Advancing Respite Research:
Findings from the
2020 Respite Research Summit

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ARCH Goals for Advancing Respite Research

- Improve access to and quality of respite services
- Identify aspects of respite services and models that make them exemplary
- Evaluate and replicate promising respite services
- Translate research findings into practice and policy
- Identify additional possibilities (e.g., funding opportunities for research)
Purpose of the Summit

Provide a forum for researchers and other research stakeholders

Committee for the Advancement of Respite Research (CARR)

Brief Historical Review

Review of ARCH respite research-related activities
Expert Panel Charges

• Explore in-depth the current status of respite research;

• Propose strategies to overcome barriers to research; and,

• Develop a plan to encourage rigorous research in key areas that will translate to meaningful strategies and approaches to care.
Expert Panel Recommendations

- Improve research methodologies
- Individual, family and societal outcomes
- Relevant cost/benefit and cost-effectiveness research
- Systems change that improves respite access
- Improved respite provider competence
- Translate research findings into best practice models
Review of Summit Report and Findings

- Model definition: Describing the respite model under investigation
  Define v. describe: Models, essential elements, populations, settings

- Research funding
  Identifying/obtaining funding; categorical funding driving services & designs

- Measures and measurement
  Qualitative/Quantitative; R&V; QoL; individualized v. generalizable; outcomes

- Culturally appropriate research with hard-to-reach or serve populations
  Culture, race, ethnicity, SE vars; overcoming distrust; research ambassadors
Rethinking cost-effectiveness and cost/benefit studies
   *Time-intensive; negative outcome avoidance; units of analysis; added value*

Workforce development and access to respite
   *Workforce size, competencies, training, compensation, regulation*

Utilizing research findings to inform and improve policy and practice
   *Provider acceptance/participation; partnerships; communities of practice across disciplines; being “research ready”*

Impact of COVID-19 on respite and post-pandemic respite
   *Technology; access, utilization, satisfaction; Is it still respite?; returning to “normal”*
Returning to the CARR

- 13 invited members, all of whom participated in the Summit
  - Help ARCH and researchers focus on issues we should be addressing?
  - Develop other ideas worthy of research interest?
  - Suggestions for prioritizing issues?
Wrap up and Q&A

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Available at the ARCH website: www.archrespite.org
- Membership of the original Expert Panel on Respite Research
- The final report of the Expert Panel: A Research Agenda for Respite Care: Deliberations of an Expert Panel of Researchers, Advocates and Funders
- Agenda and Presenters at the 2021 Respite Research Summit
- Summit report: Advancing Respite Research: Findings from the Respite Research Summit, September 2020
- Search under “Publications”

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