Advancing respite for those who give their care, and transforming caregiver policies and practices across New York State

To make sure you don’t miss out on information about funding opportunities, news and events, sign up for our email list at hfwcny.org.
Welcome to Buffalo, City of Light, and to the 19th National Lifespan Respite Conference!

**ILLUMINATE RESPITE** will showcase new ways of supporting families through respite, innovative best practices in service delivery and financing, research to improve and expand respite, and community building and networking – with a spotlight on the emerging respite needs of Millennial and GenX caregivers. Through the Caregiver Simulation, we will experience the challenges and triumphs of caregivers as they navigate a maze of services and supports. With expert guidance, we will learn how to tell our stories in new impactful ways that improve, expand and sustain our respite services.

This year marks the 10th Anniversary of Lifespan Respite Program implementation. In 2009, Congress appropriated funds for the program for the first time, and the first twelve states received Lifespan Respite grants from the U.S. Administration on Aging. This important milestone presents a great opportunity to assess how far we have come to improve the accessibility and use of respite as well as recognize that we still have so much more to illuminate.

Thirty-seven states and the District of Columbia have received Lifespan Respite grants since the program was first funded. States can take pride in their accomplishments – new respite voucher programs, exemplary volunteer and faith-based respite initiatives, innovative respite and caregiver support programs sparked by state mini-grants, easier access to respite services, and hundreds of new respite workers and volunteers trained from coast to coast. Here in New York, the New York State Office for the Aging, in collaboration with the New York State Caregiving and Respite Coalition, used their Lifespan Respite grant to train new providers, ignite innovation through community and faith-based respite initiatives, and embed respite and caregiving supports into their No Wrong Door System, NY Connects, to ensure sustainability.

ILLUMINATE RESPITE aptly reflects these successes, but more importantly, challenges us to shine a light on new efforts to heighten awareness about the ever-growing need for respite and caregiver supports at both state and national levels.

Take advantage of everything ILLUMINATE RESPITE and Buffalo have to offer and let’s energize the future of respite together!
Buffalo is on the eastern shore of Lake Erie, at the head of the Niagara River, 16 miles south of Niagara Falls. Harnessing the power of the Falls, Niagara Falls Power Plant became the first hydro-electric power plant in the world. Buffalo was among the first cities to embrace electric power. In 1881, the Brush Electric Light Company of Buffalo installed the first electric plant in Buffalo on Ganson Street along the city’s waterfront. Buffalo earned its nickname, “City of Light” when it became the first city to make use of widespread electric streetlights in the late 19th century. In 1901, Buffalo hosted the Pan American Exposition to showcase its new science and technology in the production of hydro-electric power. A central focus was the massive “Electric Tower” that was 391 feet tall and acted as a great light beacon.
# LIGHTUPRESPITE

Share your conference pictures and highlights on Snapchat, Instagram, Twitter and Facebook with #LightUpRespite.

## CONFERENCE SPONSORS

### CHAMPION OF RESPITE

**Health Foundation for Western and Central New York**

### PLATINUM SPONSOR

**Ralph C. Wilson, Jr. Foundation**

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- Tennessee Respite Coalition
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- A Mother’s Rest
- California Respite Association
- CARF International
- Colorado Office of Community Access & Independence, Division of Aging and Adult Services/Colorado Respite Coalition
- NYSARC Trust Services
- REST
- Therap

### FRIENDS OF RESPITE

- Doyle Medical Monitoring
- New York State Health Facilities Association

### SPECIAL THANKS

Riveter Design for expert and creative design assistance
Buffalo Grand Hotel is located in downtown Buffalo, just moments from everything. Coca Cola Field, home of the AAA baseball’s Buffalo Bisons, is just across the street from the hotel. Harbor Center and KeyBank Center are under a 15-minute walk. The hotel is less than 20 minutes from Buffalo Niagara International Airport and 30 minutes from Niagara Falls.
Family caregivers provide 80% of all long term care in New York for people of all ages or with any type of disability. They need our support.

The New York Team — Working Together to Build a Lifespan Respite Care System

- The New York State Office for the Aging
- Monroe County Office for the Aging
- New York State Caregiving and Respite Coalition provides information, education, training and technical assistance on caregiving and respite.
- Lifespan of Greater Rochester helps older adults and caregivers take on the challenges of longer life.
- NY Connects can help caregivers learn about and connect to available services and supports for people of all ages or with any type of disability.
The MISSION of the ARCH National Respite Network and Resource Center is to assist and promote the development of quality respite and crisis care programs; to help families locate respite and crisis care services in their communities; and to serve as a strong voice for respite in all forums.

The ARCH National Respite Network includes the National Respite Locator, a service to help caregivers and professionals locate respite services in their community, the National Respite Coalition, a service that advocates for preserving and promoting respite in policy and programs at the national, state, and local levels, and the Lifespan Respite Technical Assistance Center which is funded by the Administration for Community Living in the U.S. Department of Health and Human Services.

ARCH was established with funding from the U.S. Children’s Bureau in 1990. The first respite conference was sponsored by the Children’s Bureau with ARCH’s assistance in the fall of 1991 in Washington, DC. In 1998, ARCH became the main sponsor of the annual national respite conference with state respite coalition collaboration. In 2004, ARCH turned to affiliated state respite coalitions to take the lead on hosting the conference, making it a true National Respite Network event supported by its grassroots membership.

ARCH, which stands for Access to Respite Care and Help, is a project of the Chapel Hill Training Outreach Project, Inc., Chapel Hill, NC.

www.archrespite.org
ARCH ADVISORY COMMITTEE FOR THE LIFESPAN RESPITE TECHNICAL ASSISTANCE CENTER

STATE REPRESENTATIVES

ALABAMA
Brittany Huey, Alabama Lifespan Respite Network, UCP of Huntsville & Tennessee Valley | Huntsville, AL

MASSACHUSETTS
Amy Nazaire, Massachusetts Department of Developmental Services – Northeast Region | Hathorne, MA

NEW YORK
Jennifer Rosenbaum, NY State Office for the Aging | Albany, NY
Deana Prest, NY State Office for the Aging | Albany, NY

NORTH CAROLINA
Alicia Blater, North Carolina Division of Aging and Adult Services | Raleigh, NC

TENNESSEE
Jennifer L. Abernathy, Tennessee Respite Coalition | Nashville, TN

WASHINGTON
Hilarie Hauptman, Washington Department of Social and Health Services | Lacey, WA

NATIONAL REPRESENTATIVES

Annie Acosta, The Arc of the United States | Washington, DC
Joseph A. Caldwell, Community Living Policy Center, Lurie Institute for Disability Policy, Brandeis University | Washington, DC
Jennifer Dexter, Anthem | Washington, DC
Diane Elmore, National Center for Child Traumatic Stress | Washington, DC
Maggie Goldberg and Angela Cantillon, Christopher and Dana Reeve Foundation | Short Hills, NJ
Robyn Golden, Rush University Medical Center | Chicago, IL
Jed D. Johnson, CARF International | Washington, DC
Kathy Kelly, Family Caregiver Alliance | San Francisco, CA
Jaia Lent, Generations United | Washington, DC
Kim Musheno, Autism Society of America | Bethesda, MD
Melinda Perez-Porter, The Relatives As Parents Program (RAPP), The Brookdale Foundation Group | Teaneck, NJ
Miriam Rose, Benjamin Rose Institute on Aging | Cleveland, OH
John Schall, Caregiver Action Network | Washington, DC
Connie Siskowski, American Association of Caregiving Youth | Boca Raton, FL
Bonnie Storm, Exceptional Family Member Program (EFMP) Respite Care, Child Care Aware | Arlington, VA
Laura Weidner, Epilepsy Foundation | Landover, MD
INNOVATIVE AND EXEMPLARY RESPITE SERVICES

The ARCH National Respite Network and Resource Center is proud to recognize Innovative and Exemplary Respite Services for 2019.

The ARCH National Respite Network and Resource Center recognizes thirteen innovative and exemplary respite services from across the country. Each respite service met a stringent set of selection criteria and all have outstanding programs that address the needs of family caregivers of children, adults or older adult family members. By recognizing exceptional respite services, ARCH hopes to encourage the expansion and replication of quality respite to meet the growing need. To read more about the application and selection process, and details about each program, visit the ARCH website at archrespite.org/innovative-and-exemplary-respite.

The programs that were supported to attend the National Lifespan Respite Conference for recognition of their respite services include:

- **Agape Respite Care, Inc., Berne, IN**, provides in-home, community based, and 24/7 out-of-home respite care from 2 hours up to 10 consecutive day stays, located in a residential setting for persons with intellectual and/or physical disabilities from birth and throughout the lifespan.
  
  Accepting the recognition are Sherrie Kizer, RN, Executive Director and Roberta Lehman, Founder, Agape Respite Care, Inc.

- **George Mark Children’s House, in San Leandro, CA**, provides individualized, residential medical care and caring attention to children birth to 22 years with complex physical and medical needs, offering parents and families respite from ongoing physical and emotional caregiving responsibilities.
  
  Opened in 2004 as the first facility of its kind in the U.S, services are offered 24 hours, 365 days a year.
  
  Website: georgemark.org
  
  Accepting the recognition is Kathy Cleberg, Founding Member of the Parent Resource Group, George Mark Children’s House.

- **Caregiver Volunteers of Central Jersey/Alzheimer’s Respite Care Program, located in Toms River, NJ**, has provided weekly, in-home respite care for persons with Alzheimer’s disease and dementia since 2002. A careful process matches respite volunteers with caregivers, including matches with bilingual volunteers and a program matching Veteran volunteers to Veterans with dementia, or Veteran caregivers.
  
  Website: caregivervolunteers.org
  
  Accepting the recognition is Lynette Whiteman, Executive Director, Caregiver Volunteers of Central Jersey.

The following programs from across the country were also recognized as providing exemplary and innovative respite services:

- **A Rosie Place for Children in South Bend, IN**, is the first (and only) specialty hospital in Indiana, serving all 92 counties, exclusively supporting medically fragile children and their families by providing highly equipped hospital care for the most complex pediatric conditions in a home-away-from-home environment. The number of families served grows each year and 184 “sleepovers” ranging from one to ten nights were hosted last year!
  
  Website: arosieplace.org
Anne Arundel County Department of Aging and Disabilities Respite Care Referral Program in Glen Burnie, MD, operating since 1986, provides a lower-cost alternative to out-of-home care that allows frail older adults, and adults with disabilities, to remain in their homes. The Respite Care Referral Program maintains a registry of self-employed caregivers who have been screened and have received training through the county Department of Aging and Disabilities. Website: https://www.aacounty.org/services-and-programs/respite-care-referral-program

Assistance with Residential Care in the Home (ARCH) Respite Care, St. Louis Arc, St. Louis, MO, is one of the largest and longest running consumer-directed respite service programs in the United States. The program is open to any age person in St. Louis County and to people 3 years of age and older in St. Louis City who have been diagnosed with an intellectual or developmental disability, autism, cerebral palsy, epilepsy, or who have medical and behavioral issues. Each year, more than 1,600 families are served. Website: www.slarc.org/programs/family-support/in-home-support

Child Care Aware® of America Exceptional Family Member Program (EFMP) Respite Care in Arlington, VA, has been serving military families who have children birth to 17-years with special needs for ten years with high-quality, in-home childcare. Through EFMP Respite Care, eligible parents are helped to interview and select from a pool of appropriately trained and screened providers who are matched to meet the special needs of the family. Website: usa.childcareaware.org

Claude Moore Precious Time in Harrisonburg, VA, works with the James Madison University College of Health and Behavioral Studies to match nursing, and health and human service students, as respite care providers to children with special needs. The program also focuses on reaching underserved populations in rural parts of Virginia. Website: www.iihhs.jmu.edu/precioustime

Gio’s Garden, in Middleton, WI, is a therapeutic respite care program for children seven years and younger who have significant developmental or physical delays. In its eighth year of operation, Gio’s Garden fills service gaps by reaching children awaiting diagnoses or on waiting lists for other services. Gio’s Garden staff of recreation, art and occupational therapists and student interns provide more than 5,000 hours of service each year. Website: giosgarden.org/

Masterpiece R&R Respite Care Program, Lincoln, NE, is a faith-based volunteer respite program where parents drop off their child(ren) with special needs of any age, along with siblings through age 13 for an evening, while background-checked volunteers care for them. There is no charge for the service. Children who are medically fragile or have behavior issues are welcome. Volunteer medical professionals are on site to care for any specific needs that might arise. Website: firstfreelincoln.org/respite-night

Providence House in Cleveland, OH, established 37 years ago by Sister Hope Greener, maintains 30 beds to serve 350 children and 150 families with center-based crisis care. Between 200 and 300 families receive community-based family support each year. Providence House participated in a long-term outcomes study with Case Western Reserve University. Website: www.provhouse.org

Respite Care, Inc. in Fort Collins, CO, provides short-term respite care to 75 children with developmental disabilities from infancy to age 21, and up to six children in an overnight program. Working closely with families, Respite Care, Inc. plans activities that enhance child development, and provide children with opportunities to socialize, make friends, be creative, play, exercise, and participate in integrated community outings. Website: respitecareinc.org

Vanessa Behan Crisis Nursery in Spokane, WA, in operation more than 31 years, supports parents and primary caregivers to prevent the potential for abuse or neglect. Services are voluntary, free of charge and available 24/7, for 365 days a year so when caregivers face challenging circumstances or a lack of a safe care alternative, they have a place to turn. Vanessa Behan Crisis Nursery serves an average of 550 children from birth through age six, and will begin serving older children, and triple the number of children they serve, in 2020 when their new specially designed facility is completed. Website: www.vanessabehan.org
CONFERENCE TRACKS

Fireworks: ADVOCACY, NETWORKING, AND SUSTAINABILITY

*Fireworks cause a spectacular explosion of colors when ignited and are used for display or celebration. Fireworks are often used to describe an outburst of excitement, brilliance or energy.*

Increasingly, we have come to understand that our efforts to sustain the important work we do in caregiving and respite is inextricably linked to our changing economic, social and political environment. Policies, politics, the media, and changing community demographics all influence how well we reach and serve families. We must be advocates and collaborators as well as service providers. These sessions will explore exciting new public awareness campaigns, outreach and financing strategies for sustainability, legislative advocacy, emerging polices that impact caregivers and respite, and other explosive, but illuminating, contexts for providing and promoting respite.

Firelight: NEW PARTNERSHIPS

*Firelight is a type of visible light that casts a warming glow. People often gather around firelight to share experiences, tell stories, and build new relationships.*

Connecting with others in your state and from around the country is essential for promoting respite and the needs of family caregivers and for sustaining the important work that we do. Collaboration is also important in building strong respite coalitions, advancing coordinated systems of respite options, strengthening cross-agency and workplace partnerships, and reaching underserved populations. These sessions will explore use of cross-agency partnerships, public-private partnerships, relationship building and other strategies to strengthen and sustain respite programs and coalitions.

Lighthouse: SERVICE DELIVERY ACROSS THE LIFESPAN

*Lighthouses shine a powerful light and are a towering symbol of the way forward. The lighthouse is a constant light that helps us navigate through rough or unfamiliar waters.*

This track highlights successful models for helping to navigate the sea of respite services. Respite training for providers and those who assist family caregivers; service delivery options including voucher programs and consumer-directed respite; planned and emergency respite; and volunteer and faith-based respite will be featured. Others will explore integrated and informal respite options in the community. Presentations will include best practices in respite services for children, adults, and the frail aging population, for military families and Veterans, as well as for underserved populations across the lifespan. Non-traditional approaches to respite will also be explored.
Light Bulb: **EVALUATION AND RESEARCH**

The incandescent light bulb – and electric lighting generally – radically changed the way that people live their lives by extending the day for productive work as well as outdoor exploration and recreation. The image of the “light bulb turning on” has been a longstanding visual metaphor for the moment of creativity that sparks that next great research idea.

As service providers and caregivers make a case for respite availability and funding, a solid evidence-base for respite is essential. Research provides understanding of the health and well-being of family caregivers and the overall effect of respite on societal outcomes, including cost-benefits. Good data collection is also important for continuous quality improvement in the respite we provide. This track presents findings from evaluations of lifespan respite activities, respite models, technologies and interventions to assist care recipients and their family caregivers.

Candlelight: **FAMILY CAREGIVERS**

Candlelight is beautiful and warm, but the candles themselves shed tears. Candles bend but do not break and their current state is not permanent. Candlelight symbolizes light in the darkness of life and is a symbol of life, truth, and goodness.

This track is primarily geared to family caregivers and those who work with family caregivers who want to learn more about successful caregiving strategies, respite for specific populations, technologies and resources that support caregivers, and impactful stories related to the benefits of respite and caregiver wellness programs.

Spotlight: **LIFESPAN RESPITE**

Spotlight is a strong, focused light thrown upon a particular spot, drawing our immediate attention to the best of what is at the center of that spot.

These sessions may be of particular interest to Lifespan Respite grantees and their partners. Through the federal Lifespan Respite Program, the U.S. Administration for Community Living awards competitive grants to state agencies in partnership with state respite coalitions and others to develop statewide coordinated systems of community-based respite services for family caregivers. This track will shine a spotlight on best practices in current Lifespan Respite grant activities.
STRENGTHENING COMMUNITY IS A TEAM SPORT

We Salute
Lifespan
for advocating and providing services to enhance the lives of older adults and caregivers.

We know that care is at the heart of every successful community. Thank you for caring enough to make a difference.

EmblemHealth

WellCare is proud to sponsor the 2019 National Lifespan Respite Conference
April 30–May 2, 2019

WellCare

When Ralph C. Wilson, Jr. put into motion the establishment of his namesake foundation, he went from NFL game changer to community life changer.

Driven by his love and loyalty for the places that shaped him, his foundation now exists to support and help improve the quality of life in Western New York and Southeast Michigan.
### Monday, April 29

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>4:00pm – 7:00pm</td>
<td>Early Registration</td>
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<tr>
<td>5:00pm – 7:00pm</td>
<td>Reception for Lifespan Respite Grantees, Partners, and Guests        (by invitation only)</td>
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### Tuesday, April 30 WELCOME

<table>
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<th>Time</th>
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<tr>
<td>8:00am – 4:30pm</td>
<td>Lifespan Respite Grantee and Partner Learning Symposium              (by invitation only)</td>
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<tr>
<td>3:00pm – 8:00pm</td>
<td>Registration</td>
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<tr>
<td>5:00pm – 8:00pm</td>
<td>WELCOME AND NETWORKING RECEPTION FOR THE 2019 NATIONAL LIFESPAN RESPITE CONFERENCE New York State Wine Tasting and Entertainment by Flame</td>
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**Special thanks to our reception hosts:**

- The **New York Wine & Grape Foundation** is a not-for-profit corporation promoting all wineries and grape-growers in New York State. The foundation’s strategic goal is to have the New York grape and wine industry recognized as a world leader in quality, productivity, and social responsibility. New York ranks third in wine production nationwide and the wine industry contributes $4.8 billion annually to the state’s economy.

- **Women for NYS Wines** is a small group of enthusiastic roving “Ambassadors for Taste” for the New York wine and grape industry. Working closely with the NYS Wine and Grape Foundation, the volunteers of WNYSW are an invaluable resource for the New York State grape growers and wineries.

- **Flame** is a group of musicians with powerful vocals, smooth harmonies, and a rich array of instruments. The 8-person cover band from Gloversville, NY happens to have disabilities. Flame is known and celebrated worldwide for their music and inspirational message.

### Wednesday, May 1 CONFERENCE DAY ONE

<table>
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<tr>
<th>Time</th>
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<tr>
<td>7:30am – 8:30am</td>
<td>Breakfast</td>
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<tr>
<td>7:00am – 5:00pm</td>
<td>Registration</td>
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<tr>
<td>8:30am – 9:30am</td>
<td>OPENING AND WELCOME                                                  GRAND BALLROOM A, B AND C</td>
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</tbody>
</table>

**Jill Kagan,** Director, ARCH National Respite Network and Resource Center  
**Doris Green,** Director, New York State Caregiving and Respite Coalition  
**Greg Olsen,** Acting Director, NY State Office for the Aging  
**Nora OBrien-Suric,** President, Health Foundation for Western and Central New York
Wednesday, May 1 CONFERENCE DAY ONE

9:30am – 10:00am Break

10:00am – 12:15pm CAREGIVER SIMULATION GRAND PAVILION

What better way to understand caregivers, than to spend a few hours in their shoes. This active simulation allows participants to experience a fraction of the challenges caregivers face, day-in and day-out. Each participant will be assigned a role, and will have tasks, dilemmas and opportunities to navigate throughout the morning. This experience can develop empathy for caregivers, care receivers and agencies who are involved along the way. Please join us in this simulation as a way of better understanding caregivers, so that we may then effectively engage them.

12:15pm – 1:00pm Lunch and Networking GRAND BALLROOM A, B AND C

1:00pm – 2:00pm LUNCHEON KEYNOTE – Story Telling as a Best Practice

Andy Goodman, The Goodman Center, Los Angeles, CA

Since we first began talking to each other, telling stories has been a powerful way to capture attention, engage an audience, and motivate them to act. As we learn more about how our minds work, we’re also discovering that stories are intrinsic to decision-making, shape our view of the world, and affect our daily decisions. In his plenary address, “Storytelling as Best Practice,” Andy Goodman will explain why storytelling remains the single most powerful communication tool you possess, and he will offer specific ways your organization can use stories to advance your mission.

Andy is co-founder and director of The Goodman Center, which teaches communications and marketing professionals how to reach more people with more impact. Andy is internationally known for his speeches and workshops on storytelling and has led over 500 trainings for clients, including CARE, The Nature Conservancy, Boys and Girls Clubs of America, MIT, Princeton, the Bill and Melinda Gates Foundation, the Robert Wood Johnson Foundation, Bank of America, and many others. He has designed communications curriculum for the College for Social Innovation in Boston as well as for the African Leadership University in Mauritius. He is the author of Storytelling as Best Practice and Why Bad Presentations Happen to Good Causes.

2:00pm – 2:15pm Break

2:15pm – 3:30pm BREAKOUT SESSION A

A1: Grand Ballroom E

Education and Outreach to Anticipate Caregiver Legal Obstacles in Immigrant Communities

Erin L. Riker, Esq., Center for Elder Law and Justice, Buffalo, NY

This presentation explores access to legal substituted decision-making document preparation as an element of respite provision to family caregivers, particularly those in the immigrant community. Immigrant families are overwhelmingly likely to turn to family caregivers over outside sources and are less likely to have access to substituted decision-making services. Participants will learn how education and outreach regarding substituted decision-making can ease a family caregiver’s burden.
A2: Richardson

**A Crisis Plan: An Essential Element to Successful Use of Respite Care**

Cordelia Robinson Rosenberg, Ph.D., RN, Professor, University of Colorado JFK Partners, Aurora, CO

Having a Crisis Plan in place is beneficial when families face a behavioral crisis where a family member is a danger to self or others. However, as with many things that are good to have, families do not always do it. This current project seeks to understand barriers and obstacles to a family’s development of a Crisis Plan. Presentation will include the Crisis Plan template and guidebook as well as findings from use.

AND

**Bringing Emergency Respite Care to Maryland: Lessons Learned and Early Findings**

Naomi Duffort, Program Specialist, Respite Care and Project Home, Office of Adult Services, Social Services Administration, Maryland Department of Human Services, Baltimore, MD

Christine Schoenberger, MHS, Business Manager, Maryland Center for Developmental Disabilities at Kennedy Krieger and Maryland Respite Care Coalition, Baltimore, MD

While Maryland has offered respite services across the lifespan for a number of years, it has only recently implemented an emergency respite program through its Lifespan Respite grant. Emergency respite is intended for use when the absence of the primary caregiver is unavoidable and all other options have been exhausted. There are unique challenges implementing a new emergency service such as this. This session describes these challenges and offers guidance for other states that might be interested in offering emergency respite.

A3: Grand Ballroom D

**Teaming Up to Support Caregivers at Home and In the Workplace**

Sheila Warnock, Founder & President of ShareTheCaregiving, Inc. aka Share The Care™, and Co-chair, NYC Partnership for Family Caregiving Corps, New York City, NY

Gregory L. Johnson, MDiv; SMM, Senior Advisor for Family Caregiver Office of the CEO, EmblemHealth, NYC Caregiver Coalition and NYC Partnership for Family Caregiving Corps, New York City, NY

Learn about the roles that ShareTheCaregiving, Inc. and EmblemHealth’s New York City Partnership for the Family Caregiving Corps have taken on to broaden their efforts to support diverse caregiving populations. Through the realization of synergies across non-profit, government, institution and corporate borders, these organizations have lengthened their reach and broadened their ability to guide and support the growing numbers of caregivers.

A4: Sullivan

**Respite in Washington: A Beacon of Hope in the Storms of Life**

Linda J. Porter, Program Coordinator, Lifespan Respite Washington/PAVE, Tacoma, WA

Dana Allard-Webb, Family Caregiver Support Program Manager, Home & Community Services, Aging & Long-Term Support Administration, Washington State Department of Social and Health Services, Lacey, WA

Amy Knapton Vega, Executive Director, Vanessa Behan Crisis Nursery, Spokane, WA

This dynamic workshop will provide an historical context plus practical considerations while developing respite programming for a variety of population needs. Providing respite in Washington with a Lifespan Respite approach involves a vital matrix of programs, funding sources, and partners (state, private, non-profit groups, tribal, brain injury, military, etc). Learn how a program can unfold to become an important community service model.
A5: Wright

Finding True North: The Transition of Project CARE (Caregiver Alternatives to Running on Empty)
Dawn Oakey Gartman, Alzheimer’s Specialist/Project CARE Director, NC Department of Health and Human Services, Division of Aging and Adult Services, Raleigh, NC
This presentation will delve into Project CARE’s transition to standardizing its care management approach to increase consistency and quality in the delivery of services and supports for caregivers who wish to keep caring for their loved ones at home. It will also discuss approaches taken to quickly ramp up the program to meet its fullest potential and impact statewide.

AND

Revive and Thrive – A Dementia-Friendly Fitness Respite Program
Mary McKeown, BA, MA, Former Instructor, Revive and Thrive Program, Merrimack Valley YMCA, Andover, MA
This session introduces an illuminating and innovative dementia-friendly wellness and fitness respite program model, Revive and Thrive, developed and implemented by a Massachusetts YMCA. The session also shares findings from a qualitative research study performed by one of the pilot program’s interns and co-facilitators – findings indicating the need for such a program. Session participants will also have the opportunity to explore the need and possibilities for creating a similar program in their community.

A6: Grand Ballroom B

Holistic Approach to Caregiving Support
Cindy Steltz, Manager, Education and Caregiver Services, Lifespan of Greater Rochester, Inc., Rochester, NY
Join a panel of professionals from Lifespan of Greater Rochester and the Finger Lakes Caregiver Institute to learn creative programming ideas, resources, tools and more on how to holistically serve caregivers of people with chronic disease and/or dementia. Panel members will discuss best practices in using volunteers to build sustainable respite programs and the how-tos of getting started and how collaboration is the key to success.

3:30pm – 3:45pm Break

An Evidence-Based Respite Training
www.restprogram.org
3:45pm – 5:00pm

BREAKOUT SESSION B

B1: Grand Ballroom B

**Latest Trends in Respite Around the World**

*Kim Whitmore, PhD, RN, Assistant Professor, School of Nursing, University of Wisconsin – Madison, Madison, WI*

*Catharine Shanahan, Executive Director, Respite Family Services, Windsor, Ontario, Canada*

*Leslie Atkinson, Executive Director, Safeguards Training for Children and Adult Services, Richmond Hill, Ontario, Canada*

*Casandra Firman, ARCH Evaluation Staff, ARCH National Respite Network and Resource Center, and T/TA Coordinator, FRIENDS National Center for Community-Based Child Abuse Prevention*

Service delivery in every country is influenced by government policy, cultural beliefs, advocacy and resources. Learning from other countries helps us to develop best practices and appreciate the contribution that can be made at the global level to work together to help people with disabilities lead good lives and support their families and loved ones. The American and Canadian ISBA representatives will share the latest information from the International Short Break Association (ISBA) Conference (Iceland).

B2: Sullivan

**Improving the Health and Wellness of Caregivers and Older Adults Through Volunteering**

*Jessica F Vasquez, Esq, State Program Director-NY, PR, and USVI, Corporation for National and Community Service, Albany, NY*

Senior Corps launched two longitudinal studies to look at the health benefits of volunteering in its programs and the impact of its Senior Companions on family caregivers. This session discusses the study and the health benefits of volunteering in Senior Corps programs as well as the benefits to the caregivers. Learn how to leverage this national volunteer program locally.

B3: Wright

**Future Care Planning Services: How Comprehensive Planning Helps Identify Respite Options**

*Jen Helmbold, Program Director, Lifespan – Future Care Planning Services, Rochester, NY*

*Shan Donoghue, Transition Specialist, Lifespan – Future Care Planning Services, Rochester, NY*

Planning ahead has many benefits. How can planning uncover “tools” to pay for respite? What “key” factors can be discovered that provide natural resources and peace of mind to alleviate caregiver stress? Can planning reduce caregiver burnout and exhaustion by diminishing the need for respite? Learn what we do at Future Care Planning Services and how you can do it, too!

**AND**

**Aging in the Community with a Pooled Trust**

*Rachel Lewis Schepart, Staff Paralegal, Center for Elder Law & Justice, Buffalo, NY*

Pooled Trusts allow individuals to remain living in the community with adequate care. They benefit individuals with disabling conditions of all ages as well as the aging population. Learn how an individual can remain or become eligible for government benefits, such as Medicaid and Supplemental Security.
Wednesday, May 1 CONFERENCE DAY ONE

B4: Grand Ballroom E

A Case Study in Organizational Change with Co-Occurring Statewide Long-Term Care Systems Change

Lisa Schneider, Executive Director, Respite Care Association of Wisconsin, Appleton, WI
Tricia Lazare, Board President, Respite Care Association of Wisconsin, Appleton, WI
Susan Larsen, Chief, Program Integrity and Compliance Section, Bureau of Children’s Services, Division of Medicaid Services, Wisconsin Department of Health Services, Madison, WI

The Respite Care Association of Wisconsin (RCAW) and its partners will provide a brief history of the organization and the state Lifespan Respite Program, and how taking a hard look back helped determine how to move forward. A fresh set of eyes and a new perspective set against the backdrop of changes in the long-term care (LTC) delivery system enabled RCAW to make difficult decisions and implement changes with the goal of meeting the needs of family caregivers while adding value, impact, and increasing our sustainability – with a very limited budget.

B5: Richardson

Social Respite Programs for People Living with Dementia: Volunteer-Led, Community-Driven

Lauren Ashburn, MSW, Director of Respite Services & Assistant to Advocacy for the Alzheimer’s Association of Western New York, Williamsville, NY
Rachel Rotach, LMSW, Program & Advocacy Director for the Alzheimer’s Association of Western New York, Williamsville, NY

Come learn how an entirely volunteer-led social model respite program can benefit people living with dementia in your own backyard! This session will include an interactive sensory experience on how dementia impacts your senses and why the unique training and management model of these programs by the Alzheimer’s Association, WNY Chapter is used by volunteers at 20+ locations across the region. Learn how to empower volunteers, develop collaborations with community agencies, and obtain program funding.

AND

“Memory Minders” – Minding Your Loved One’s Memory Care

Maureen A. Wendt, President/CEO, The Dale Association, Inc., Lockport, NY

This session is aimed at caregivers who wish to learn the power of social day programming and the benefits it can have on individuals with early to mid-stage dementia. Participants will learn who is appropriate for such programming, how to overcome the barriers and challenges of enrolling your loved one and identify powerful caregiver resources for finding the right social day program that provides social and mental stimulation for people dealing with early memory loss.
Bringing Nursing Programs and State Agencies Together to Provide Respite for Family Caregivers

Christine McGrane, MS, RN, CNE, RICSNT, Assistant Clinical Professor, College of Nursing, University of Rhode Island, Kingston, RI
Diane C. Martins, PhD, RN, Professor, College of Nursing, University of Rhode Island, Kingston, RI
Lynn P. Blanchette, PhD, RN, PHNA-BC, Associate Dean, Assistant Professor, School of Nursing, Rhode Island College, Providence, RI

Multiple agencies and academic partnerships collaborated to create a student nurse experience that meets the needs of families in Rhode Island who are caring for loved ones at home and have little opportunity to relinquish their caregiver responsibilities. The families use the respite time for self-care activities to help them stay energized.

AND

Helping Those Who Care: Partnering to Create an Assistive Technology as Respite Education Training for Caregivers

Tracy Cieniewicz, Sustainability Director, UCP of Huntsville and Alabama Respite, Huntsville, AL

Helping Those Who Care (HTWC) is a respite education training developed by the Alabama Lifespan Respite Resource Network in conjunction with Alabama’s AT Act program. It introduces aging caregivers to simple assistive technology (AT) solutions for daily living activities as a form of respite. Respite professionals and stakeholders will receive tools to replicate HTWC, including the identification of states’ AT Act programs and benefits of partnership.

5:30pm – 9:30pm
EXCURSION: DINNER TRIP TO NIAGARA FALLS
(pre-registration required – there is a pre-paid fee associated with this event)
Thursday, May 2 CONFERENCE DAY TWO

7:30am – 8:30am Breakfast
7:00am – 3:00pm Registration | Information Table
8:30am – 9:30am MORNING PLENARY SESSION
WELCOME AND ANNOUNCEMENTS
GRAND BALLROOM A, B AND C

ARCH Recognition of Innovative and Exemplary Respite Services
Agape Respite Care, Inc. – Sherrie Kizer, RN, Executive Director and Roberta Lehman, Founder
Caregiver Volunteers of Central Jersey/Alzheimer’s Respite Care Program – Lynette Whiteman, Executive Director
George Mark Children’s House – Kathy Cleberg, Founding Member of the Parent Resource Group

KEYNOTE
Introduction of Keynote: Laurie Pferr, Deputy Director, Policy, Planning, Program and Outcomes, New York State Office for the Aging

Lori Gerhard, Director, Office of Consumer Access & Self-Determination, Administration for Community Living, U.S. Department of Health and Human Services, Washington, DC

The Office of Consumer Access & Self-Determination works in collaboration with other federal agencies to make grants to states to transform Long-Term Service & Support Systems to be more responsive to the needs of people with disabilities, older adults, and their caregivers. As Director of the Office of Consumer Access & Self-Determination, Ms. Gerhard oversees the administration of the No Wrong Door System program (ADRC), the Veteran Directed Care program, the Lifespan Respite program, the Inclusive Community Transportation program, the Supported Decision-Making program and the Assistive Technology Act program.

9:30am – 9:45am Break

9:45am – 11:00am Breakout Session C

C1: Grand Ballroom B

Sustaining Innovative Programs with Private Funding: Lessons Learned from a Crisis Nursery
Amy Knapton Vega, MSW, Executive Director, Vanessa Behan Crisis Nursery, Spokane, WA
Come take a walk through a 30-year journey of a grassroots organization that has remained privately funded from its inception. Innovative programs and funding efforts were created through trials and tribulations. Learn how to take your dreams and turn them into reality or simply grow your existing programs to meet increased needs.

AND

Multigenerational Respite: Through the Lenses of Kinship Caregiving
Carrie Savage, Kinship Caregiver Program Manager, Catholic Charities Denver, Denver, CO
Have you met a grandparent raising a grandchild and wondered how they stepped into this role and what their needs are? By attending this presentation, you will learn more about the Kinship caregiver role, what works and what does not work while providing respite care, and creative ways to serve multigenerational families.
C2: Grand Ballroom D

Meeting the Unmet Respite Care Needs of Families of Children with Special Healthcare Needs

Kim Whitmore, PhD, RN, Assistant Professor, School of Nursing, University of Wisconsin – Madison, Madison, WI

Results of a study examining factors associated with unmet respite care needs in 2,518 families of children with special healthcare needs will be presented. Families of children with autism spectrum disorder, whose child has high caregiving demands and functional limitations, and whose family perceives higher family fiscal burden are at highest risk for unmet respite needs.

AND

Creating a Culture of Evidence-Based Respite Care Through an International Knowledge Exchange

Kim Whitmore, PhD, RN, Assistant Professor, School of Nursing, University of Wisconsin – Madison, Madison, WI
Casandra Firman, ARCH Evaluation Staff, ARCH National Respite Network and Resource Center, and T/TA Coordinator, FRIENDS National Center for Community-Based Child Abuse Prevention
Susan Janko Summers, PhD, Senior Consultant, ARCH National Respite Network and Resource Center

This interactive workshop is a gateway for participants to join an International Knowledge Exchange. The Knowledge Exchange was developed to identify evidence-based and -informed respite practices that can be adapted and applied across countries and cultures. Participants will help build a culture of international learning and research by sharing their experiences and findings — through research, evaluation, or practice — about best respite care practices for increasing the well-being of caregivers, care recipients, and their families.

C3: Sullivan

A Light in the Darkness: A Respite Care Journey of Faith, Hope, and Love

Rev. Dr. Cynthia Huling Hummel, Presbyterian Church, USA, Elmira, NY

Rev. Dr. Cynthia Huling Hummel, a Presbyterian pastor, brings a unique perspective to faith-based respite care. She has been a caregiver and a care receiver and a resource to faith communities. Diagnosed with Early-Stage Alzheimer’s Disease in 2016, Cynthia joined the Tri-County Faith-Based Respite Coalition to resource congregations in NYs Southern Tier. She is co-founder of “Faithful Friends Respite Care.”

AND

How Can We Best Support Caregivers/Care Partners of People with Parkinson’s Disease?

Nancy Nealon, MSW, Community Development Director, Parkinson’s Foundation Greater Rochester, Rochester, NY

It’s time to shine the light on the caregiver’s/care partner’s experience as it pertains to Parkinson’s disease (PD). PD can create physical, emotional, social and financial stressors for caregivers. This session will explore the unique complexities of this disease, the impact on care partners and specific information about providing caregiver support.
C4: Richardson

Shining a Light on Faith-Based Communities and their Support of Caregivers

Deaconess Kris Blackwell, Executive Director, Voice of Care, West Chicago, IL

This panel of faith-based organizations using REST (Respite Education and Support Tools), an evidence-informed training program to train respite volunteers, will give ideas and resources to energize and excite participants to begin their own faith-based respite care programs. The role of faith-based organizations in providing respite care in their communities and beyond will be part of the discussion.

AND

Lighting Up Paul’s Place: A Ministry of Faith

Pastor Sandi Perl, Executive Director, The Living Well, Penn Yan, NY
Kimberly Lyons, Outreach Worker, The Living Well, Penn Yan, NY

The Apostle Paul faced many adversities through his life; doubt, fear, and isolation. Yet he overcame it all because he saw the hope in Jesus and became one of the greatest followers and advocates for Jesus Christ. The Living Well strives to connect people to that same hope as they face their own struggles. Paul’s Place Respite offered free of charge, with REST trained volunteers, provides another opportunity to come together as a community.

C5: Wright

Lessons Learned in the Delivery of Respite Care for Military Families with Children Having Special Needs

Bonnie Storm, M.S. Ed, Senior Director, Exceptional Family Member Program (EFMP) Respite Care, Child Care Aware of America, Arlington, VA

Child Care Aware® of America (CCAoA) has been facilitating and improving on the implementation of military Respite Child Care for ten years. The program evolved from initial concepts to full development by understanding families’ needs and adapting the program to meet those needs. There have been lessons learned for respite care implementation. The presentation is aimed at exploring best practices that should be considered by other respite care practitioners.

AND

VD-HCBS: The VA and the Local Community Working Together to Help Veterans Live at Home

Susan D. Blevins, Alamo Area Council of Governments, San Antonio, TX

The Veteran-Directed Home and Community Based Services (VD-HCBS) program is a program of the U.S. Department of Veterans Affairs (VA) for self-directed care. This VD-HCBS program is a partnership with the local VA and Alamo Area Council of Governments that works with Veterans who are at risk of long-term placement. This program is designed to keep the Veteran in their homes by providing needed goods and services, such as respite. The Veteran or Veteran Representative hires, supervises, evaluates and pays the employee to provide the requested services.
Thursday, May 2  CONFERENCE DAY TWO

C6: Grand Ballroom E

Innovative Outreach Methods to Reach Family Caregivers
Meghan Kluth, Director of Respite Initiatives, Easterseals Colorado, Lakewood, CO
Elle Billman, Colorado Respite Care Program Coordinator, Easterseals Colorado, Lakewood, CO

Reaching family caregivers through community outreach is difficult because no single outreach strategy reaches all effectively. Easterseals Colorado and the Colorado Respite Coalition have developed innovative outreach strategies to help connect families and professionals with needed resources. Explore opportunities for your outreach efforts and the lessons learned from our experience, including adaptable models and creative partnerships.

11:00am – 11:15am  Break

11:15am – 12:30pm  Breakout Session D

D1: Richardson

New York Paid Family Leave: Vital Support for Family Caregivers
Tiffany Battles, Empire State Fellow, NYS Workers’ Compensation Board, Schenectady, NY

Family care has been shown to improve health outcomes for patients and increase meaning for caregivers. In April 2016, NYS Governor Andrew M. Cuomo took action to make Paid Family Leave a reality and a right for working New Yorkers by signing a law that took effect January 2018. This presentation provides information on NY’s landmark Paid Family Leave, emphasizing how it can be used to care for loved ones with a serious health condition.

D2: Grand Ballroom E

Partners in Caregiver Respite Support: A Community-University Case Study
Tiffany R. Washington, PhD, MSW, Assistant Professor, School of Social Work, University of Georgia, Athens, GA
Erin Beasley, B.S.Ed., Director of Operations, Athens Community Council on Aging, Athens, GA

The case study described in this session is about a partnership between a research-intensive university and a non-profit organization focused on aging services to provide respite support to caregivers. Houseguest, a caregiver respite program, was designed using a community-engaged scholarship model of integrating research, teaching, and service.
D3: Grand Ballroom D

Shining a Light on Caregivers – Nancy’s House: Caring for Caregivers with a Different Kind of Respite

Elissa Lewin, Founder and Executive Director, Nancy’s House, Wyncote, PA
Kim Terry-Koroma, Board Member, Nancy’s House, Wyncote, PA

This is an experiential workshop designed so participants can actively engage in exercises that are a part of the unique program that is Nancy’s House. Information provided will be applied, practical, and research-based. Program outcomes and supporting research will be discussed.

D4: Wright

Enhancing Respite Quality of Life across Healthcare Settings and Diagnosis

Robin Lombardo, CTRS, MS, CDP, Northeast Regional Director, Music & Memory, Inc., New York, NY

Experience teaches that non-pharmacological approaches have wide range benefits for everyone. When using personalized music, we promote the recall of memories that inspire a renewed sense of self for participants, fulfillment of purpose for their caregivers and deepened connections for family. Applications include at home, nursing homes, assisted living, independent living, hospitals, behavioral health, hospices, home health, adult day, community organizations and intergenerational programs.

AND

Put the Joy Back into Caregiving: A Creative Approach to In-Home Respite

Carol O’Neill, LMSW, Senior Director, In-Home Respite Services, EAC Network, Hempstead, NY

A little bit of fun can go a long way to relieve caregiver stress and anxiety. Every step matters when improving the quality and impact of In-Home Respite Services, from using humor and music to create joyful moments and reduce caregiver stress to keeping caregivers engaged using a strength-based perspective. Tips on technology such as an in-home “assistant” will be shared.

D5: Sullivan

Providing Respite for Family Caregivers of Persons with ALS

Jennifer Myhre, MSSW, LICSW, The ALS Association, MN/ND/SD Chapter, Minneapolis, MN

Learn how The ALS Association, MN/ND/SD Chapter created a program to provide a respite for family caregivers of persons with ALS. You’ll get an overview of how the program works, as well as the steps taken to onboard families. We’ll talk about program successes and challenges, including the barriers that have been encountered regarding getting families to use respite, and making the service available in a vast service area.

AND

Gaining Confidence as a Family Caregiver

E. Douglas Beach, CEO, Western Reserve Area Agency on Aging, Cleveland, OH

Dr. Beach has served a long career in the aging arena. He now serves as the CEO of the Western Reserve Area Agency on Aging. In this session, he will share his personal experience caring for his mother-in-law at home. Coupled with his passion of educating caregivers about seniors, Dr. Beach touches on his personal journey and offers tools and tips to inspire confidence and self-efficacy to those who want to take care of family and friends at home.
D6: Grand Ballroom B

**Variety! The Spice of Life: How to Engage a Variety of Non-Profit Organizations in Respite**

Pam Oliason, Program Specialist, Idaho Commission on Aging, Boise, ID

Non-profit organizations offer niches of respite if given funding and technical assistance. Locating organizations with the capacity to imagine offering respite was hard, but we succeeded and funded them with Lifespan Respite grant funds. Examples of respite experiences provided by the funded non-profits include: backpacking trips for caregivers of cancer survivors; five-hour recreation events for families of children with intellectual disabilities—all family members enjoy time with peers; in-home services for caregivers of children with significant medical complications; and respite to lifespan caregivers attending Powerful Tools for Caregivers classes.

**AND**

**Break Rooms Illuminate Respite for Faith Communities**

Kathy Mayfield-Smith, Research Associate Professor and Associate Director, Institute for Families in Society, University of South Carolina, Columbia, SC

“Break Room” is South Carolina’s new Lifespan Respite grant initiative encouraging faith communities to provide respite to family caregivers during religious services/events by giving care recipients onsite care/activities while caregivers attend congregational activities. It is a simple concept that normalizes respite making it manageable for even small houses of worship. Workshop covers the steps from idea development to implementation, tools used to create the structure (e.g., mini-grant application/instructions, training handbook for grantees), and challenges and successes during this inaugural year.

12:30pm – 12:45pm Break
12:45pm – 3:00pm **LUNCH AND CLOSING PLENARY SESSION**

**2020 International Respite Conference Announcement**

Kim Whitmore, International Short Break Association (ISBA), ISBA Conference Chair

Casandra Firman, ARCH

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Thursday, May 2 **CONFERENCE DAY TWO**

More than 10 million Millennials provide everyday support for an aging relative or loved one while putting their education, career advancement and relationship goals on hold. Eighty percent report being stressed, and they rarely prioritize self-care. About 20 million caregivers are of the GenX group, who already experience their own caregiving stressors and personal needs. Many in both groups are caring for a child, a sibling or a parent with a disability or chronic condition, which compounds their caregiving role. Others are caring for someone with a mental health issue, cancer or rare disease, which makes accessing respite and caregiver supports even more difficult. This panel will explore the caregiving experiences of this “Sandwich Generation” and their attempts at respite, and how some are working to build a supportive community at home and in the workplace.

PANELISTS

Our panelists include Gretchen Alkema, vice president of The SCAN Foundation, who will discuss the work this leading aging foundation is doing to build supportive communities for Millennial caregivers. We will hear from Millennial caregiver Rachel Hiles about her experiences with caregiving and attempts at respite. C. Grace Whiting, CEO of the National Alliance for Caregiving, will share new data on the Sandwich Generation and the unique caregiving needs of other caregivers in these age groups.

Gretchen Alkema, PhD, Vice President, Policy and Communications, The SCAN Foundation, Long Beach, CA

Gretchen Alkema serves as Vice President of Policy and Communications of The SCAN Foundation and her professional and personal interests overlap with improving the quality of life for older adults and their caregivers. Before joining the foundation, she was the 2008–2009 John Heinz/Health and Aging Policy Fellow and an American Political Science Association Congressional Fellow, serving in the office of Senator Blanche L. Lincoln (D-AR).

Rachel Hiles, Caregiver Advocate, Kansas City, MO, with The SCAN Foundation’s Do YOU give a care? Campaign

Rachel Hiles, 31, is one of 10 million Millennial caregivers in America. Growing up, Rachel’s grandmother played a huge role in raising her and championing her career aspirations. Rachel worked as a paid caregiver during undergrad, learning how to support people with disabilities to live independently at home and then continued working in the developmental disability field for nearly a decade. After a series of falls landed her grandmother in the hospital, Rachel became her grandmother’s primary caregiver. Rachel works to support her grandma’s quality of life while pursuing her own future goals using practical strategies to make sure that they both have the supports they need. Rachel knows her “day-to-day” doesn’t look like a typical Millennial’s, which is why she continues to share her story to raise awareness and support other caregivers.

C. Grace Whiting, J.D., President and CEO, National Alliance for Caregiving, Washington, DC

C. Grace Whiting, J.D., is the President and Chief Executive Officer at the National Alliance for Caregiving (NAC), where she continues her tenure from previous roles including Chief Operating Officer and the Director of Strategic Partnerships. Grace led the launch of the Caregiving in the U.S. 2015 report with AARP and directed the first national study of rare disease caregiving with Global Genes. She has contributed to several national reports on caregiving, including Cancer Caregiving in the U.S. with the National Cancer Institute and Cancer Support Community, and Dementia Caregiving in the U.S. with the Alzheimer’s Association. She has spoken on caregiving at national and international conferences, including the 7th International Carers Conference and at multiple national summits at the National Institutes of Health. Grace has also served as a resource to major media on the topic of caregiving and aging, including C-SPAN, The Wall Street Journal, Time Magazine, Oprah Magazine, Women’s Health Magazine, and Kiplinger’s Retirement Report. In addition to her leadership role at NAC, Grace represents the U.S. on the Governing Board of the International Alliance for Carer Organizations.

2:45pm – 3:00pm  Wrap-Up and Conference End
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A Mother’s Rest – Charitable Respite Foundation
32 W Main St, New Market, MD 21774
www.amothersrest.org

Alzheimer’s Association, New York State Coalition
4 Pine W Plaza, Ste 405, Albany, NY 12205
www.alzny.org

Anthem
www.anthem.com

ARCH National Respite Network and Resource Center
A project of the Chapel Hill Training Outreach Project, Inc.
archrespite.org

Association on Aging in New York
272 Broadway, Albany, NY 12204-2717
www.agingny.org

CARF International
1730 Rhode Island Ave NW, Ste 410,
Washington, DC 20036-3134
www.carf.org

New York State Kinship Navigator
87 N Clinton Ave, Rochester, NY 14604
www.nysnavigator.org

Child Welfare Information Gateway
A service of the Children’s Bureau, Administration for Children and Families, U.S. Department of Health and Human Services
www.childwelfare.gov

Doyle Medical Monitoring
792 Calkins Rd, Rochester, NY 14623
www.godoyle.com/medical-monitoring-systems

EmblemHealth
55 Water St, New York, NY 10041
www.emblemhealth.com

Erie County Senior Services
95 Franklin St, Rm 1329, Buffalo, NY 14202-3985
www2.erie.gov/seniorservices

Fidelis Care
480 Crosspoint Pkwy, Getzville, NY 14068
www.fideliscare.org

HCR Home Care
85 Metro Park, Rochester, NY 14623
www.hcrhealth.com

New York State Adult Day Services Association, Inc.
230 Washington Ave Extension, Ste 101, Albany, NY 12203
www.nysadultday.com

New York State Caregiving and Respite Coalition
Managed by Lifespan, 1900 S Clinton Ave, Rochester, NY 14618
nysrc.org

NYSARC Trust Services
P.O. Box 1531, Latham, NY 12110
www.nysarctrustservices.org

Parent to Parent of NYS
415 Oser Ave, Hauppauge, NY 11788
parenttoparentnys.org

PhRMA
54 State St, Ste 304, Albany, NY 12207
www.phrma.org

Respite Care Association of Wisconsin
1835 E. Edgewood Dr, Ste 105-436, Appleton, WI 54913
respitecarewi.org

Safeguards Training for Children & Adults
100 York Blvd, Ste 120, Richmond Hill, Ontario, Canada L4B 1J8
www.safeguards-training.net

Therap Services, LLC
562 Watertown Ave, Ste 3, Waterbury, CT 06708-2240
www.therapservices.net

Respitrack
4350 Auburn Blvd, Sacramento, CA 95841
mars-solution.com

Voice of Care
P.O. Box 251, West Chicago, IL 60186-0251
voiceofcare.org

WellCare
225 Greenfield Pkwy, Ste 208,
Liverpool, NY 13088
www.wellcare.com

Western New York Independent Living Center
3108 Main St, Buffalo, NY 14214
wnyil.org
# CONFERENCE SCHEDULE AT-A-GLANCE

**Tuesday, April 30, 2019  NATIONAL CONFERENCE RECEPTION**

- 3:00pm – 8:00pm  Registration
- 5:00pm – 8:00pm  Welcome and Networking Reception – *New York State Wine Tasting*

**Wednesday, May 1  CONFERENCE, DAY ONE**

- 7:00am – 5:00pm  Registration | Information Table
- 7:30am – 8:30am  Breakfast
- 8:30am – 9:30am  Opening Session | Welcome
- 9:30am – 10:00am  Break
- 10:00am – 12:15pm  Caregiver Simulation
- 12:15 pm – 2:00pm  Luncheon Plenary Session
  - Keynote Speaker – Andy Goodman, *The Goodman Center, Los Angeles, CA*
- 2:00pm – 2:15pm  Break
- 2:15pm – 3:30pm  Breakout Session A
- 3:30pm – 3:45pm  Break
- 3:45pm – 5:00pm  Breakout Session B
  - Dinner on your own
- 5:30pm – 9:30pm  Excursion: Niagara Falls and Dinner *(preregistration and separate payment required)*

**Thursday, May 2, 2019  CONFERENCE, DAY TWO**

- 7:00am – 3:00pm  Registration | Information Table
- 7:30am – 8:30am  Breakfast
- 8:30am – 9:30am  Morning Plenary Session
  - Welcome | Announcements
  - Recognition by ARCH of Innovative and Exemplary Respite Services
- 9:00am – 9:30am  Keynote Speaker – Lori Gerhard, *Director, Office of Consumer Access & Self-Determination, Administration for Community Living, U.S. Dept. of Health and Human Services, Washington, DC*
- 9:30am – 9:45am  Break
- 9:45am – 11:00am  Breakout Session C
- 11:00am – 11:15am  Break
- 11:15am – 12:30pm  Breakout Session D
- 12:30pm – 12:45pm  Break
- 12:45pm – 2:45pm  Luncheon Plenary Panel
  - Gretchen Alkema, *The SCAN Foundation, Long Beach, CA*
  - Rachel Hiles, *Do YOU give a care? Campaign, Kansas City, MO*
  - C. Grace Whiting, *National Alliance for Caregiving, Washington, DC*
- 2:45pm – 3:00pm  Wrap Up | Special Announcements | Conference End

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The National Lifespan Respite Conference is being videotaped. The video may be used on websites, social media and various respite trainings. Likewise, photographs of conference activities and attendees have also been arranged. By choosing to participate, you are authorizing the event staff to use the video, photographic and/or sound recording of your image and voice for purposes related to this and future National Lifespan Respite Conferences.