Volunteer Respite Program
To benefit Family Caregivers

“Building the Upper Cumberland’s REST Program”

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 program's frail guidelines (frail is defined as unable to perform activities of daily living without assistance).
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
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

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
Interns must past 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
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
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?