First United Methodist Church
Respite Care Ministry
History of Respite

• There are roughly over 7,000 people diagnosed with dementia each year in the city of Montgomery. Until the development of this program, there was no program to serve the mental, physical and spiritual needs of both a caregiver and participant.

• The program began with 2 participants and 14 volunteers

• Currently, 55 participants and 120 volunteers
Numbers and Growth

• Respite volunteers logged over **12K hours in 2016**!
• 4 shifts a week, 12-15 volunteers a day = 270 weekly hours
• 7 programs in 6 cities and Atlanta, Fairhope, and two more programs in Birmingham set to open in 2018
• Over **400 volunteers** trained in 5 years
• Over **500 participants** in all programs combined
• 6 community churches and 2 synagogues giving to scholarships
Theory of Respite

• Often times our participants have been great volunteers in our community and have lost their ability to give back to others due to memory loss.
• At Respite, we pair people with someone they can help giving our friends a sense of accomplishment.
• The relationships are so personal and strong between volunteers and participants you cannot tell who is a volunteer and who is a participant.
• There are many 1:1 activities and conversations that stimulate and motivate everyone involved. Our trained volunteers are flexible and coached on building self-esteem amongst our friends thus developing a sense of meaning, purpose and hope.
You Cannot Tell Who is Who!
Program Pays for Itself $$$$ 

- 10 People, 2 days a week, 50 weeks = 40K 
- 15 people, 2 days a week, 50 weeks = 60K 
- 15 people, 3 days a week, 50 weeks = 90K 
- 20 people, 4 days a week, 50 weeks = 160K 

* based on $40.00 a day
Respite Design

Volunteers

• The volunteers are the heart of the program.
• Volunteer time commitment is flexible, work 4 times a year or 4 times a month or weekly, no commitment.
• Program to allow close to 1.5 ratio of volunteer per participant.

Logistics

• Participant attendance is recorded daily.
• Invoices will be sent at the end of the month.
• No sliding scale
• No one turned away
Typical Day of Respite

- **10-10:15am** – Arrival, coffee, socialization
- **10:15am -11:15am** – Brain fitness (trivia, brainstorming, creative writing) followed by physical fitness
- **11:15am-12noon** – Music, Art, or hand-eye coordination activities
- **12noon-12:45pm** – Family style meal: lunch and dessert
- **12:45pm- 1:15pm** – Physical activities
- **1:15pm- 2:00pm** – Brain stimulation followed by music
Theory of Respite

Society has built ramps, access and accommodations for people with physical abilities. The Respite Ministry provides cognitive ramps, access and accommodations for those living with memory loss by providing:

- Identity
- Connection
- Security
- Autonomy
- Meaning
- Growth
- Joy
Teenage Volunteers in Summer
Elements of Respite

• *Respite* is open to all faith backgrounds with cognitive memory disorders such as Alzheimer’s, Dementia, Parkinson’s or stroke and will provide a safe haven of activities to include social, intellectual, and physical stimulation.

• *Respite* will be run daily by one trained professional and 10-15 trained volunteers who provide supervision, lead activities and serve a nutritious lunch with love and compassion.

• Participants must be mobile (assisted devices acceptable), attend their own bathroom needs, participate in social activities and eat on their own.
Cognitive Stimulation

• Respite provides a wide variety of group programming that enhances:

• 1. Speed of processing
• 2. Comprehension
• 3. Reasoning
• 4. HUMOR
• 5. Self Confidence
• 6. Sense of belonging
Group Discussions
Cognitive Activities
Art Projects with Purpose

- Participants often make art projects to send sick members of the group to brighten their day.
- Volunteers and participants do everything together so there is no “us and them” mentality.
Choir Concerts All Over Town!
Hand Eye Fun
Many think it is the disease that causes us to withdraw, and to some extent I think this is true. But for many of us we withdraw because we are not provided with meaningful opportunities that allow us to continue to experience joy, purpose, and engagement in life.

Person living with Dementia
Benefits of Respite Ministry

• The *care partner* of a person with memory loss experiences levels of fatigue and distress that eventually leaves both persons feeling mentally, physically, emotionally and even spiritually bankrupt.

• The Respite Ministry is an intervention to prevent such a level of exhaustion and restores a sense of purpose and meaning to the lives of both the patient and their caregiver.

• It improves the quality of life for the *patient*, the primary care giver and even for the extended family, by seeing joy and meaning return to the day of the person with dementia.

• Such a service assists families in being able to care for their loved one in the home for a longer time, often without the need for hired in-home care givers.
Importance of Care Team

• The sense of purpose and belonging that one can achieve through joining a Respite program is beyond what the care partner can accomplish alone at home, no matter how much they love, and how much time they devote to care giving.

• A Team approach to Respite includes several sub-teams of volunteers simultaneously preparing an activity, performing an activity, cleaning up from previous activity, preparing meals so there is a seamless flow from one activity to another throughout the day.

• One person cannot accomplish this at home for a sustained period, nor is it realistic to attempt to do so. The care team in effect is serving as an external source of motivation and initiative for the person who is memory impaired, and since the volunteers rotate, participating once or twice monthly, they bring fresh energy and enthusiasm daily which a sole care giver in the home cannot possibly provide.
Ages range from 50-95
**Program Director**

**Qualifications:**
- Great love for older adults, strong interpersonal skills, good rapport with families and caregivers. Strong knowledge of characteristics of Alzheimer's and dementia related diseases.
- College degree, preferably in Nursing or geriatric care
- Skills in creative arts are desirable (music, art, etc.)
- CPR certified
- Awareness of symptoms of abuse and mistreatment

**General Responsibilities**
- Plan fun filled and cognitive enhancing curriculum for respite classes and activities.
- Implement daily, structured program to include mental, physical, spiritual and creative programming assistance of VFC and volunteers.
- Maintain orderly environment of classroom to promote sense of calm and well-being
- Keep classroom, storage and work areas neat and orderly.
- Produce monthly calendar and newsletter to be sent to the home of each client.
- Work with Director of Senior Adults for programming and operation of this ministry.

**Volunteer/Family Coordinator**

**Qualifications**
- Great love for older adults, strong interpersonal skills, good families and caregivers. Strong knowledge of characteristics of Alzheimer’s and dementia related diseases.
- College degree, preferably in Nursing or geriatric care
- CPR certified
- Awareness of symptoms of abuse and mistreatment

**General Responsibilities**
- Work with PD to carry out daily schedule of activities.
- Recruit volunteers for program and train properly.
- Counsel families and assist with new participant paperwork.
- Maintain enthusiasm and high energy level amongst the volunteers and caregivers.
- Present program to other churches and organizations in Birmingham Community.
- Conduct individual conferences with caregivers to discuss progress of each client.
Why Respite?

- Cost of long-term placement is rising
- Average is $60K-80K a year for facilities
- **Respite** cost 2 days a week is $4,000 annually
- The care-partner and person living with disease BOTH need Respite!
- Scheduled, weekly respite from 24/7 caregiving can potentially keep the person living a disease home longer with better quality of life.
- “*We lead with the belief that the person is still whole, and we must find a way to help them recognize that in themselves,*” said Daphne Johnston
Brenne Brown:

“In the absence of love and belonging, there will always be suffering. All of us long for connection; it’s not negotiable. We are neurobiologically hard wired for connection, love and belonging, it is in our DNA.”
How in Your Community

- Find a “Champion Church” in your community
- Free space during the week
- Can operate independently of church or as a church ministry
- Insurance only went up 1K
- This is a social model with no health care staff, only trained volunteers
- Champion Church needs to have sizable congregation to draw first volunteers from
- Program can be one day a week and grow from there
- Multiple ways to hire leadership.
Who’s who?
RESPITE

- PURPOSE
- HOPE
- LOVE
- LAUGHTER
- JOY
- BEING NEEDED
- GROWING
- COMMUNITY
- FELLOWSHIP

“The place where everyone loves me.”
Spiritual Gifts of Respite