Strategies and Interventions to Strengthen Support for Family Caregivers and to Alleviate Caregiver Burden: Respite Care

National Academies Workshop
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ARCH
National Respite Network
AND RESOURCE CENTER

What is Respite?

- Definition(s) of respite
- Most frequently requested caregiver support service
- Types of respite
  - Formal
  - Informal
  - Self-directed and person and family-centered. (Example: *Respite voucher programs*)
  - Innovative and Exemplary Respite Services for Study and Replication

Respite Benefits and Barriers

Benefits of respite:

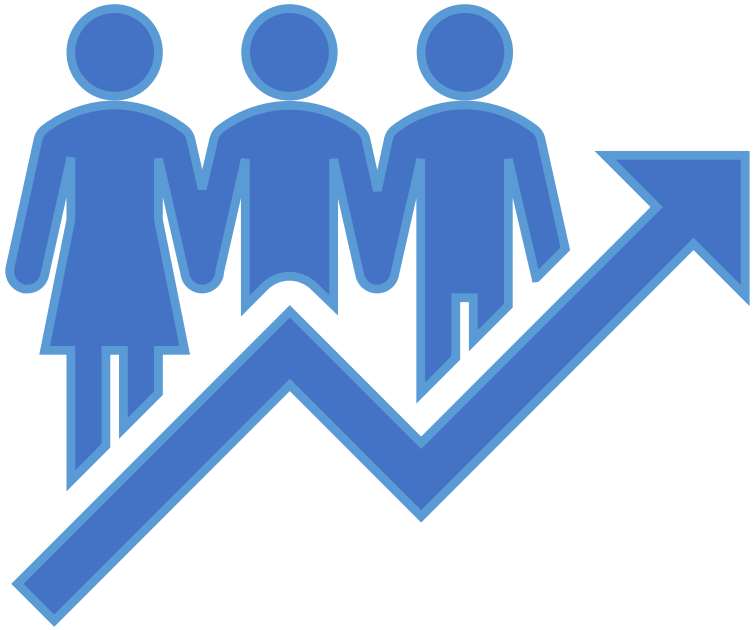
- Reduced stress, anxiety, and social isolation
- Helps avoid or delay more costly out-of-home placements, emergency room use, and hospitalizations.

Source: Annotated Bibliography of Respite and Crisis Care Services, 6th Edition
archrespite.org/research/annotated-bibliography-of-respite-and-crisis-care-services

Barriers to respite:

- Cost to families
- Limited public funding and restrictive eligibility
- Shortage of preferred programs and well-trained providers
- Lack of information about respite or how to access it
- Reluctance to take time for self or hand care over to another

Strengthening the Evidence Base



Goals of ARCH Respite Research Initiative

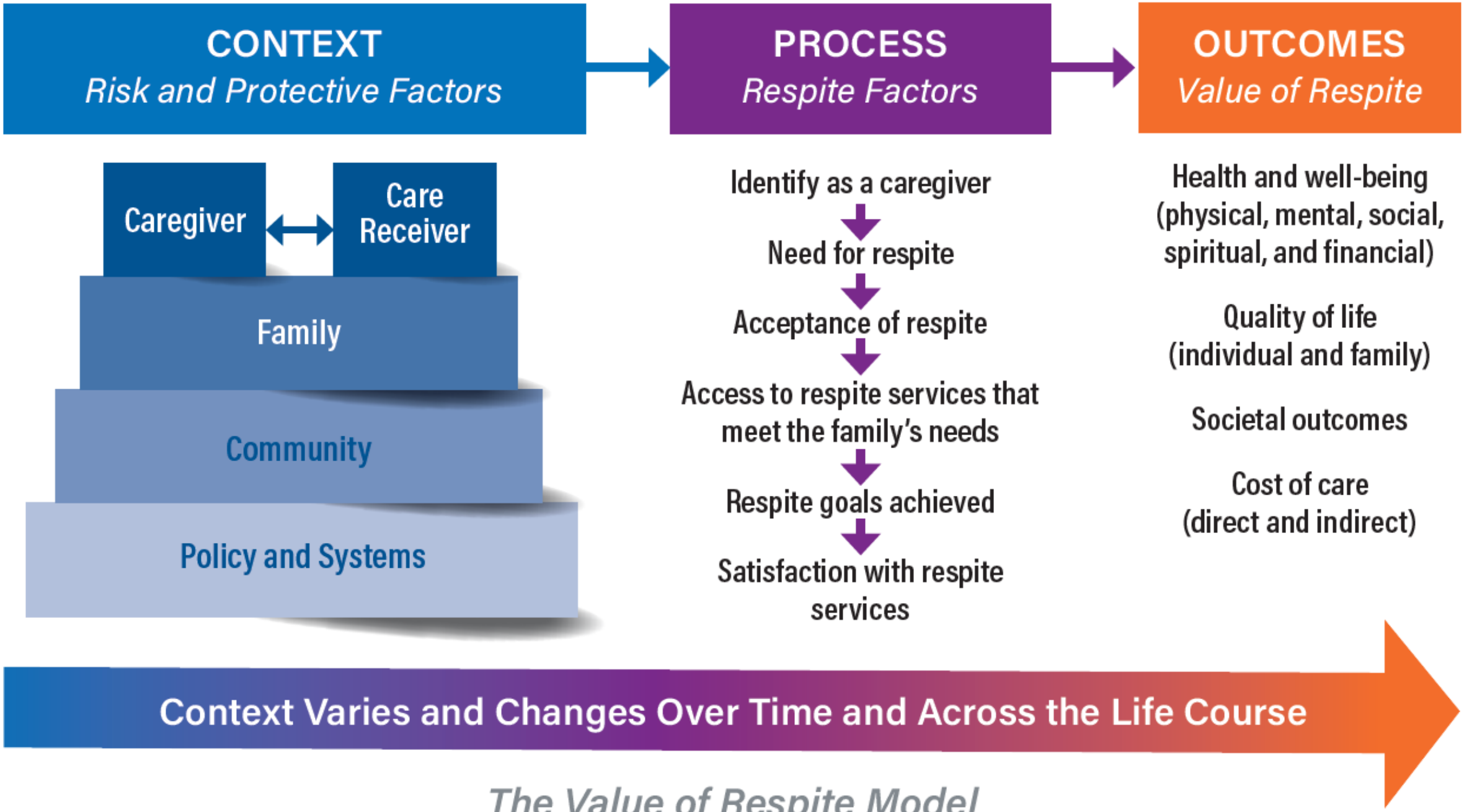
- Improve access to and quality of respite services
- Identify aspects of respite services and models that make them exemplary
- Evaluate and replicate promising respite services
- Translate research findings into practice and policy
- Identify additional possibilities (e.g., funding opportunities for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

Committee for Advancement of Respite Research (CARR)

Measuring the Value of Respite

Recommended Common Data Elements (CDEs) for Respite Research

Learn more and download at archrespite.org/research/carr-publications



The Value of Respite Model

Next Steps

Reduce Barriers, Build Capacity, and Increase Family Caregiver Confidence in Respite Care

- Redefine respite – focus on caregiver preferences
- Scale up self-directed programs
- Build coordinated systems of respite care to enhance access
- Embed Respite into comprehensive care models
- Train Respite Providers
- Reduce federal program inflexibilities
- Engage new partners (insurers, Medicare Advantage, MCOs, employers, higher education, faith-communities)
- Replicate proven models

Strengthen the Evidence Base for Respite

- Promote Standardized Models and Data Use
- Develop and test new measures
- Support Program Capacity Building
- Foster Cross-Sector Partnerships
- Center Lived Experience in Research
- Increase Funding and Infrastructure Investment

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Lifespan Respite Technical Assistance Center

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