology

SET UP OF UCAAAD INTERN REST PROGRAM

- ◉ Interns must pass a background check
- ◉ Receive \$500 semester stipend
- ◉ Interns will receive 25 hours of training total
 - 12 hours initial REST training (2 days) with additional content (HIPPA, Title V, & Program restrictions)
 - 4 hour CPR training
 - 9 hours of additional training throughout the semester

SET UP OF UCAAAD INTERN REST PROGRAM

- ◉ Interns will complete 80 hours of respite a semester
 - 2 to 4 clients depending on Intern availability
 - Interns are required to plan activities with Care Recipient (crafts, painting, reading, games, etc)
 - First visit intern is accompanied by Family Caregiver Coordinator

SET UP OF UCAAAD INTERN REST PROGRAM

Benefits to Caregiver

- ⦿ Short break from caregiver duties
- ⦿ Time for rest, going to the doctor, attending support groups, socialize with friends, and/or hobbies

Benefits to Care Recipient

- ⦿ Companionship
- ⦿ Seeing a new person

SET UP OF UCAAAD INTERN REST PROGRAM

Benefits to Interns:

- ⦿ Gaining real world experience
- ⦿ Better understanding of the aging field
- ⦿ Future knowledge of resources for their loved ones
- ⦿ Opportunity to see if the aging field is where they want to work
- ⦿ \$500 stipend

LIABILITY

Students are not allowed to:

- ⦿ Transport clients
- ⦿ Pick up or drop off medications
- ⦿ Administer medications
- ⦿ Use clients debit card, credit card or personal check to make purchases, and/or handle any financial matter(including banking).

LIABILITY

- ◉ Interns are covered by the University for internship
- ◉ Agency's insurance covers interns for their work in the home
- ◉ Covered by the Volunteer Protection Act of 1997

QUESTIONS?