Lifespan Respite
Washington


“Climb Every Mountain...Soon You'll Find Your Dream”
"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 Grants

- 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!
Meet the individual needs of the care giver…

…and meets the individual needs of the care receiver.

Easy to access…

…through the use of a trained and ready workforce.

Family caregivers revealed the need: More respite resources that:

Only a small portion of these caregivers received any type of public or formal respite.

Time to move mountains.
The journey continues...

- MARCH 3014 - Pilot respite project begins!
- JANUARY 2016 - A new and improved system.
- MAY 2016 - Partners through a MOU process with DOH as a model for replication.
- SEPTEMBER 2016 - Companion Project with Tribal Kinship Navigators.

Thanks ACL!
Eligibility requirements include:

- Unpaid family caregivers (includes friends, neighbors)
- Unserved by other respite programs (currently not receiving respite services from another program)
- Provides 40 or more hours per week of direct care, monitoring, or supervision
- Care recipient needs support with activities of daily living due to a disability or illness
- Open to individuals of all ages across the lifespan (birth to death)
- Care to someone living in Washington State
Respite Provider Agency

Submit:

1. Application (available on LRW website)
2. Certificate of Insurance meeting minimum requirements
3. Tax document (W-9)
4. Sign Inter-Agency Agreement with indemnification language
5. Follow Policies/Procedures
6. Keep LRW staff informed of caregiver engagement, use, and termination of service.

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A simple application is available on the website among other access points...

Up to $1,000 of respite through:

- In-home supports
  - medical care,
  - direct care for daily living activities,
  - companion care,
  - light housekeeping and meal-making
  - but NOT transportation due to liability concerns.

And,

- Adult day care
- Camps
- Specialized community case aides
- Parks & recreation programs
- Social skills programs
Practical considerations...

- No income window, although donations are gladly accepted in order to sustain the program for others.
- A limited number of applications are typically available on a first come, first served basis, unless they are qualified through another, specific funding source.
- If the demand exceeds available funds, the host agency may at some point use a computerized random selector to award vouchers.

Prior voucher recipients can use the voucher if—
- Not used within the past year from their last service end date
- Other caregivers have a chance
- Their preferred respite provider holds a contract with the host agency
How it works

1. Application
2. Award Letter
3. Caregiver selects agency
4. Agency meets with caregiver
5. Family Caregiver Agreement signed
6. Pre-survey submitted
7. LRW authorizes services
8. Respite provided
9. Agency submits invoice for payment
Vouchers were awarded based on caregiver choice.

About 100 vouchers available.

Up to $1,000 each

10% admin fee for RPA

30% anticipated applications received first week!
<table>
<thead>
<tr>
<th>ELEMENTS</th>
<th>PEAKS (successes)</th>
<th>VALLEYS (challenges)</th>
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<tbody>
<tr>
<td>Multiple host agencies</td>
<td>Great to meet many new and talented folks in different settings</td>
<td>Takes time to acclimate, gain trust and credibility, fit</td>
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<td></td>
<td>Marketing becomes more targeted and services more recognizable</td>
<td>Not necessarily convenient to home base</td>
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<td>Shows flexibility to changing needs</td>
<td>Needs to fit agency’s ongoing mission, constituent base</td>
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<td>Varied funding</td>
<td>Fosters sustainability</td>
<td>Generalized confusion by constituent and service providers alike about geographic and service reach</td>
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<td>Causes speculation about why another agency is no long the host</td>
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<td>Can be confusing to manage different pots</td>
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<tr>
<td>ELEMENTS</td>
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<td>Outcomes</td>
<td>Exceeded expectations</td>
<td>More respite needed</td>
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<td>Staffing</td>
<td>Gives recognizable “face” to program</td>
<td>Multiple and varying skills levels are needed; e.g., accounting, work plan, contract compliance, marketing, webmaster, client engagement, data entry “Maytag repairman”</td>
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<td>Less money needed to staff</td>
<td>Multiple channels of thinking could be beneficial</td>
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<td>System does not have such a steep learning curve</td>
<td>Case management services are needed!</td>
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<td>Vendor Agencies</td>
<td>Super excited to be part of this needed program</td>
<td>Confusion at times about how this operates</td>
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<td>Difficulty keeping LRW apprised of changes</td>
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“Things are going so well with the respite care program! The caregiver (worker) is excellent…”

And yet…

“I know we are done soon but I am reaching out to see if you know of more help at least for a short time more.”

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“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.”

What caregivers say

A married couple from Spokane:
- not comfortable with available respite options;
- unable to receive publicly-funded respite;
- reluctant to explore respite until now;
- son could not be left alone; and
- “not able to leave him with standard babysitting options”

BUT they were willing to try the voucher system due to its host agency connections and caregiver options so they could run errands, shop, take other children on outings, and “learn how the system works as we plan to continue once we feel comfortable with working with others/caregivers.” The father was almost giddy as he later stated, “It opened our eyes…to continue for many years.”
Host Agency:
www.sssc.org
11627 Airport Road, Suite B
Everett, WA  98204-8714

For additional information, contact:
Linda J. Porter
Program Coordinator
Email: lporter@sssc.org
Phone: 1.800.422.2024, x 125
Website: www.lifespanrespitewa.org

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