



It's OK to need it, it's OK to want it and it's OK to get it!

Montana Lifespan Respite Program

National Lifespan Respite Conference, Denver, CO
Kerrie Reidelbach, LSR State Project Manager
September 2016

MT Lifespan Respite History

- 1st Summit-March 2011
- Awarded the 2011-2014 Lifespan Respite Care Program grant
- Contract with the Developmental Educational Assistance Program-Miles City
- Awarded the 2014-2017 Building Long-Term Sustainability Lifespan Respite grant
- Applied for the 2016 Lifespan Respite Expansion grant

Montana Infrastructure

State Lead Agency
SLTC Division
State Unit on Aging

- Disability Services
- Children's Mental Health Bureau
- Addictive & Mental Disorders Division
- Child & Family Services Division

State contract
with
Developmental
Educational
Assistance
Program (DEAP)

Partnership with
ADRC's/AAA's

Lifespan Respite
Coalition
98 members strong

- Caregivers
- Private non-profits
- For profits
- MT AARP
- Veteran's Administration
- Legislative Representatives

MT Lifespan Coalition defines respite as:

“Planned or emergency care provided to an individual with need for support and supervision in order to provide temporary relief to the primary caregiver of that individual.”



Montana LSR Program Highlights

- Public Awareness Efforts
- Voucher Program
- Sustainability Efforts

Public Awareness Efforts

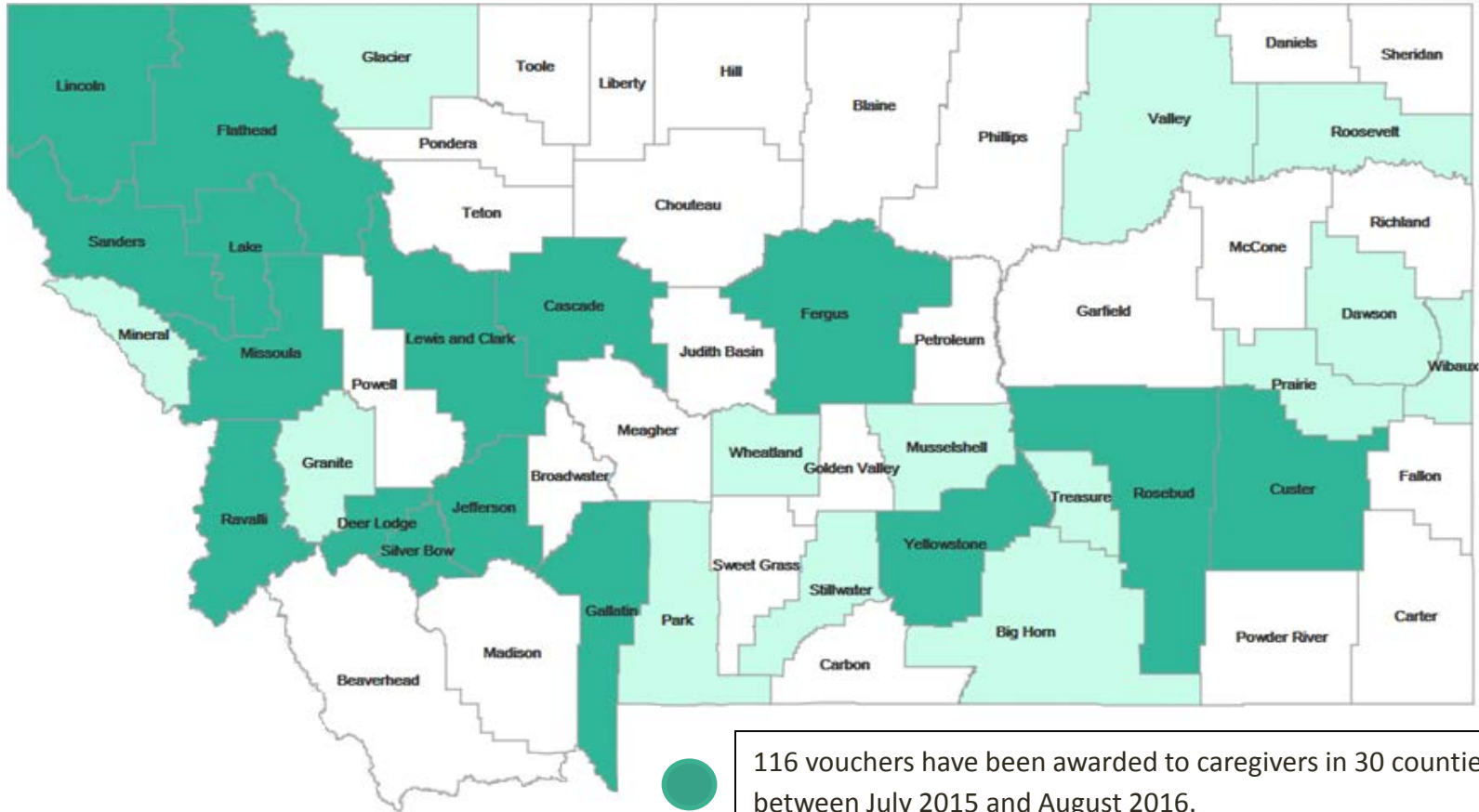
- Logo: 
- Branding: *It's OK to need it, it's OK to want it, and it's OK to get it!*
- Three Statewide Public Service Announcements
- 12-Minute Video: *What a Relief: finding help for Montana caregivers*
- MT Lifespan Respite website: www.respite.mt.gov
- Facebook: www.facebook.com/MontanaRespiteCoalition



Montana Lifespan Respite Voucher Program

- Voucher Program FAQ Handout
- Caregiver defines what respite means to them:
 - Program flexibility

Voucher Utilization Map



116 vouchers have been awarded to caregivers in 30 counties between July 2015 and August 2016.



Two or less vouchers awarded

147,164 Square Miles
989,415 Total Population

Voucher Program: data collection

- Referral sources: 60
- Vouchers awarded: 116
- Waiting list-March 2016: 51
- Statistics:
 - Caregiver's age range: 21-91
 - Care recipient's age range: 0-102
 - Caregiver's caring for loved one with Alzheimer's/Dementia: 56
 - Grandparents Raising Grandchildren: 13 raising 21 grandchildren
 - Caregiver Veterans: 17
 - Care recipient Veterans: 12

Voucher Program - Outcomes

- **Satisfaction Survey: n-53**

- Overall satisfaction with respite services = 100%
- Modified Caregiver stress Index self-survey was helpful = 88%
- Ease of the process to receive financial assistance = 94%
- Caregivers using an agency provider = 15%
- Caregivers who found their own provider = 85%
- Ease of finding a provider = 87%
- Caregivers that would apply for respite services again = 100%

More Outcomes: 32 out of 53 surveys

- Satisfaction Survey question: Did receiving respite....
 - Report stress reduction – 28
 - Lessened the feeling of being overwhelmed – 27
 - Improved emotional health – 22
 - Improved relationships – 16
 - Lessened depression – 10
 - Improved sleep - 9
 - Improved physical issues - 5
 - No change at all – 0

Sustainability

- **Lifespan Respite Sustainability, Growth & Succession Plan**
- **Lifespan Respite Coalition Partnerships:**
 - ADRC/AAA's
 - Montana State University Extension
 - AARP
 - Governor's Advisory Council on Aging
 - Alzheimer's Dementia and Other Related Diseases (ADRD) workgroup
 - Faith-Based Community-Bridges Program

Questions?

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