

Holistic Approach to Caregiving Support



*Lifespan
Caregiver
Services*

Panel Members

- Cindy Steltz, Manager, Lifespan Education and Caregiver Services
- Jessie Gyr, Respite Coordinator, Finger Lakes Caregiver Institute at Lifespan
- Kathy Knop, RSVP, Volunteer Coordinator Livingston & Monroe Counties
- Eve Moses, Caregiver Coordinator, Monroe County Caregiver Resource Center & Monroe County Caregiver Respite Program

Why Caregiver Services?

- 43.5 million Americans are caregivers – 17% of population. 34.2 million care for adult 50+.
- One quarter of all households are caregivers.
- 80% of the care needed is provided by someone in the community. Usually a family member.
- NYS – 3 million caregivers provide 2.6 billion hours of care.

National Alliance for Caregiving (2016)

Why Specific Support for Caregivers of People with Dementia

<https://youtu.be/vR-cwADz-V0>



Caregiver Resource Center (CRC)

Program of the Monroe County Office for Aging
Funded by the NYS Office for the Aging
Services for ALL caregivers

Presentations

Resource Materials

Information & Assistance

Powerful Tools for Caregivers



What is the Caregiver Respite Program?

- Respite for family caregivers who care for someone with mild cognitive impairment/early dementia in Monroe County.
- Recruit, train and match volunteer respite providers with caregivers and care receivers.

Finger Lakes Caregiver Institute at Lifespan

- ❖ Care Management
 - ✓ Family Consultation
- ❖ Education & Training
 - ✓ Powerful Tools for Caregivers
 - ✓ Managing Stress workshops
 - ✓ Mini-conferences across the region
 - ✓ Education sessions: in-person and virtual
- ❖ Peace of Mind Planning
- ❖ Support Groups
- ❖ Joint Enrichment (Social activities)
- ❖ Health Care Coordination
- ❖ Partners In Caring Respite
- ❖ Paid Respite
- ❖ Wellness Programs
 - ✓ Matter of Balance
 - ✓ Tai Chi
 - ✓ General Wellness sessions
 - ✓ Nutrition programming
 - ✓ Bin-Yo
 - ✓ Zumba
 - ✓ Yoga
 - ✓ Line Dancing

Models of Respite Care

In-home Respite and Drop-In Respite

Know Your Community

Population & Geography – rural, suburban, urban,
transportation, cultural considerations

Collaborators – provision of respite by two or
more agencies, recruitment of volunteers by
various entities.

Funding opportunities



In Home Respite

- Urban, suburban, rural: How location impacts programming:
 - Recruitment
 - Customized training
 - Match meetings
 - Recognition
 - Quarterly reflective sessions via conference call
 - Quarterly socials

Drop-In Respite

What is drop-in respite and how does it work

- Location
- Finding Collaborators
- How does FLCI help support drop-in programs
 - Introduce the idea
 - Provide best practices, templates, volunteer support, referrals
 - Provide additional support services





RSVP

Nationwide program funded through Corporation for National & Community Service

RSVP is one of the largest volunteer networks in the nation for people 55 and over. You can use the skills and talents you've learned over the years, or develop new ones while serving in a variety of volunteer activities within your local community.



Become a RSVP Volunteer

RSVP volunteers choose how, where, and how often they want to serve. Commitments range from a few hours to 40 hours per week.

Learn about [Senior Corps in your state](#) and contact your [CNCS State Office](#) to get involved with a Senior Corps opportunity near you.

<https://www.nationalservice.gov/stateoffices>

Respite Programming: Lessons Learned

The match is KEY!

Losses happen.

Three clients: caregivers, care receivers, and volunteers.

Sense of Purpose. On-going support. Good boundaries.

More Information

If YOU would like more information on starting a volunteer respite program or other caregiver support services discussed today:

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