

# Lifespan Respite Washington



Mt. St. Helens, Wikipedia Photo

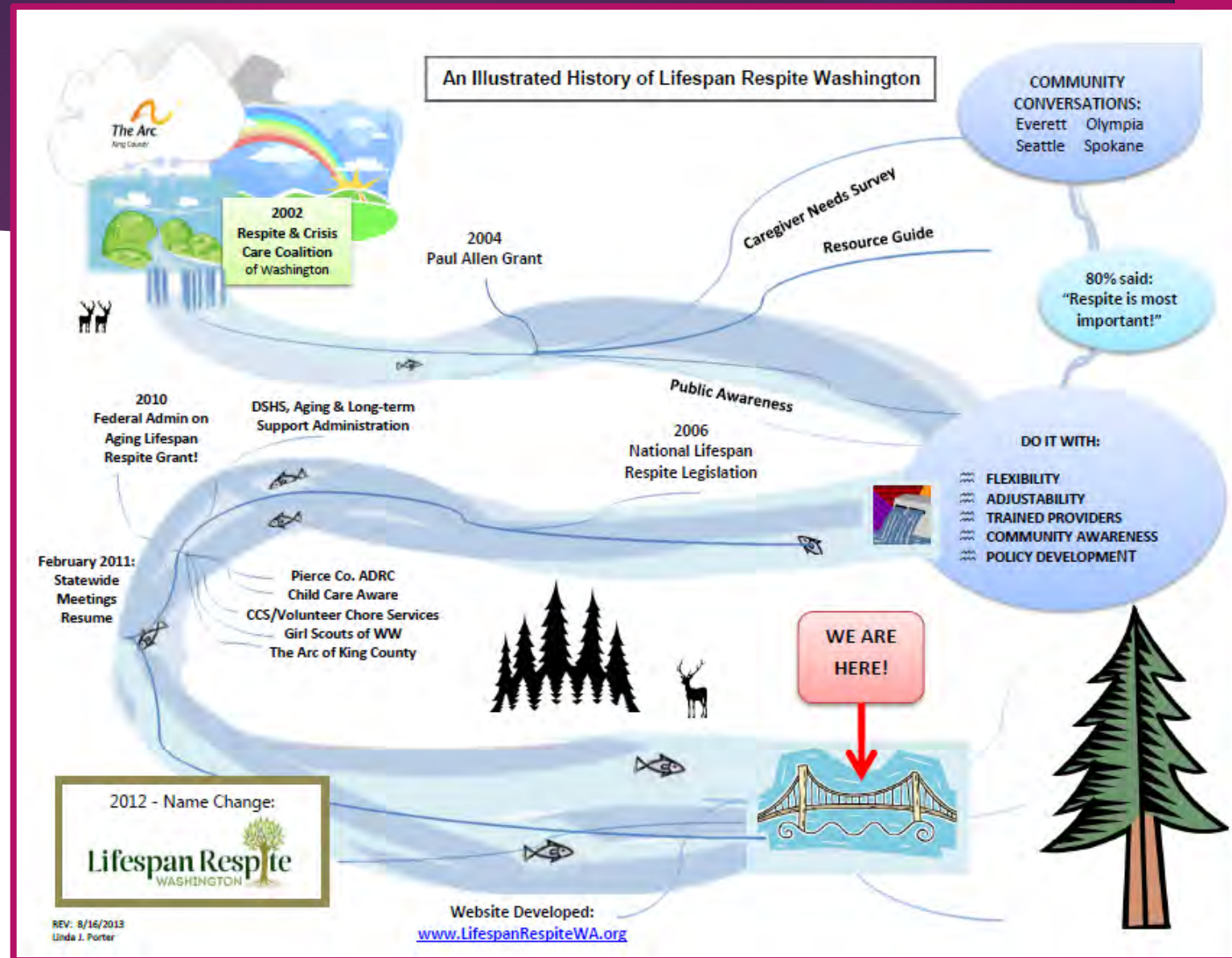
ARCH National Respite Conference, "Elevating Respite", 9/20-22/16, Denver



## An Illustrated History, Mileposts 0 - 4

# The journey begins.

*"Caregiving is so exhausting both mentally and physically. I have watched my mother just erode away under the strain. It is so frustrating to me that we as a country do not have better resources to help support our aging population. I am hopeful my mom will be one of the lucky ones."*





# 2010

## National Lifespan Respite Act Grant from AoA/ACL

- Collaboration
- Mapping
- Increased respite options



Family Caregiver Support Program

Developmental Disabilities Administration

Exceptional Family Members Program

Veterans Administration Caregiver Program

Disease / Conditions Respite Options

Employee Assistance Programs

Creative Respite Options (camps, clubs)

**Lifespan Respite Washington!**

2012

## Supplemental ACL Grant

NEW:

- Logo
- Website
- Pilot respite voucher project
- Host agency:



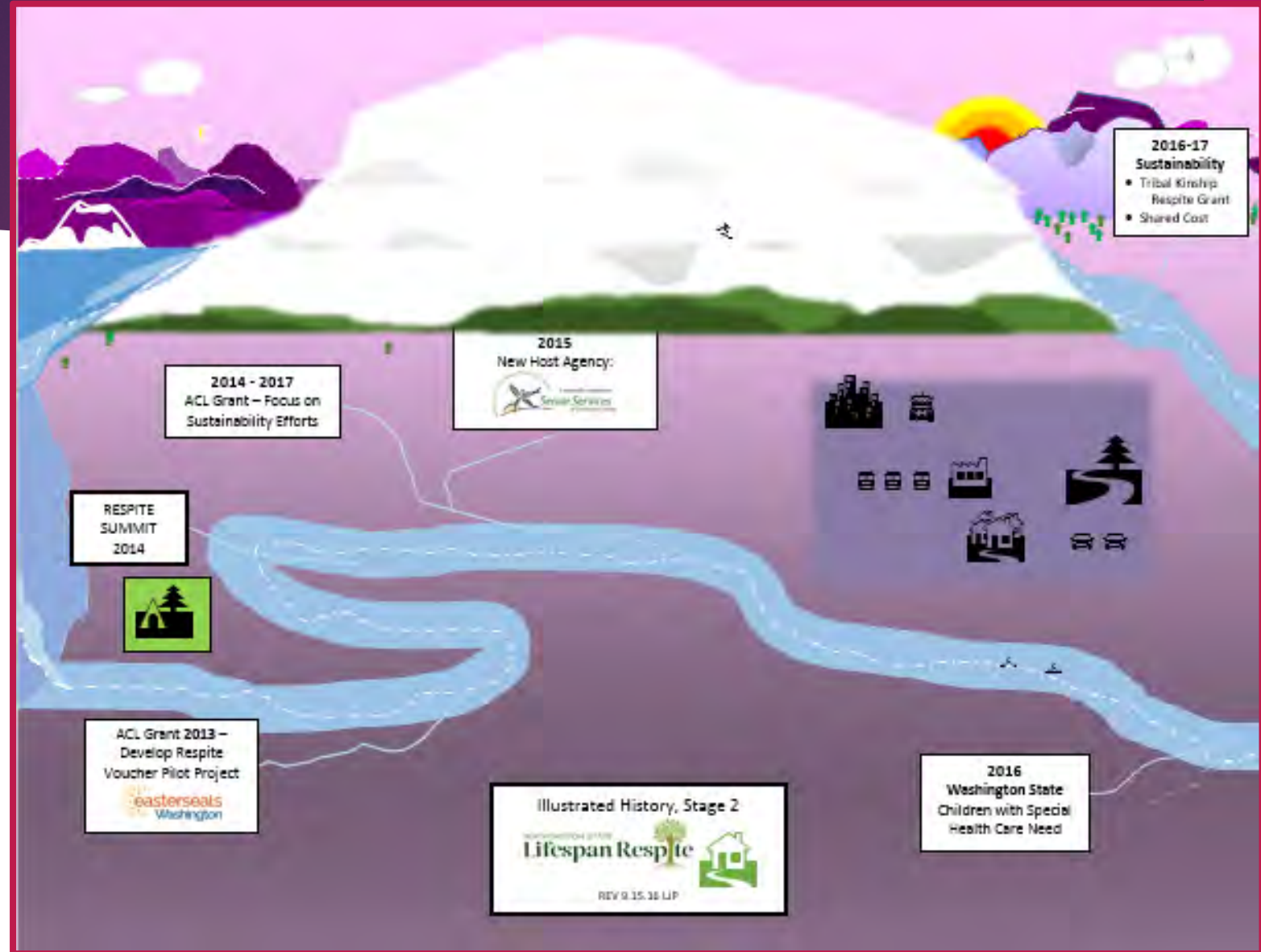
Mount Rainier, Photographer: Sue Russell, National Park Service



# An Illustrated History, Mileposts 8 and Beyond

## The journey continues.

- Pilot project informs a new and improved system.
- Created partnerships as models for replication.
- Expanded respite resources.
- Respite summit.





# New host agency



- Service specialists for older persons and individuals with disabilities
- All ages
- Statewide

*"It was a genuine pleasure chatting with you last week. Having stumbled across this amazing opportunity, I feel as if--having wandered through a parched desert devoid of resources--I've finally been offered a glass of water."*





2014

## Good Fortune: ACL's Sustainability Grant

Sustainability efforts began

- Department of Health pilot project for Children with Special Health Care Needs.
- Tribal Kinship Navigator / Respite Grant



Host Agency:



11627 Airport Road, Suite B  
Everett, WA 98204-8714

For national respite supports and information:  
<http://archrespite.org/productspublications/arch-fact-sheets>

For additional information, contact:

Linda J. Porter  
Program Coordinator

Email: [lporter@sssc.org](mailto:lporter@sssc.org)

Phone: 1.800.422.2024, x 125

Website: [www.lifespanrespitewa.org](http://www.lifespanrespitewa.org)