Latest Trends in Respite Around the World

Presenters

• **Casandra Firman**, ARCH National Respite Network and Resource Center, FRIENDS National Center for Community-Based Child Abuse Prevention (USA)

• **Leslie Atkinson**, Safeguards Training (Canada)

• **Catharine Shanahan**, Family Respite Services Canada

• **Kim Whitmore**, School of Nursing, University of Wisconsin – Madison (USA)

2019 National Lifespan Respite Conference
Buffalo, New York
Brief Introductions
The International Short Break Association (ISBA) is a worldwide initiative made up of agencies and organisations providing health care and respite services for families concerned with disabilities. Their work is inclusive and responsive to their client’s needs.

ISBA exists to provide the opportunity to acquire knowledge and experience of Short Break Care, across national and cultural boundaries. We want to create professional and physical tools with the aim of securing the home life of families and ensuring the integrity of the family unit.

Objectives:

1. To organise a biennial conference that contributes to a common understanding of the development of good short break/respite care for the disabled and their families.

2. ISBA develops a platform for the exchange of knowledge, courses of action and working practices within short break care/respite, across care provider lines.

3. To provide a chance to learn, to talk with people from around the globe and hear about best practices in supporting families who are caring for individuals with disabilities or on-going disabiling conditions or impairments.
Countries Represented on the ISBA Committee

Australia      Canada
Denmark        England
France         Germany
Iceland        India
Ireland        Poland
Scotland       USA
Informing * Influencing * Inspiring
Time Slips and Biographical Work, Germany

https://www.youtube.com/watch?v=UVw-CVJUIbQ
Dementia Adventure

https://www.youtube.com/watch?v=_pLEz6UOQ-c
We Live & Breathe the great outdoors. From Seeking Summits for the thrill seekers to Adventure Camps and Multi-day Adventures, we'll help you develop and master specific outdoor skills from the snow to the sea.

Whether you're after a fun night out, a day with friends or a safe, relaxing weekend away, we have you covered. Our Urban Youth, Short Breaks and Mothers retreats have it all!

Holiday Programmes to see the local sights with great people, or Getaways for a multi-day experience somewhere new. We know how to have a good time. Join us!

Want to try your hand at something new? Our Life Skills and Moxie Programmes will develop your skills and help you prepare for greater independence, the workplace and a successful life.
Time for Me for Young Carers
A story by North Argyll Carers Centre

We provided, Time for Me for Young Carers which is a respite activity programme for young Carers from across the area within school holiday times.

This time together will enabled respite opportunities for young people, focusing on health and wellbeing, offered peer support opportunities, and increased confidence within the caring role.

What Time for Me for Young Carers did

We have done the following activities throughout school holiday time for young carers, Day Trips - Flip Out Trampoline Park, Picnic and Paddling at Traieve Bay, Benderloch, Go Country in Aberfoyle for canoeing and inflatables, Swimming and Cinema in Oban, Karting and Laser Tag in Clydebank, Flip Out Trampoline Park in Glasgow (again because they loved it), Blair Drummond Safari Park.

Residential Activities - Camas Residential on 10-12 April, Tiree Residential on 16-20 July. Young carers from the age of 8 participated in the above activities these young carers were registered with North Argyll Carers Centre and also we are continuously advertising and promoting these opportunities through colleagues in education, health and also in the third sector.

https://shortbreakstories.org.uk/stories/time-for-me-for-young-carers/
Networks Impacting Policy

The 20 essential sofas of respite conversation

- Carer centric
- Covers all corners
- Centred on the person
- Confidentiality
- Comfortable
- Credible
- Comprehensive
- Complexity
- Conflicts
- Consistent
- Checked it out with people
- Co-commissioned
- Creative
- Commitment
- Choice
- Construct something meaningful
- Confrontation
- Challenges
- Long term commitment to process
- Cultural change
The Power of Networks
WHAT MORE CAN WE DO?
WHAT ARE THE ACTION STEPS?

GET POLITICALLY INVOLVED

VOTE!

DATING WITH HATES

INFOMATION

INFLUENCE SOCIAL POLICY

INFLECT PEOPLE TO VOTE

LISTEN TO WHAT PEOPLE REALLY WANT

INFLUENCE POLICY

TODAY'S MENU

WE ALL SWIM IN THE SAME SOUP, BUT LET'S CHANGE THE MENU...

INFLUENCE POLICY

OPEN TO NEW THINKING

CHANGE THINKING

TAKE ACTION

LIFE FOR COLLEGE/UNIVERSITY

RELATIONSHIPS

CHOICE

BUILD TOGETHER WITH

SUCCESS

LEARNING FROM EARLIER EXPERIENCES

SHARE

MEDIA

BUILD BARRIERS

EDUCATION

RASING AWARENESS

BE BRAVE

DISABILITY

EQUALITY

LENS IN SUPPORT OF INCLUSION

ONE SIZE DOESN'T FIT ALL

MEET YOUR NEIGHBORS

BUILDING NETWORKS THROUGH INTERACTION

EQUALITY EQUITY

ROLE MODELS

FINDING MONEY IN DIVERSE WAYS

MEDIA

COOL IRRITATION

BUILD BRIDGES
Funding Across the Globe
<table>
<thead>
<tr>
<th>Country</th>
<th>Public funds for:</th>
<th>Infrastructure</th>
<th>Is respite funding universally available for all cases?</th>
<th>What are the restrictions on public funding?</th>
<th>Is there legislation recognizing the right for short breaks?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Australia</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Service is provided as per the policy guidelines of the service provider.</td>
<td>Service is only available for the person with a disability, i.e. siblings who do not have a disability cannot be included in the care arrangement.</td>
</tr>
<tr>
<td>Canada</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Some provinces only have direct payments to providers; others have both styles of programs. There’s a variety of approaches. Typically it must be used for one-to-one support.</td>
<td>There is some funding that is available to people with limited incomes that is separate and income tested. One program allows indirect support so a family could, for example, pay someone to do yard work, allowing parents more time with their child.</td>
</tr>
<tr>
<td>Denmark</td>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>Yes: The family’s social worker in the municipality make an assessment and grants the amount of short break service.</td>
<td>The funding is not ring fenced; therefore local authorities are not obliged to spend that sum on respite care and most do not. As a consequence service provision is patchy and variable in delivery models, quantity and quality. Occasionally, local authorities impose some sort of means tested payment towards short breaks.</td>
</tr>
<tr>
<td>England</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes: Central Government provides funding to local authorities to provide short break services - around 85 million pounds plus.</td>
<td>The funding is not ring fenced; therefore local authorities are not obliged to spend that sum on respite care and most do not. As a consequence service provision is patchy and variable in delivery models, quantity and quality. Occasionally, local authorities impose some sort of means tested payment towards short breaks.</td>
</tr>
<tr>
<td>France</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>Yes: Adults have around 18 euros each day to pay for short breaks.</td>
<td>For children and adults, there are 90 days of respite each year.</td>
</tr>
<tr>
<td>Germany</td>
<td>Yes</td>
<td>Yes</td>
<td>No</td>
<td>No: There is funding through public German insurance system and with agreement of eligible person direct payments to providers is possible. Direct payments to caregivers is possible. The different fundings can be combined under specific conditions.</td>
<td>There are restrictions for specific allowances, for example, one must have been a caregiver for 6 month before being eligible. There is a non-means-tested caregiver allowance (between 120€ and 1918€) depending on the acknowledged care level. When affected by cognitive disabilities it may be more difficult to get the acknowledged care level and therefore the right for short breaks funding.</td>
</tr>
</tbody>
</table>
Addressing the Need for Research

Co-creating a culture of evidence-based respite care through an international Knowledge Exchange
The BREAK (Building Respite Evidence and Knowledge) Exchange is an international group of
6 Key Areas

1. Improved research methodologies
2. Individual, family, and societal outcomes
3. Cost-benefit and cost-effectiveness research
4. Systems change that improves respite access
5. Improved respite provider competence
6. Translate research findings into best-practice models

Recommendations for Future Research

(Kirk & Kagan, 2015)
The Ripple Effect: New Programs Resulting From ISBA Conferences
What Would You Like to Learn from Other Countries?

We look forward to seeing you at the

12th International Short Break Association conference (ISBA)

June 16-19, 2020
Madison, Wisconsin