

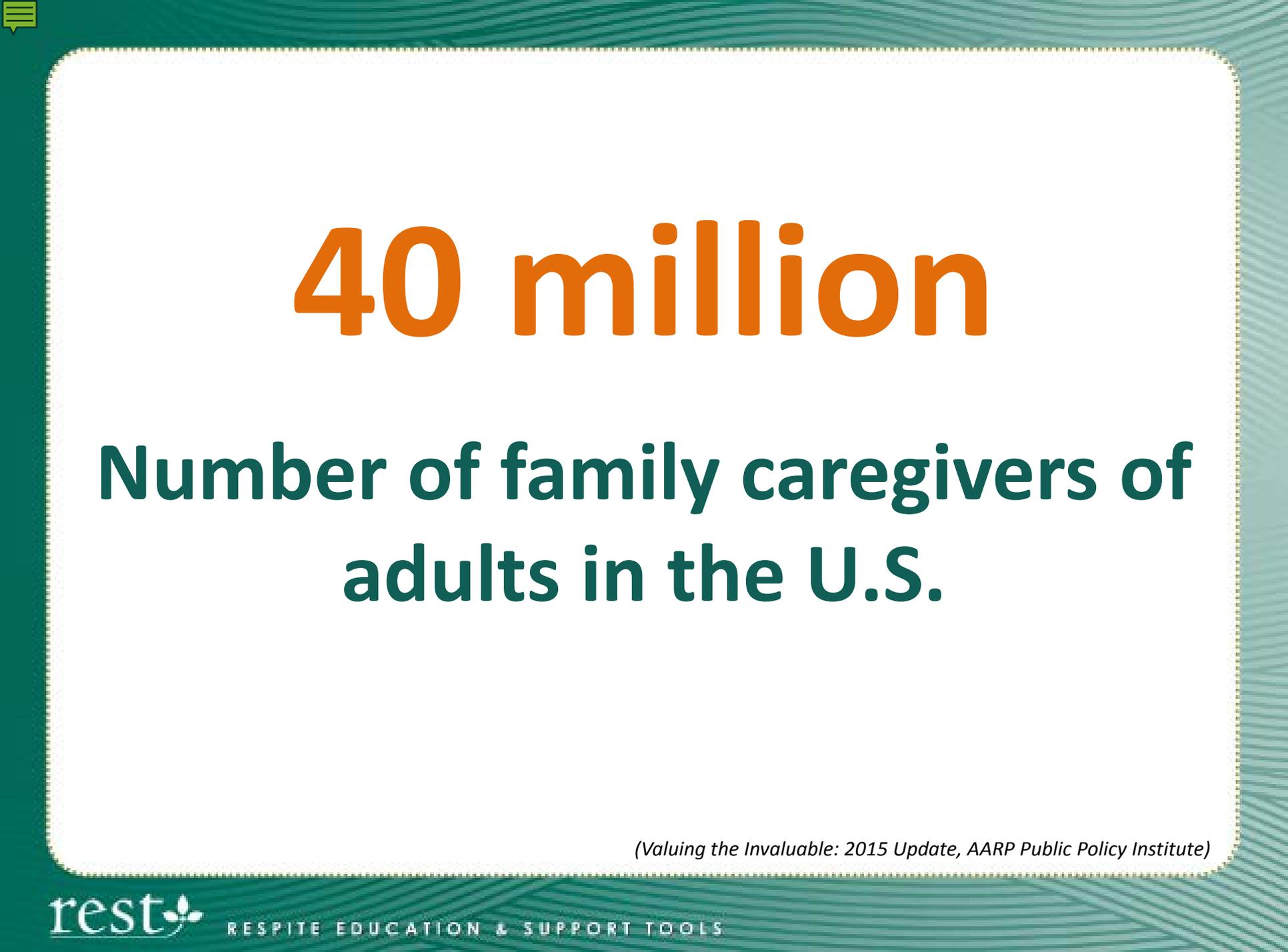
rest 

RESPIRE EDUCATION & SUPPORT TOOLS

**Short Breaks, Big Impact: Delivering Education
and support to those offering a break to caregivers**

Lois Sheaffer, B.S., REST Program, Director

Wendy Berk, M.S., REST Program Analyst



40 million

**Number of family caregivers of
adults in the U.S.**

(Valuing the Invaluable: 2015 Update, AARP Public Policy Institute)

37 billion

**Number of family caregiving
hours provided in a single year**

(Valuing the Invaluable: 2015 Update, AARP Public Policy Institute)

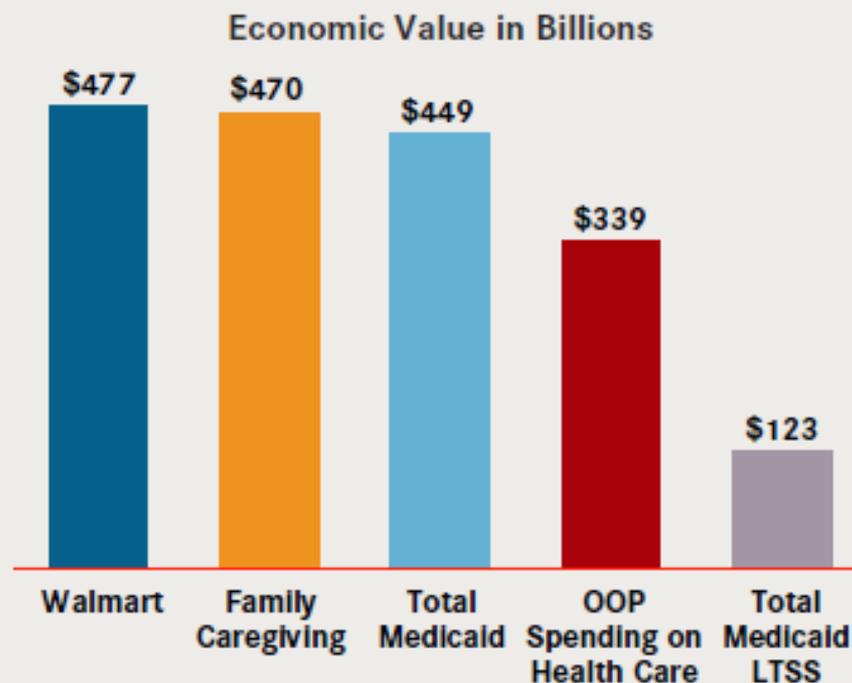
\$470 billion

Estimated economic value of unpaid family caregiving

(Valuing the Invaluable: 2015 Update, AARP Public Policy Institute)

ECONOMIC VALUE OF FAMILY CAREGIVING

The economic value of family caregiving is as big as the world's largest company, and bigger than Medicaid and out-of-pocket (OOP) spending on health care.



(AARP Public Policy Institute, 2015)

55%

**of caregivers feel overwhelmed
by loved one's care needs**

(American Psychological Association, Stress in America: Our Health at Risk (Washington, DC: Author, 2012)

25 to 50%

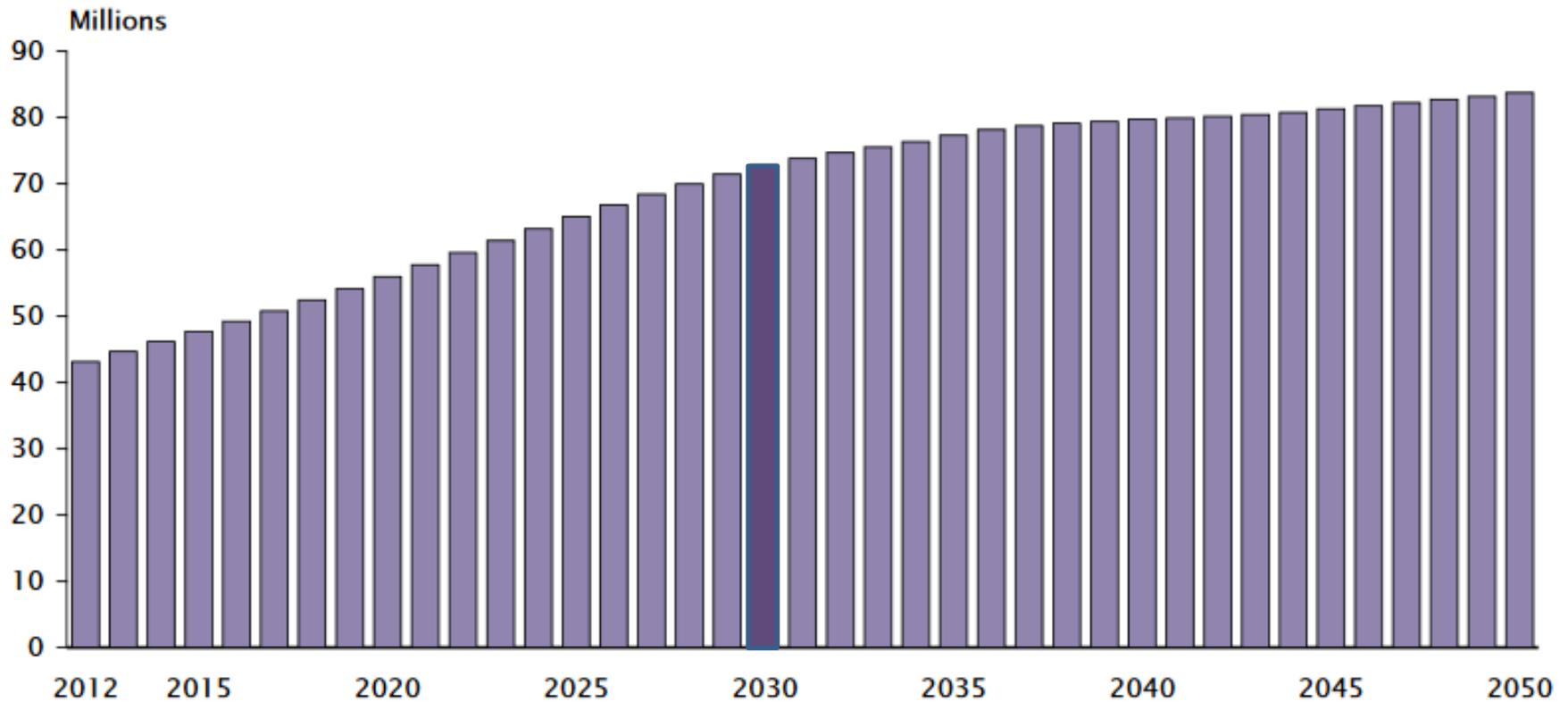
**of caregivers meet criteria for
major depression**

(Family Caregiver Alliance, 2006)

***compared 6.7% in general adult population**

(Anxiety and Depression Association of America, retrieved 2016)

Figure 1.
Population Aged 65 and Over for the United States: 2012 to 2050



(U.S. Census, 2014)

**How can the challenges of
family caregiving be
relieved?**

**Move loved one to
assisted living or
skilled nursing?**



90%

\$\$\$



RESPIRE HELPS!

Caregivers

Families

Care Receivers



(Cohen and Warren, 1985)

WHAT IS RESPITE?

Dictionary definition of “Respite”

A short period of time when you are able to stop doing something that is difficult or unpleasant or when something difficult or unpleasant stops or is delayed

(Merriam-Webster, 2016)

Respite Care

Planned or emergency care provided to a child or adult with special needs in order to provide temporary relief to family caregivers who are caring for that child or adult.

(ARCH – Access to Respite Care and Help)

CAREGIVER TRAINING PROGRAMS

- Focus on teaching the caregiver how to take care of their loved one
- Hospitals refining transition-to-home programs training medical tasks

Caregivers are learning needed skills to care for their loved ones.

But who is helping the caregiver stay afloat?





Sleeping Issues
Anxiety
Headaches
Heart Attack
Fatigue
Sadness / Depression
Muscle Tension / Pain
Irritability / Anger

ISOLATION

REST TO THE RESCUE!



Caregivers reach out to:

- Faith-based organizations
- County Senior Services
- Volunteer Organizations



**REST Companions are trained in
“Soft Skills”**

KEY COMPONENTS OF REST

10 Core Competencies aligned with the
National Respite Guidelines (ARCH)

*What is Respite?
The Role of the Respite Worker*

*Coping Strategies
Caregiver Assessment*

Confidentiality

*Communication
Tips*

*First Visit
Leisure Activities*

*Valuing Differences
Caregiver Thoughts*

Activities

*Universal
Precautions*

*Crisis Intervention
Handling Injuries*

*Understanding
Behaviors*

Creates a **STANDARDIZED** Respite Training

CUSTOMIZABLE CURRICULUM

Make REST **YOUR** Training!

Trainer Stories

Policies and Procedures

REST Companion™ Resources

Community Resources

Enhanced Population-specific Education

Forms

ONGOING SUPPORT TOOLS

To Mobilize REST **SUCCESSFULLY**

Trainer Development/Collaboration

Quarterly Conference Calls

Monthly R.A.N. Report

Local and National Workgroups

Customized Marketing/Support Materials

Grant Support

Robust Website

REST MOBILIZATION

Train-the-Trainer Course

- **Prepared to train unlimited REST Companions**
 - *Two-Day Interactive Course*
 - *Full Instructor Kit to run Companion Courses*
 - *13.5 CEs for nurses & social workers*

Companion Course

- **Prepared Respite Workers/Volunteers**
 - *8-Hour Companion Course – Independent Respite 7.0 CEs*
 - *4-Hour REST Essentials™ – Supervised Group Respite 4.0 CEs*
 - *REST Essentials™ Online Course: 1.5 CEs*

Master Trainer Course

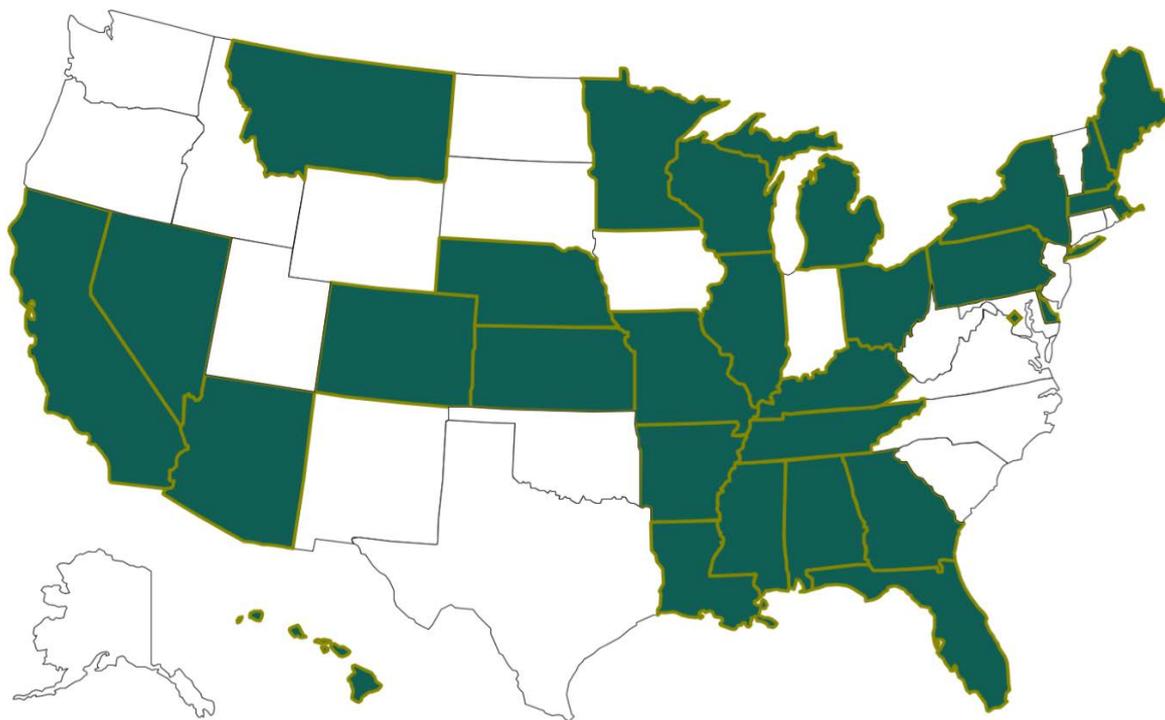
- **Sustainable Statewide Program**
 - *Qualified REST Trainers can become Master Trainers*
 - *Unlimited REST Train-the-Trainer Events with Trainer stipend*

TRAIN-THE-TRAINER MODEL

1 Master Trainer → 10 Trainers → 200 REST Companions™ → Families Served



REST PROGRAM IN ACTION



REST Trainers in 29 States

473 REST Trainers Nationwide

4,910 REST Companions Nationwide



OUTCOMES EVALUATION

EVALUATION QUESTIONS

Were the appropriate respite skills, knowledge, and confidence gained during the REST companion workshops?

Were skills, knowledge, and confidence retained six months later?

Were REST companions providing respite to families six month later?

How do family caregivers feel about the respite they receive from REST companions?

EVALUATION QUESTION

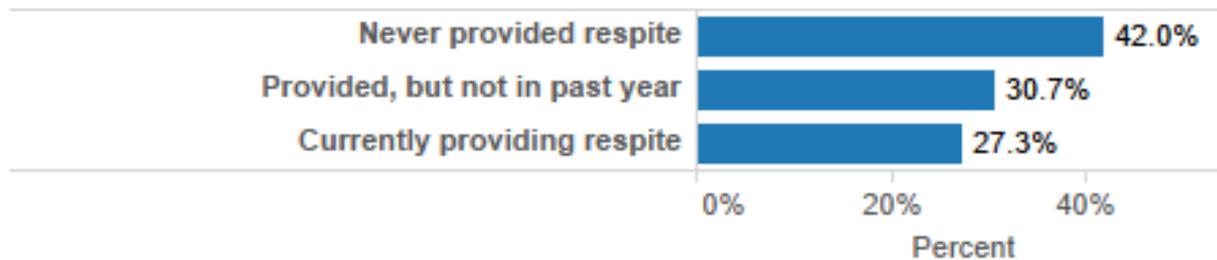
Were the appropriate respite skills, knowledge, and confidence gained during the REST companion workshops?

Pre-post Companion
Workshop Survey

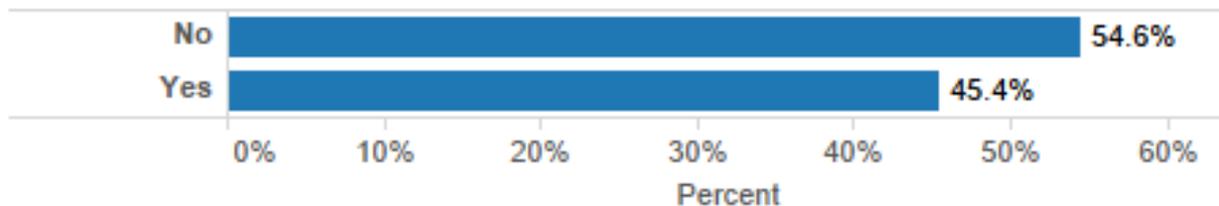
Post-Workshop Core
Competency Assessment

1,108 COMPANION WORKSHOP PARTICIPANTS

What is Your Experience Providing Respite Care?

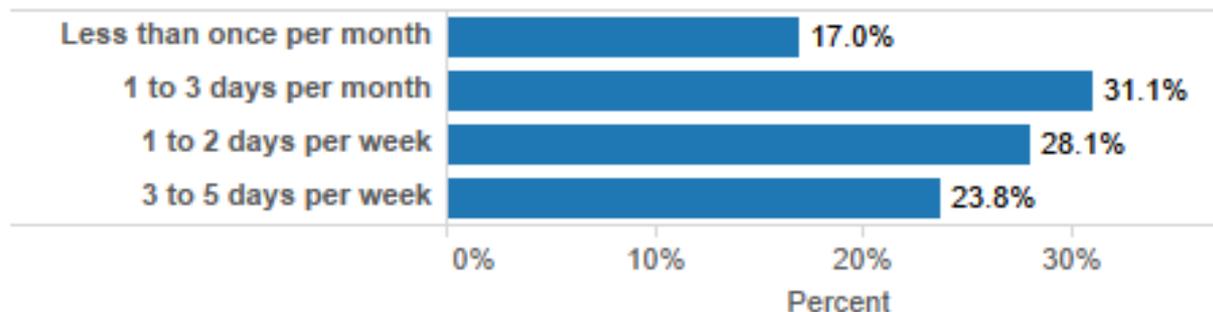


Do You Have a Professional Care Background?

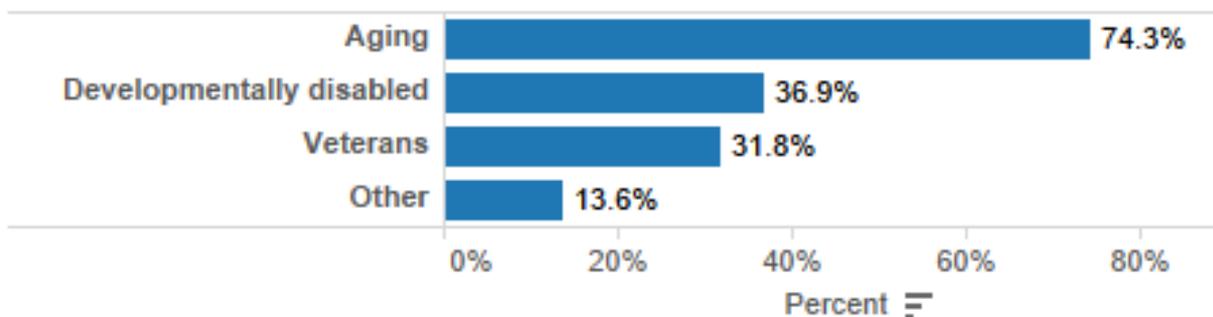


1,108 COMPANION WORKSHOP PARTICIPANTS

How Often Will You Be Able to Serve?

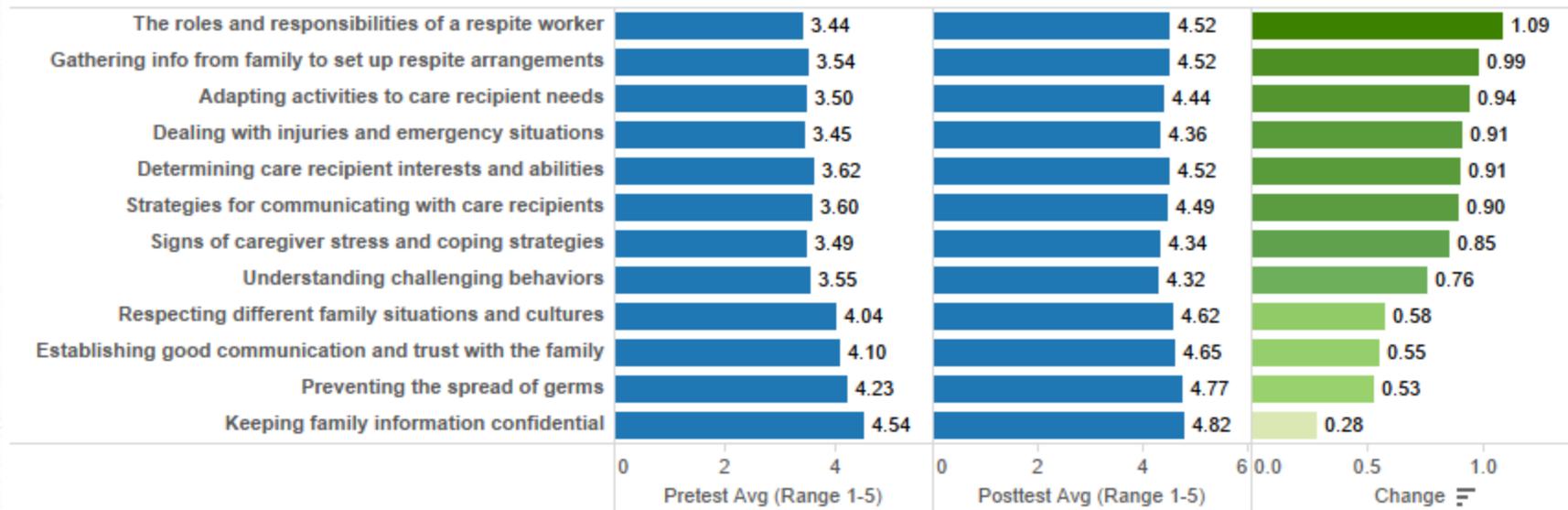


Preferred Respite Assignment (Check all that apply)



WORKSHOP – SKILLS/KNOWLEDGE GAINED

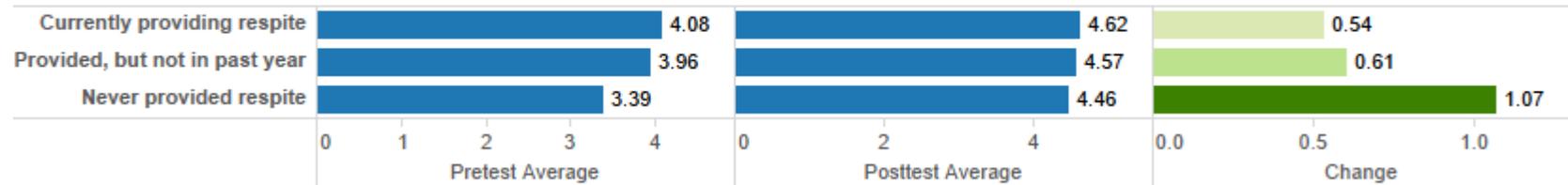
Rate Your Skill/Knowledge in Each of the Following Areas - Change from Pre to Post Workshop



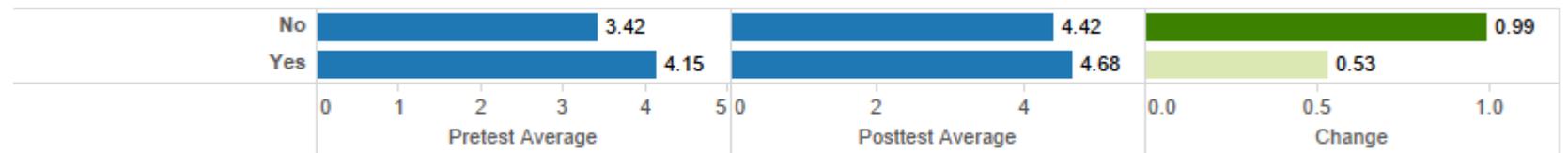
WORKSHOP – SKILLS/KNOWLEDGE GAINED

Predictive Validity

Rate Your Skill/Knowledge in Each of the Following Areas - By Experience

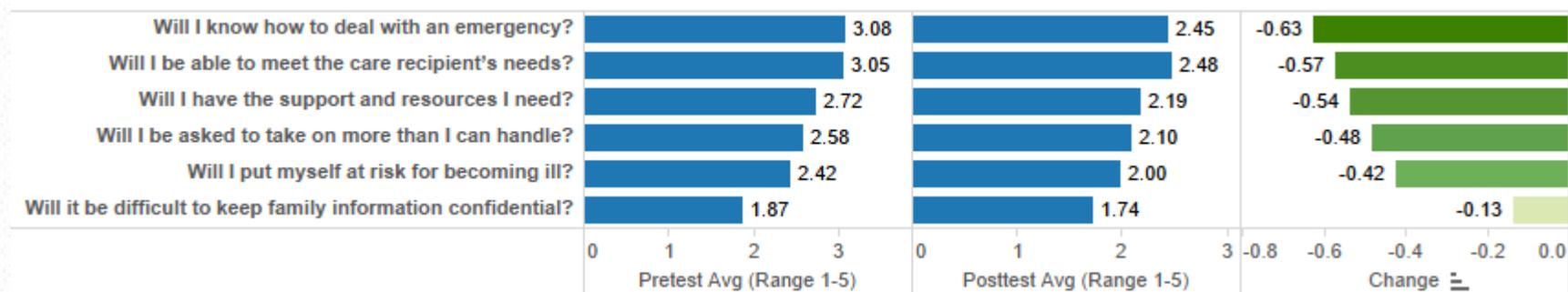


Rate Your Skill/Knowledge in Each of the Following Areas - By Professional Care Background



WORKSHOP – CONFIDENCE GAINED

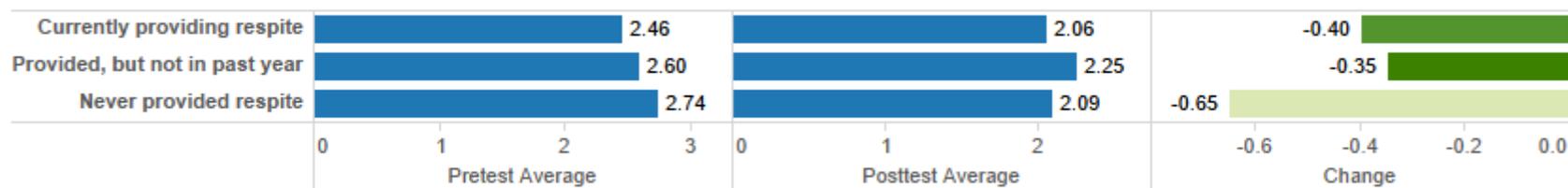
Level of Concern About Each of the Following Areas of Respite Work - Change from Pre to Post Workshop



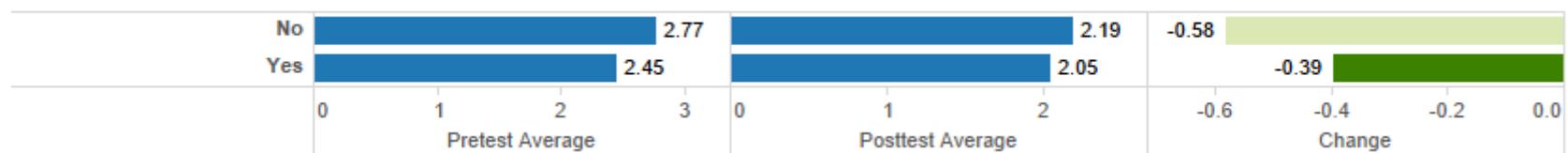
WORKSHOP – CONFIDENCE GAINED

Predictive Validity

Level of Concern About Each of the Following Areas of Respite Work - By Experience



Level of Concern About Each of the Following Areas of Respite Work - By Professional Care Background

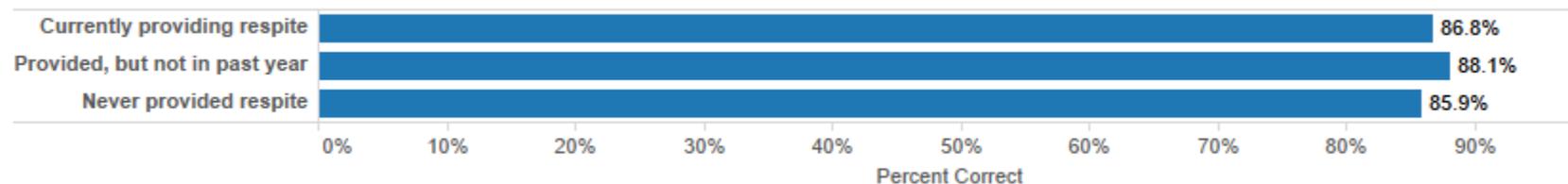


WORKSHOP – CORE COMPETENCY

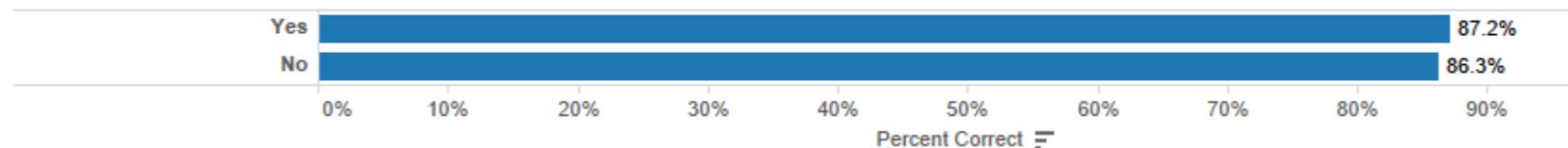


WORKSHOP – CORE COMPETENCY

Core Competency Assessment - By Respite Experience

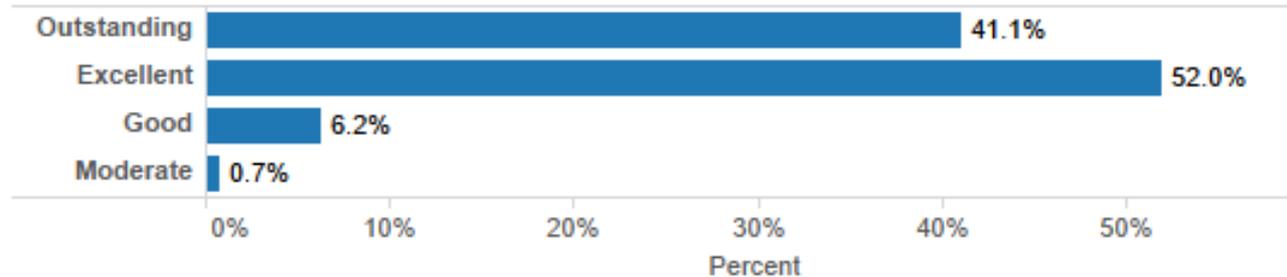


Core Competency Assessment - By Professional Care Background



WORKSHOP – PARTICIPANT RATINGS

My Overall Rating for the Course Is:



What do you like best about the workshop?

- Group activities, discussions, and opportunities to share experiences.
- Resources and quality of information provided in the training materials.
- Instructors perceived as qualified, knowledgeable, and effective.

What can be done to improve the workshop?

- Adjust the length of the workshop. Some feel it is too long, others feel it is too short.

Response: New 4-hour course called REST Essentials™. Covers 10 core competencies. Only for individuals providing respite in a supervised, group setting.

EVALUATION QUESTIONS

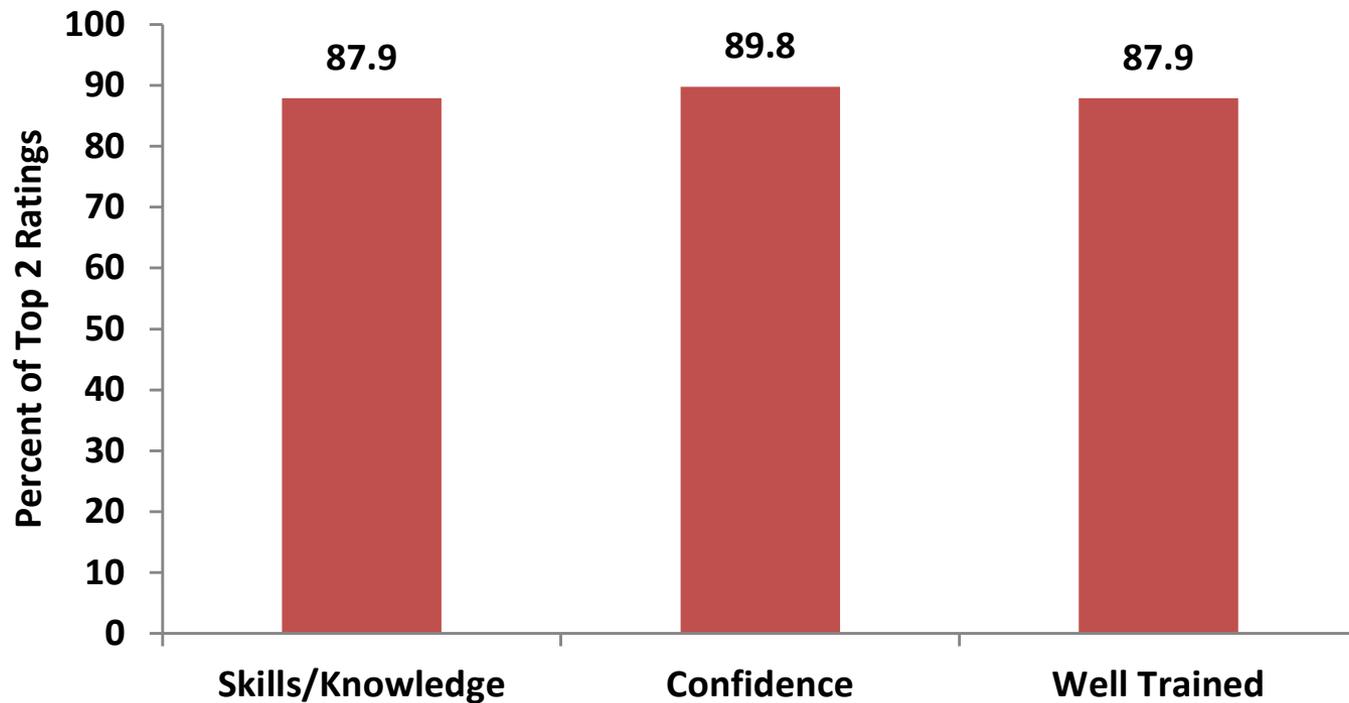
Were skills, knowledge, and confidence retained six months later?

Were REST companions providing respite to families six months later?

Companion six month post-workshop phone interview

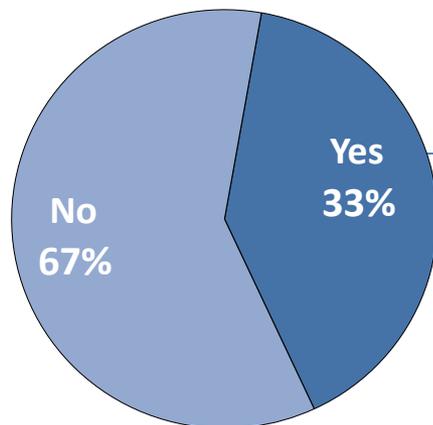
219 COMPANION INTERVIEWS – 6M FOLLOW UP

Workshop Ratings at Six Months



219 COMPANION INTERVIEWS – 6M FOLLOW UP

Have you provided respite since the workshop?



73 out of 218 companions provided respite since workshop
 18 never served before (new recruits)

Hours served in 2017 via independent program tracking

3233

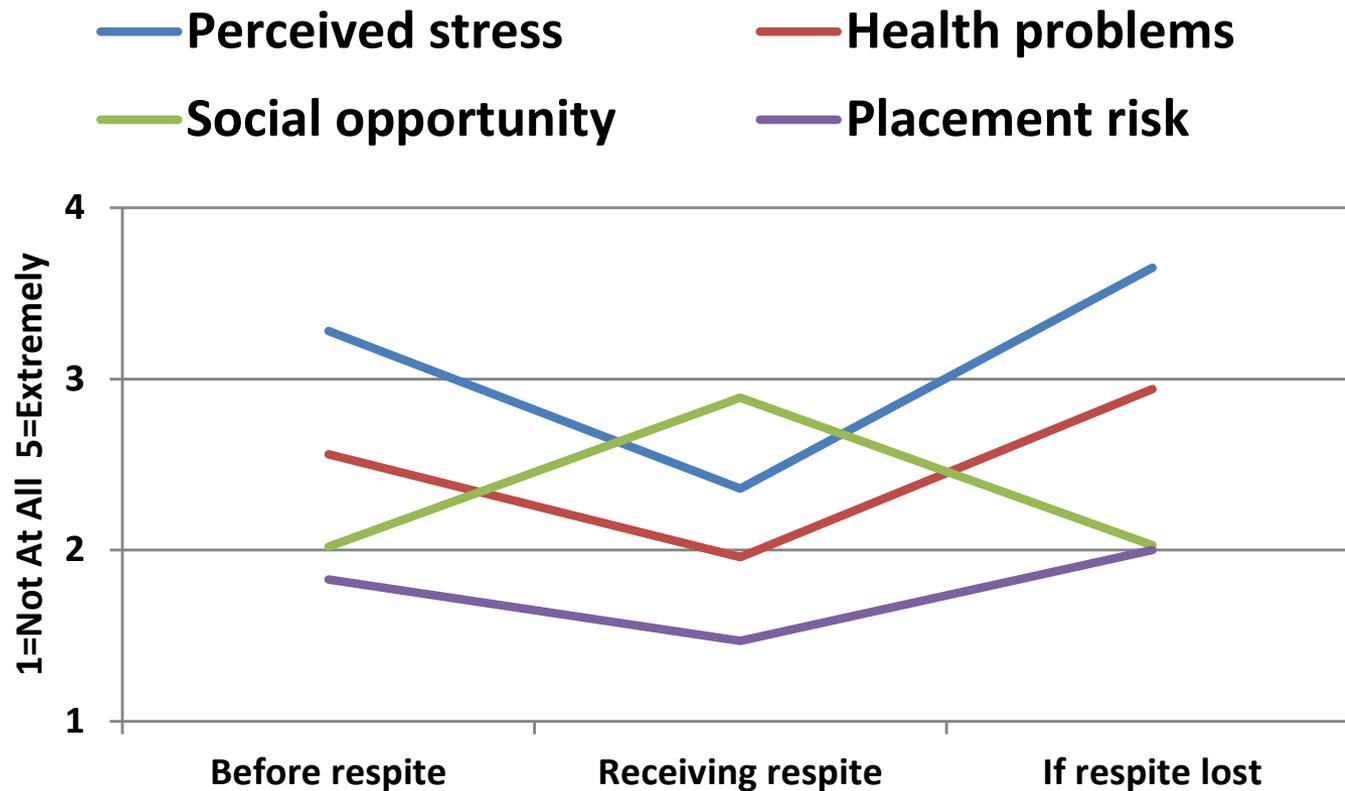
# Families Served	Before Workshop	After Workshop	Currently Serving
Mean	1.78	1.83	1.80
Mode	1	1	1
Hours Per Month			Range Mean Total
			1 to 96 17 679

EVALUATION QUESTIONS

How do family caregivers feel about the respite they receive from REST companions?

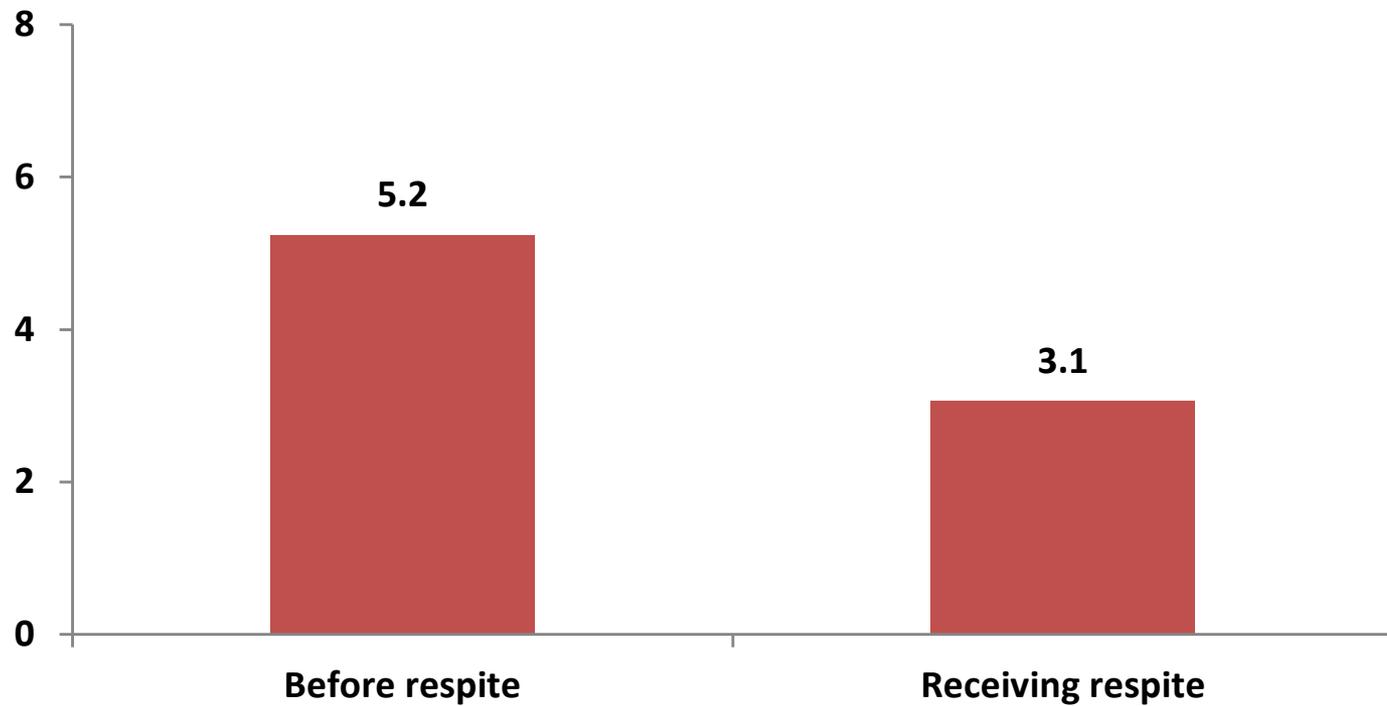
Online Family Caregiver
Survey

103 FAMILY CAREGIVERS RECEIVING RESPITE



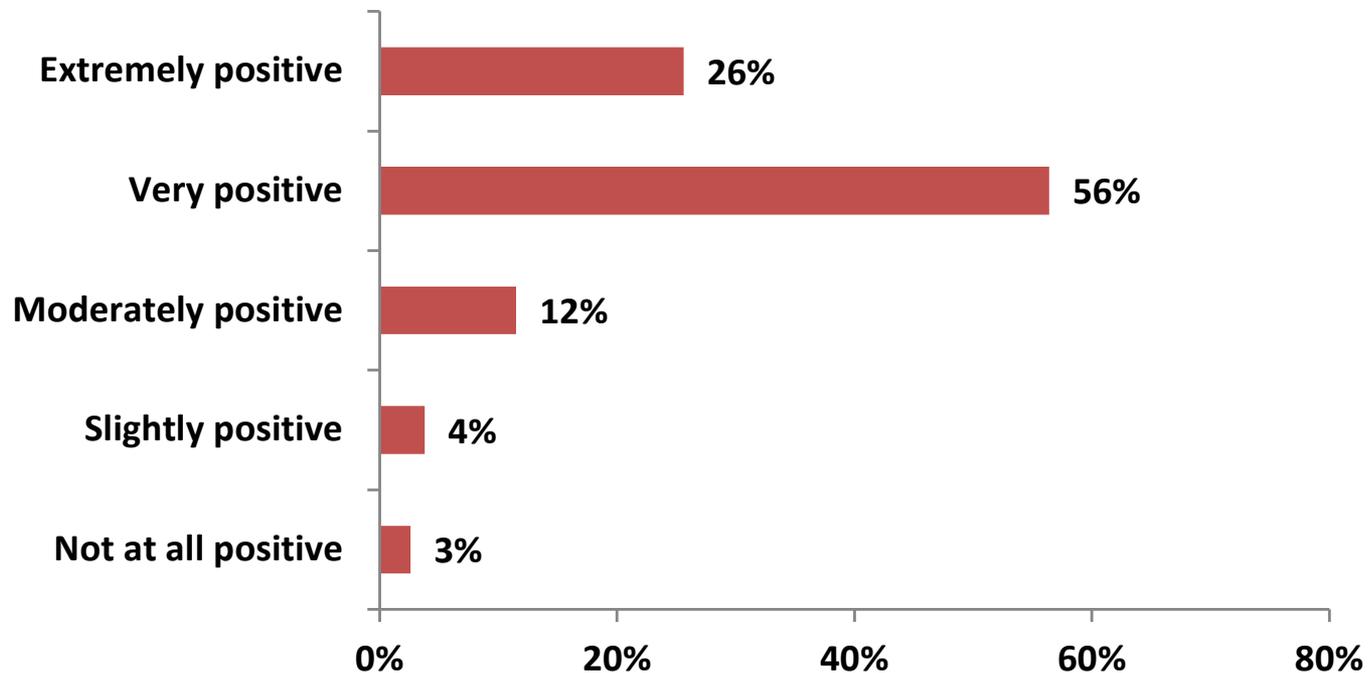
103 FAMILY CAREGIVERS RECEIVING RESPITE

Number of stress related symptoms



103 FAMILY CAREGIVERS RECEIVING RESPITE

Care recipient's opinion of respite experience



To learn more about REST visit our website at:

www.restprogram.org

Are you interested in:

Hearing more about our Research?

- **Lynn Ackerman**
Lead Researcher
lackerman@ackermanresearch.com

Attending or Hosting a Training?

- **Kelly Fitzgerald**
REST Training Development Manager
kfitzgerald@restprogram.org

Information on Mobilizing REST through your State?

- **Lois Sheaffer**
Director of REST
lsheaffer@restprogram.org

Creating an international network
of organizations that prepares
individuals to support caregivers
through respite.



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RESPITE EDUCATION & SUPPORT TOOLS

