



**National Caregiver Support Collaborative**

*Building our capacity to support family, kinship, and tribal caregivers*

# **USAgings' Innovations in Caregiver Services & Supports Initiative**

## **Advancing the Availability and Flexibility of Respite Care for Family Caregivers Webinar**

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July 16, 2026

# Webinar Instructions

## Audio Options

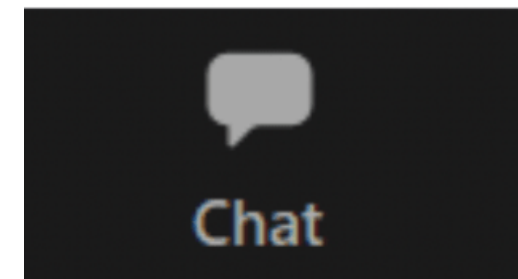
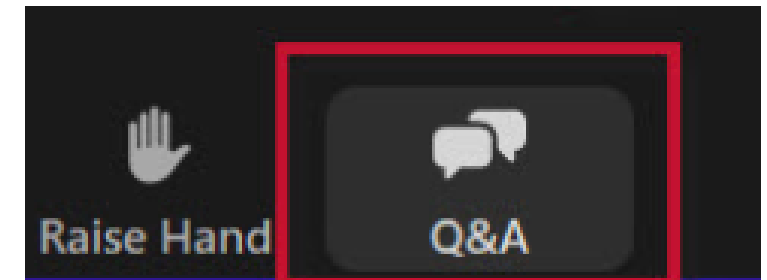
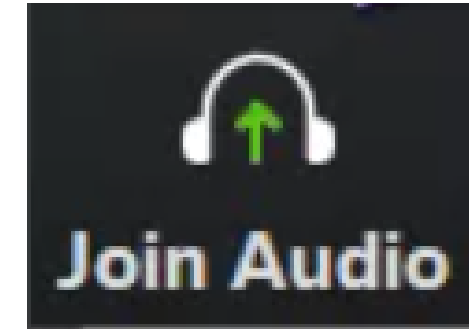
- Use your computer speakers OR dial in using the phone number in your registration email.
- All participants are muted.

## Questions and Answers (Q&A)

- You can submit questions for the panelists at any time during this presentation. On the Zoom module on the bottom of your screen, click the Q&A icon, type your question in the box and submit.

## Chat Feature

- The Chat feature allows webinar attendees to communicate with the host, co-hosts and panelists for the duration of the webinar.



CLICK HERE TO START CHAT

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- **CART services are also being provided.**
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- **Screen Reader Users: Reduce unwanted chatter**
  - Request speech on demand: Insert, Spacebar, "S"
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# About USAging

USAging represents and supports the national network of Area Agencies on Aging and advocates for the Title VI Native American Aging Programs that help older adults, people with disabilities and caregivers live with optimal health, well-being, independence and dignity in their homes and communities.

# Caregiving Touches Nearly Every Community

- **63 million** caregivers (1 in 4 Americans)
- **Over 40%** provide complex, high-intensity care
- **1 in 5** report poor health and major financial strain
- Caregivers provide **\$1.01 trillion** in unpaid care annually



# National Caregiver Support Collaborative

**Goal:** Increase recognition, support and inclusion of family caregivers served through OAA Title III-E and VI-C programs

Six national projects advancing the National Strategy to Support Family Caregivers:

- Awareness & outreach – *Community Catalyst*
- Caregivers as partners in health care teams – *UCSF*
- **Strengthening caregiver services & supports** – *USAging*
- Financial and workplace security – *USC*
- Data, research, evidence-based practices – *NAC*
- Understanding and testing navigation services – *USAging*

# Innovations in Caregiver Services and Supports Initiative

## Project Goal:

Enhance the capacity of the Aging Network to strengthen innovation in person and family-centered services and supports that meet the needs of the nation's caregivers.

## Key Activities:



Build peer learning through the [Caregiver Champion Collaborative](#)



Share replicable programs via [Caregiver Services and Supports Innovations Hub](#)



Fund [pilot sites](#) to test and scale innovation



Convene national and [virtual learning events](#)



Develop practical [Action Guides](#) for the Aging Network

# Caregiver Services & Supports Action Guides

## Action Guide Topics:

- Person Centered, Trauma-Informed Care
- **Respite care**
- Education, Counseling & Peer supports
- Whole-Person Health
- Leveraging Volunteers
- LTSS/Future Care Needs
- Kinship Care
- Emergency Planning and Preparedness



## *Advancing the Availability of Flexible and Accessible Respite Care for Family Caregivers*

### *Introduction*

An estimated 63 million Americans provide care for an older adult or someone living with illness or disability.<sup>1</sup> Family caregivers provide a wide range of services, such as transportation, food preparation, housekeeping and personal care, enabling care recipients to live at home or in the setting of their choice with dignity and independence. Without supportive services, nearly 62 percent of caregivers have suggested that the individual they care for would be living in a nursing home.<sup>2</sup> Additionally, there are at least 2.4 million children being raised by grandparents or other relative caregivers, serving as a safety net and providing care when children's parents are unable.<sup>3</sup>

This Action Guide is part of a series to help Aging Network organizations develop innovative caregiver services and supports that meet the needs of a growing population of caregivers.

# National Partners Advancing Caregiver Innovation



The Center on Holocaust Survivor Care  
Institute on Aging and Trauma





National Caregiver  
Support Collaborative

# Advancing the Availability of Flexible and Accessible Respite Care for Family Caregivers

## *Action Guide*

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**ARCH**  
National Respite Network  
AND RESOURCE CENTER



*Asking for Help*

**is a sign of  
strength.**

archrespite.org



**ARCH**  
**National Respite Network**  
AND RESOURCE CENTER

- **Training and Technical Assistance Division** provides support to State Respite Coalitions, service providers and families through consultation, training, evaluation, and research.
- **National Respite Locator Service (NRLS)** helps family caregivers and professionals locate respite services in their communities.
- **National Respite Coalition** is the policy and advocacy division of ARCH.
- **Lifespan Respite Technical Assistance Center**, funded by the U.S. Administration for Community Living, supports State Lifespan Respite grantees and their partners in developing state respite systems serving caregivers of persons of all ages and conditions.

# Meet Our Presenters



**Jill Kagan**

ARCH National Respite  
Network and Resource Center



**Sarah Toevs**

ARCH National Respite  
Network and Resource Center



**Abbey Derepentigny**

Caregiver Support Program Coordinator  
NY State Office for the Aging



**Erica Marks**

Director of Volunteer Services  
Age Well, Colchester, VT



**Cheryl Miller**

Director, Children & Family Services  
Port Gamble S'Klallam Tribe, WA



**Tim Niyonsenga, LMSW**

Senior Program Officer Michigan  
Health Endowment Fund



# ARCH Resources

# Helping Caregivers Rest and Recharge

We assist and promote the development of quality respite and crisis care programs, help families locate respite and crisis care services, and serve as a strong voice for respite in all forums.

I am looking for...



Caregiver Resources

Respite Provider Resources

Lifespan Respite TA Center

Policy and Advocacy

Respite Research

Resource Library

Website:

<https://archrespite.org>



# National Respite Care Provider Training (NRCPT)

- Meets National Core Competencies for Entry-Level Respite Providers
- Field Tested in 10 States
- Training available at no charge
- Access Training and Replication Toolkit

Link: <https://archrespite.org/library/national-respite-care-provider-training-and-replication-toolkit>



# Innovative and Exemplary Respite Services

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- Annual National Call for Applications
- Database of I & E Services
- Innovative and Exemplary Respite Services Evaluation Initiative

*Read more at:*

<https://archrespite.org/provider-resources/innovative-and-exemplary-respite-services/>

*See also*

**Caregiver Services and Supports Innovations Hub**

<https://www.usaging.org/content.asp?admin=Y&contentid=1595>

**USAging**  
Leaders in Aging Well at Home

# Respite Action Guide

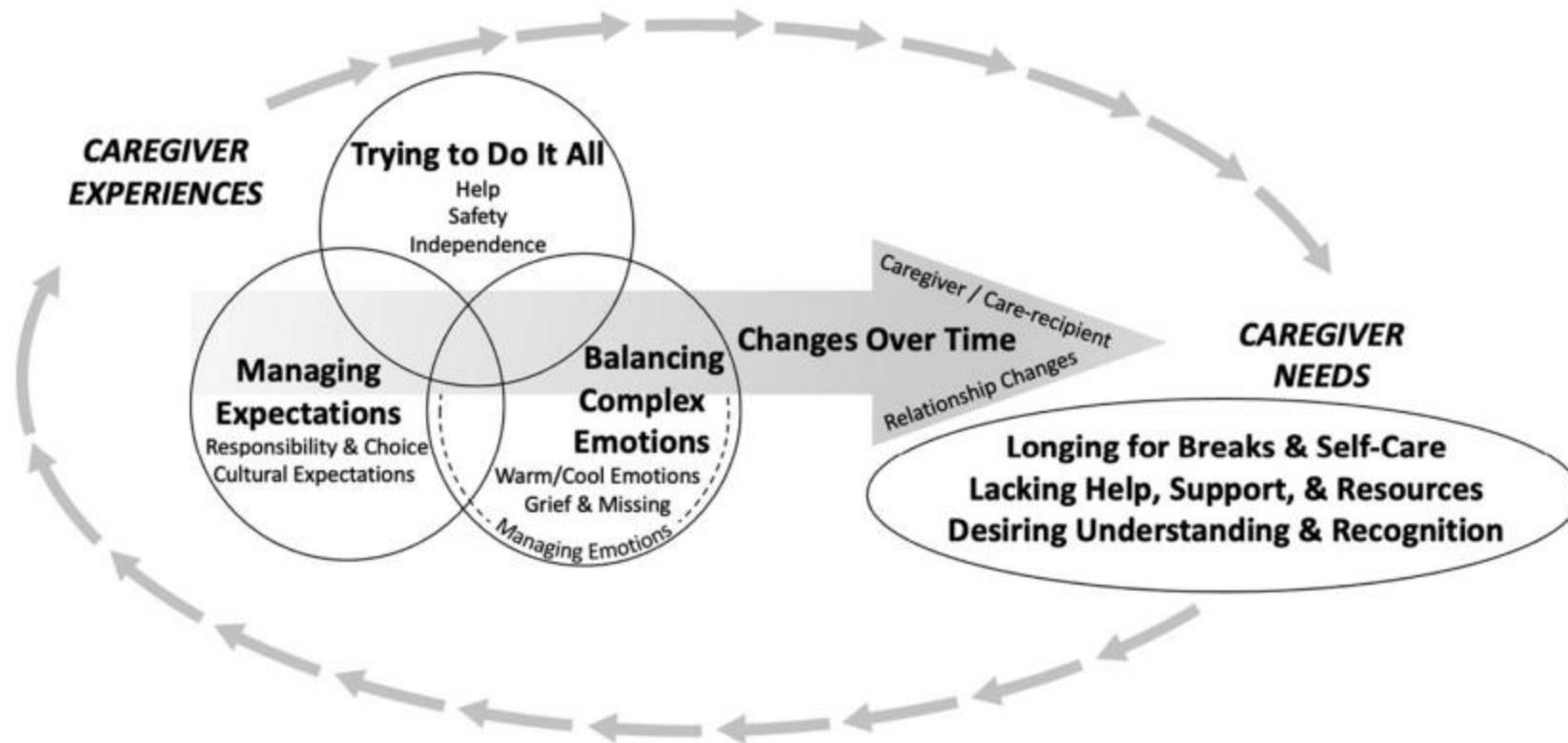
## *Advancing the Availability of Flexible and Accessible Respite Care*

Respite: **any activity** that provides the caregiver with a meaningful break using the “widest possible definition of respite” in program and service delivery (2022 National Strategy to Support Family Caregivers)

Respite is a short break from caregiving:

- In-home or out-of-home
- Formal care
  - provided by home care agency, community-based or faith-based agency, adult day services, or facility (e.g., nursing home, assisted living, or hospital)
- Informal care
  - provided by friends, family, neighbors, volunteers, shared care (e.g., memory cafes)
  - assistance with housekeeping tasks
  - receiving home delivered meals
  - engaging care recipient in a social activity

# The Caregiver Experience and Universal Need for a Break



Source: Neller, S. A., Hebdon, M. T., Wickens, E, et. al. (2024). Family caregiver experiences and needs across health conditions, relationships, and the lifespan: a Qualitative analysis. *International Journal of Qualitative Studies on Health and Well-being*, Volume 19, Issue 1. <https://www.tandfonline.com/doi/pdf/10.1080/17482631.2023.2296694>



# Members of the Respite Action Guide Workgroup

**Rosalyn Alber**, Home & Community Services,  
Washington Aging & Long-Term Support  
Administration

**Dee Blose**, Family Caregiver, OK

**Nelly Clotter-Woods**, AZ Caregiver Coalition

**Aleatha Dickerson**, RI Office of Healthy Aging

**Mike Hirschi**, SE ID AAA

**Lisa Hoskins**, Center for Volunteer Caregiving,  
Cary, NC

**Erica Marks**, Age Well (Respite Squad Volunteers)  
Northwestern VT AAA

**Kathy Mayfield Smith**, SC Respite Coalition

**Dana McCants Derisier**, Community Living  
Director, RI Office of Healthy Aging

**Cheryl A. Miller**, Port Gamble S'Klallam Tribe, WA

**Rosa Plasencia**, ADvancing States

**Anastasia Plyugina**, ONEGeneration

**Regina Shih**, Health Policy & Management, Emory  
Rollins School of Public Health

**Adrienne Smith**, NM Caregivers Coalition

**Janice Williams**, Family Caregiver, Caregiver  
Respite, Memphis, TN

**William Zagorski**, National Adult Day Services  
Association, American Senior Care Centers, Inc.,  
Nashville, TN

Facilitated by: **Sarah Toevs**, ARCH Consultant and **Jill  
Kagan**, ARCH Program Director

# Content: Respite Action Steps

## *Explore:*

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Resources to help caregivers find, plan for and use respite.

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Examples of informal respite strategies.

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Examples of formal respite strategies.

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Strategies to expand the respite workforce.

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Awareness and outreach and strategies to increase access to respite.

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Strategies to tailor respite for hard-to-reach populations in respite.

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Strategies for systems change and sustainability.

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Funding opportunities for respite.

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# For More Information

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Office for  
the Aging

# Caregiver-Directed Respite Care in New York State

Abbey Derepentigny, Caregiver Support Program Director  
New York State Office for the Aging

# How It Started...



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## National Family Caregiver Support Program (NFCSP, Title III-E)

- NYSOFA began developing the NFCSP Program Standards in 2019
- Caregiver-directed respite was allowed – only in-home respite care
- Goal of Program Standards: to expand caregiver-directed respite
  - Out-of-home respite
  - Vouchers

## Lifespan Respite Grant

- 2020 Notice of Funding Opportunity – strong emphasis on direct respite
- New York State Caregiving and Respite Coalition (NYSCRC) was only serving caregivers through mini-grants
- Discussed using vouchers for respite care
- Added to our grant proposal and awarded

# Caregiver-Directed Respite Workgroup



- Expand caregiver-directed respite under the NFCSP
- More flexible and person-centered
- Out-of-home respite options
- Develop a voucher model for kinship families with an emergency respite component for the Lifespan Respite Grant



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# Caregiver-Directed Respite Workgroup

- Launched December 2020
- Overview of workgroup expectations and goals
- Participants
  - Area Agencies on Aging (AAAs)
  - State Respite Organizations
  - NYSCRC
  - NY Connects (New York State's Aging and Disability Resource Center/No Wrong Door)

# Logic Model



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# Workgroup Meetings

- Meetings held monthly from January – August 2021
- Internal prep meetings
  - Agendas
  - Speakers
  - Presentations
  - Poll questions
- Used ARCH Self-Directed Respite Voucher Guidebook



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# Topics Covered

| Month    | Topic                                                                                                                          |
|----------|--------------------------------------------------------------------------------------------------------------------------------|
| January  | Level Set Meeting                                                                                                              |
| February | Core Considerations for Caregiver-Directed Respite Part I                                                                      |
| March    | Core Considerations for Caregiver-Directed Respite Part II                                                                     |
| April    | <ul style="list-style-type: none"><li>-Determining Eligibility and Funding Prioritization</li><li>-Emergency Respite</li></ul> |
| May      | Application Process and Forms                                                                                                  |

# CAREGIVER FOCUS GROUPS



Office for  
the Aging

Westchester  
gov.com

**Are you a caregiver who needs a break (respite)? Would you like to choose who provides care for your loved one?**

**If the answer is YES, we would like to speak with you!**

The New York State Office for the Aging (NYSOFA), New York State Caregiving and Respite Coalition (NYSCRC) and the Westchester County Department of Senior Programs and Services will be hosting caregiver focus groups to gain a better understanding of your wants and needs as a caregiver to be able to self-direct the respite care provided to you and your loved one. This will be a great opportunity to provide us with your thoughts on how we can best expand our self-directed respite program to better serve you, the caregiver!

**DATES:** Tuesday, June 29th (virtual via Zoom),  
Wednesday, June 30th (virtual via Zoom), **and**  
Thursday, July 1st (telephonic)

**TIME:** All focus groups will be held from  
10:00AM—11:30AM

***Self-directed care, or caregiver-directed care***, means that the caregiver can choose the type of respite care provided, the provider of the respite care, and when the respite care takes place.

*If you are interested in attending a focus group, please contact Colette Phipps at (914) 813-6441 or [cap2@westchestergov.com](mailto:cap2@westchestergov.com)*

**All participants will receive a \$25 Visa gift card!**



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# Caregiver Focus Group Questions

1. Which of the following respite types do you prefer?
  - In-Home Respite
  - Out-of-Home Respite (day)
  - Out-of-Home Respite (overnight) Other Respite
  - Voucher system
2. Once services are rendered, is the family caregiver responsible for paying the respite provider and then reimbursed, or is the respite provider paid directly?
3. Based on your answer to the previous question, do you feel that a formal agreement with individual respite providers (family, friends, etc.) is necessary?
4. Would you like training provided for the respite providers that you intend to use?
5. New York State is considering creating a standardized name for its caregiver-directed respite program. Do any of these program names/ideas resonate with you? Do you have any name ideas for consideration?
6. How were you first made aware of caregiver supports?
7. If New York State had a different infrastructure with regionally named caregiver centers, do you think information and resources would be more accessible? Would this be better?



# Final Report



<https://aging.ny.gov/system/files/documents/2022/07/caregiver-focus-group-report-v2-web-opt.pdf>

# ...How It's Going



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# **NYSCRC Respite Voucher Program**

- Number of caregivers: **727**
- Total respite hours: **35,615.5**
- Grand total paid to caregivers: **\$419,244**

# NYSOFA Caregiver-Directed Respite

- 22 of 59 AAAs approved to offer caregiver-directed respite
  - 2 are offering respite vouchers
- Number of caregivers (*duplicated*): 154
- Total respite hours: 11,848

*\*If AAAs decide to implement a voucher model, they can contract with NYSCRC to act as the FI. This will provide sustainability to NYSCRC.*



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# Caregiver-Directed Respite Technical Assistance Memorandum (TAM)

*Based on the contents of  
the updated ARCH self-  
directed respite voucher  
guidebook.*

<https://aging.ny.gov/26-tam-01-implementing-caregiver-directed-respite-care-service-delivery-model-under-nfcsp-0>



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# Caregiver-Directed Respite Technical Assistance Memorandum (TAM)

- Purpose: Provide guidance to local AAAs for the effective implementation of a caregiver-directed respite service delivery model under the NFCSP and in accordance with the NFCSP Program Standards.
- Based on the contents of the updated ARCH self-directed respite voucher guidebook.

<https://aging.ny.gov/26-tam-01-implementing-caregiver-directed-respite-care-service-delivery-model-under-nfcsp-0>



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# Contents of TAM



Overview of Respite



Readiness and Capacity



Program Structure



Quality and Risk Management



Forms



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# Readiness Assessment Tool

- Contains ideas and suggestions for discussion to help organizations determine readiness to begin or expand a respite voucher program
- Worked with ARCH and Applied Self-Direction
- Included in the NYSOFA TAM



<https://archrespite.org/wp-content/uploads/2023/04/Self-Assessment-Readiness-Review-for-Self-Directed-Respite-Voucher-Programs.pdf>



**Abbey Derepentigny**

Caregiver Support Program

Director

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gov



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# Growing the Respite Workforce:

## Respite Squad Volunteers

Erica Marks, Director of Volunteer Services at Age Well

[emarks@agewellvt.org](mailto:emarks@agewellvt.org)

<https://www.agewellvt.org/wp-content/uploads/2024/09/Respite-Volunteer-Training-Agenda.pdf>

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# Why Respite volunteers? Impact

*Feedback from one of our Caregiver Support Specialists:*

*Today I spoke with a caregiver who had a respite squad volunteer set up recently. When she first called us in August, she was very anxious and fearful of the future. Her partner has dementia and cannot be left alone, and she was feeling the full weight of responsibility. We worked on setting up a few supports including the respite squad. When I spoke with her today, she was upbeat and happy and said, “things are going as well as they can.” She said her volunteer comes reliably every Friday morning, enabling her to get to the YMCA for an exercise class that has done wonders for her mental health.*

*I just wanted to pass that along. Thank you all for your service; it has made a big difference in this family’s life.*

## Serving our Caregiving Families

- Our volunteers voiced an interest in learning more about how they could support families with higher needs including cognitive decline and lack of natural social supports.
- Caregiving families asked for reliable, trained respite providers that would be able to supplement the paid care they are using or be the primary respite for caregiving families not eligible for other programs.
- Our solution was to design and implement a distinct program within our Friendly Visitor program.

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## Designing the Training Program

- The training needed to prepare our volunteers for the different types of situations they might encounter, including:
  - caregiver burnout,
  - challenging family dynamics
  - various cognitive and physical symptoms
  - situations that might require firm boundary setting
  - intense feelings that might come up for them
- It was important to use varied adult learning techniques such as group brainstorming, small group activities, demonstrations, visual aids, art, dementia simulation, role-play, and homework.
- Each three-hour session was divided into two topics →

## Respite Squad Training Announcement:

Over the last several years we've had an increase in the number of people interested in learning more about volunteering with people with dementia and other illnesses. One of the greatest unmet needs of the families we serve is opportunities for family caregivers to get a break from care giving. We are happy to announce that we have created a four-session training for those volunteers who would like to be able to provide support to family caregivers.

During this training you will gain information and increase your skills and comfort level in spending time with someone who has dementia and other illnesses.

The classes will be held over four consecutive Tuesdays [...] *Class size is limited to the first 15 volunteers who respond with interest. Registration is open from April 15<sup>th</sup> until May 3<sup>rd</sup>.*

**... and had a full class with a waiting list well before registration closed.**

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# Session 1-

## Introduction to Caregiver Support & Dementia

### **Topic 1: Introduction to Age Well Services and Caregiver Support**

What is Respite?

Caregiver Support Program

Role of the respite volunteer

The referral process and Volunteer Support

Examples of Respite Care volunteer requests

### **Topic 2: Dementia, Alzheimer's and other Cognitive Impairments**

Dementia and Alzheimer's: What's What

Spectrum of Impairment

Know the Ten Signs

Dementia Simulation

Safety concerns with physical and cognitive decline

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## Session 2- Communication & Body Mechanics

### **Topic 3: Communication**

Non-Verbal Communication

Strategies for communicating with clients with dementia

Video clip from “There Is A Bridge”

Empathy

Establishing trust with care giver and care recipient (Mother’s Helper)

The dual role of the volunteer

Awareness of Deficits

### **Topic 4: Body Mechanics and Caregiving Skills**

Hands on Caregiving Skills

Demonstrate Body Mechanics

Demonstrate Proper Use of Walkers and Wheelchairs

Falls Prevention

Infection Control

# Session 3-

## Family as a Unit of Care and Grief & Bereavement

### **Topic 5: Family as Unit of Care**

Family as a Unit of Care  
Who is Family?  
Family systems  
Caregiver Burnout

### **Topic 6: Grief and Bereavement**

Anticipatory grieving  
Hope Survival Kit  
Death and Dying  
Advanced Directives

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## Session 4- Boundaries & Closure

### **Topic 7: Boundaries**

Overview of Boundary Issues

Boundaries Activity: Definite and Potential  
Professionalism and Ethics

### **Topic 8: Closure Activity**

Self Care

Revisiting the role of the Respite Volunteer

Closure with Families

Closing Activity

# Lessons Learned

**Many volunteers want to get trained but were unable to attend all 4 weeks in a row**

**Respite Squad Training Reconfiguration:**

As a result of this feedback, we reconfigured the training creating 90-minute in-services so, volunteers could attend as many as they wanted that worked in their schedules

Since then, 22 volunteers have attended one or more in-services

# Matching & Supporting Respite Volunteers

We are professional matchmakers – each volunteer is specifically matched with a family they share *common interests* and *experiences* with.

Because these volunteers are serving families with higher needs it is extremely important that ongoing support and supervision be provided to these volunteers.

Regular check-ins to process the volunteers experience are *vital*.

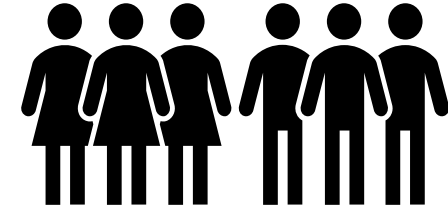
Because of the ongoing relationship with families the volunteers are well placed to see the changing needs and help to connect families to other resources.

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# Respite Squad Impact

- \* Our volunteers have provided 10,564 hours of respite
- \* Respite has been provided to 160 clients
- \* There has been a 350% increase in the number of respite hours over the last 4 years
- \* 100% of the clients surveyed after 3 months reported that they are satisfied with the program
- \* 88% of volunteers who participated in the full training were matched with at least one client



# Sustainability

We receive wonderful reports from our volunteers, case managers, and caregivers about how the respite match is working. Most of this is relayed through regular follow-up with the clients and through volunteer and case notes. They speak to the activities their loved ones do with their volunteer and how the respite volunteer contributes to the caregiver's care of themselves.

The respite program and successful outcomes can be sustained if organizations invest in the staffing needed to support and train volunteers. At Age Well, respite training is now regularly offered under the umbrella of the Friendly Visiting Program. Respite Volunteers are matched with caregiving families as referrals are received.

# Feedback from Respite Volunteers

We asked our Respite volunteer: “What would you say to a volunteer who was trying to decide whether to take this training? How do you feel you have benefitted from this class?”

*“I would definitely encourage a volunteer to take this training as it covered a wide range of issues from things to consider when entering a home, to the uniqueness of all families. I benefitted from hearing others share their experiences and ask specific good questions. This training relieved any anticipation anxiety I have had and affirmed the power/value of human connection.”*

*“This training program is very important to me. There’s always something someone can bring and benefit from with working with Alzheimer’s and Dementia patients. The need is great and anything a volunteer can bring whether it be small or great to help these patients is tremendous not just for the patient but for the family as a whole. To even be part of fulfilling this need will bring me such joy and a sense of helping the community. I feel excited and hopeful that I may be of help to these families dealing with this illness thanks to this training!”*

*“The class has a lot of good information along with the reading. Also got to get to know other volunteers which is helpful to be part of the group. I would recommend the class, it was great.”*

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PORT GAMBLE S'KLALLAM TRIBE  
NƏX<sup>w</sup>SŁ'ÁY'ƏM' MEANING "STRONG PEOPLE"



# PORT GAMBLE S'KLALLAM TRIBE KINSHIP NAVIGATOR

## LIFESPAN RESPITE AT PORT GAMBLE S'KLALLAM

- Star Hagen, is our Kinship Navigator and is a Port Gamble S'Klallam tribal member. She has worked for the tribe for over 20 years and within her position as Navigator for four years.
- She works with our Vulnerable Adult Program staff to provide support and Respite care for our Lifespan Respite Grant.





## CAMPUS SETTING

- Through our Kinship Navigator and Lifespan Respite Program, we have been able to help families that we would not have been able to help using other resources, the flexibility of the program is a benefit to the tribal community and the families we serve.
- Our office is located in the Children & Family Services building, which allows a wrap around service approach with other service providers, such as ICW, TANF, Child Support, Together for Children, (Maternal Home Visiting), SNAP, Food Bank, Elders, Vulnerable Adult and TVR Programs as well as other support services.



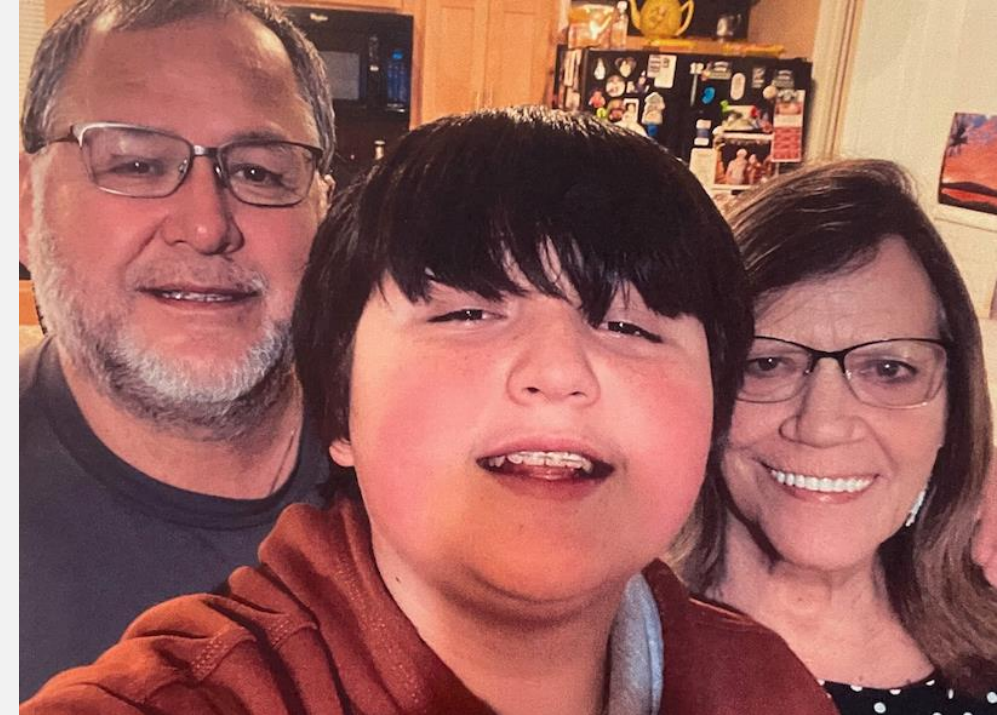
## LIFESPAN RESPITE PROGRAM

### Specific Objectives of the Program:

- Development of available caregiver services and eligibility criteria, provided through trainings and outreach.
- Participation in trainings about respite services and tribal history.
- Caregiver outreach and education to tribal caregivers and their families.
- Assistance to eligible caregivers to apply for and access lifespan respite voucher services to support caregiver healthy aging.

## NEED FOR RESPITE CARE FOR ELDERS AND YOUTH

- PGST strives to support families in caring your children/youth and elders.
- Many families struggle with caring for an elder who may have memory issues or increased care needs.
- This is also true for caring for children placed in a home, or a child with special needs, where the caregiver needs a respite break for self-care.
- This grant gave us the ability to train family members as respite care providers



# TRAINING AND REQUIREMENT'S

- Respite Providers were initially trained using the trainers recommended by the state
- We trained a number of individuals to provide respite care for their families and community members.
- We did experience some problems with the training and worked with our state partners to address this and move forward in a positive way, creating a tribal training program for our Lifespan Respite Providers.
- The respite providers were required to complete background checks in addition to the training.



# SUPPORT

- The Lifespan Respite Grant allowed family and community members to provide much needed respite care for elders and youth in the tribal community, giving the full-time care providers a much-needed respite and some self care time.



THANK  
YOU

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(360)297-

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## **CAREGIVER RESPITE LEARNING**

Tim Niyonsenga

Senior Program Officer — Healthy Aging

# ABOUT THE MICHIGAN HEALTH ENDOWMENT FUND

**MISSION:** To improve the health of Michigan residents, with special emphasis on the health and wellness of children and seniors, while reducing the cost of health care.

**ESTABLISHED** 2013

**ANNUAL GRANTMAKING** Approximately \$35 million

**BEYOND GRANTMAKING**

- Partnership and collaboration
- Capacity building for health nonprofits
- Engaging and informing leaders



# HEALTHY AGING

## STRATEGIC PRIORITIES

- Increase access to care
- Improve the quality of life for older adults with Alzheimer's and other dementias
- Prevent elder abuse and neglect through elder justice initiatives
- Support **caregiving and respite opportunities**

# RESPITE USE & AWARENESS IN MICHIGAN

## National Poll on Healthy Aging Survey of Michigan Caregivers (March 2026):

- Have used respite care services: **15%**
- Heard of, but not used, respite: **55%**
- Never heard of respite: **30%**



View the full report, including  
national results:

[tinyurl.com/2kwmueb9](https://tinyurl.com/2kwmueb9)

# EXHALE — FAMILY CAREGIVER INITIATIVE

- Special grantmaking initiative focused on increasing access to respite in SE Michigan
- Collaborative co-funding effort
- 11 grantees in first cohort — projects span 7 counties
- Goal: significantly strengthen and expand network of respite opportunities for caregivers





## DEMENTIA FRIENDLY MOVIE PROGRAM

- Led by Dementia Friendly Services
- Monthly day at the movies with a tailored set-up to meet the needs of people living with dementia
- Designed as “respite with” care partner, rather than “respite from”
- Started in one community, now expanding to sites across the state in partnership with movie theater chain



# AGEWAYS RESPITE VOUCHERS

- Led by AAA partner, pilot program offers flexibility for caregivers
- Vouchers redeemed to purchase respite care — including from a trusted friend or family member
- Designed to remove barriers and expand options beyond traditional respite services

## LEARNING & TAKEAWAYS

- Engage with and listen to caregivers — and prepare to offer different types of respite that fit their diverse needs and experiences
- Embed respite within existing community structures/payment systems
- Health Fund continues to look for new ways to expand respite in Michigan
- Excited to be an advocate for respite and learn from other states' experience
- Contact: [tniyonsenga@mihealthfund.org](mailto:tniyonsenga@mihealthfund.org)

# Ways to Engage Now

- Download Action Guides!
- Explore replicable programs in the Innovations Hub
- Join the Caregiver Champion Collaborative
- Attend our upcoming Webinar:
  - September 9, 2-3:30 PM ET - *Kinship Care*

Learn more: <https://www.usaging.org/caregiverservices>



# National Caregiver Support Collaborative

*Building our capacity to support family, kinship, and tribal caregivers*

## Thank you for joining today's webinar!



Innovations in Caregiver Services & Supports

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