An Illustrated History, Mileposts 0 - 4
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.

The journey begins.
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!
Supplemental ACL Grant

NEW:
- Logo
- Website
- Pilot respite voucher project
- Host agency: Easterseals Washington

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.”
Sustainability efforts began in 2014.

Good Fortune: ACL’s Sustainability Grant

- 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:
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Website: www.lifespanrespitewa.org