Break Rooms Illuminate Respite for Faith Communities

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Goals

• Engage Faith-Community as partners in Respite and Caregiver Support
• Increase natural respite opportunities for caregivers
• Teach caregivers about community based resources
• Teach caregivers about building circles of support
Process

- Outreach
- Grew out of a grant writing workshop
- Request for Proposal (RFP) and Mini-grant process
Process

• 4 Successful Churches
  o 2 AME; 2 Presbyterian
  o Geographically across state
  o Demographics
  o Most targeting families caring for elderly/aging members
Technical Assistance

• “How-To” Building Blocks for Success
  o Funding
  o Setting up the room
  o Staffing
  o Recruiting participants
Training

• “How-To” establish a “break room”
  ◦ The Program
  ◦ Engaging activities during respite
  ◦ Coaching Family Caregivers
Reporting requirements

• Reinforce accountability
  o Programmatic and Fiscal
• Balance quality and burden
• Structure to provide useful data
Early Lessons Learned

• Challenges
  ○ Flexibility needed
  ○ Initial Support

• Successes
Next Steps

• Other Interested Congregations
• Developing the model
• Spreading the word
The Respite Break Room Project

enabling caregivers and their loved ones to remain connected to their faith communities
Questions?
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