



Multigenerational Respite: Through the Lense of Kinship Caregiving



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Illuminating the Kinship Caregiver



- Kinship care refers to the care of children and youth by their relatives or another adult with a significant connection to the children.
- Caregiver profile exercise-please read the profile provided
- Brainstorm 3 ideas of what type of respite would be helpful for this family.

Keep this caregiver profile in mind throughout the rest of our time together.



Kinship's Impact on the Role of Caregiving



- **In Colorado, approximately 96,608 children under 18 live in homes where the head of house are grandparents or other relatives.** Provided by 2017 GrandFacts Colorado www.grandfamilies.org
- **Nationally, 2.5 million children are being raised in grandfamilies or kinship care with no birth parents in the home (3% of all children in the U.S.). 7.8 million children live in grandfamilies, where grandparents or other relatives are the head of house.** Provided by 2016 State of Grandfamilies www.gu.org
- **At Catholic Charities we serve approximately 223 kinship caregivers and 164 children/youth per year**
 - 95% are considered low-income**
 - 48% Caucasian**
 - 24% African American**
 - 27% Hispanic**
 - 2% Native American**
 - 84% of caregivers are grandparents, but we also have great grandparents, aunts, uncles, and psychological kin.**

The Rollercoaster of Caregiving



Kinship caregivers often:

- **Ignore their own health care needs**
- **Work past retirement age or go back to work to support grandchildren**
- **Have chronic conditions-stress, depression, hypertension, etc.**
- **Blame themselves for having to take on their new role**
- **Have decreased energy levels**
- **Experience social isolation**
- **Struggle to meet basic needs with limited/fixed income**
- **Are raising children with trauma histories, physical, intellectual and mental health challenges & several years/decades after parenting the first time**
- **Attempt to balance relationships with biological parents & extended family while putting the well-being of the children they are raising first**

Trends in Kinship Caregiving



GRANDPARENTS RESPONSIBLE FOR GRANDCHILDREN (2014)

*2,631,546 Grandparents are responsible for grandchildren*²⁰



58% of them are in the workforce²¹



1,527,151



21% of them live below the poverty line²²



547,722



26% of them have a disability²³



671,119



42% of them have provided care for 5 years or more²⁴



1,101,127



39% of them are over 60²⁵



1,023,862

Strategies to Explore-how we provide respite to Kinship families



- Support & education through 8 monthly groups
- Trainings for caregivers throughout the year
- Individual support
- Family-focused events



Tips for providing respite for Kinship families



- **Monthly groups**-have a consistent location, time and day of the month, frequent reminders through multiple methods, accessible parking and entry into the meeting space, handouts & resources
- **Trainings**- scheduling during the day is often better, be aware of school start and end times & school holidays, make sure to offer trainings across several age ranges- not all early childhood or all adolescent focused
- **Individual support**-use multiple methods of communication-text-Remind or Google Voice, phone and email. Meet them where they're at and don't do too much at once. Be flexible-meet where it is convenient for them.
- **Family-focused events**-accessible parking and maneuvering at the venue, be prepared to have extra staff there to help navigate, do your best to think if all ages of people will enjoy the event (we have caregivers ages 35-92 and children across the age spectrum!)
- **Rule of thumb**-always provide food, accessibility is key, remind, remind, remind!

Funding opportunities to provide respite



- **National Family Caregiver Support Program-under the Older Americans Act (OAA).** Administered by the U.S. Depart. of Health & Human Services funneled to Administration on Aging who administers the program and provides funds at a state level. They in turn fund Area Agencies on Aging (AAAs) to provide five categories of supportive services to grandparents and other relatives aged 55 and older who are raising children, in addition to family caregivers of older individuals.
- **Brookdale Foundation-provides small seed grants to start & expand programming.**
- **Title IV-E Waivers- Federal Social Security Act provides funding for projects in state or county child welfare systems. Gives an opportunity for states and tribes to use the funds more flexibly in order to test innovative approaches for child welfare service delivery and financing.** https://caseyfamilypro-wpengine.netdna-ssl.com/media/Title-IV_E-Waiver-Interventions-Research-Brief.pdf
- **Lifespan Respite network!**



What does respite mean for Kinship families?



- “It has helped by knowing and seeing that ‘kinship families’ are much more common. The program has enabled me to build friendships with other kinship providers.”
- “Genuine caring of everyone at the Kinship Caregiver meetings. I feel lots of love, support and honesty.”
- Fellowship and feeling like more than "just" a caretaker and home-maker.
- I know that I am not alone. Group feels like family.
- A consistent community where our needs may be met with and by one another.
- Being able to ask questions!
- Having others to talk to about our lives, to vent and be understood.
- Being able to speak in a completely non-judgmental space releases a lot of the inner pressure that raising kids at our age brings.
- Diversity of the people at groups/events.
- The ability to contribute by bringing information I know to the group to help others.
- 98% of our caregivers report that our program has helped them feel supported and increased their feelings of being able to care for their loved one.
- 100% of our caregivers would recommend this program to others in similar circumstances.

Revisiting our Caregiver Profile



- Think back to your caregiver profile....

What would you need to feel rested if you were this caregiver?

Thank you!