BOLD PUBLIC HEALTH CENTER OF EXCELLENCE ON DEMENTIA CAREGIVING

Supporting Caregivers: Opportunities for Public Health in Growing and Sustaining Respite Programs

August 20, 2025

Welcome from...

Elma Johnson, MPH, *Coordinator*

BOLD Public Health Center of Excellence on

Dementia Caregiving (PHCOE-DC)

Center for Healthy Aging and Innovation (CHAI)

University of Minnesota

Land acknowledgement

The University of Minnesota Twin Cities is located on traditional, ancestral, and contemporary lands of Indigenous people. We acknowledge with gratitude the Land itself and the People. We take to heart and commit through action to learn and honor the traditional cultural Dakota Values: Courage, Wisdom, Respect and Generosity.

The BOLD Public Health Center of Excellence on Dementia Caregiving (PHCOE-DC)

Designed to support state, tribal and local public health agencies nationwide in developing their dementia caregiving-focused programs and initiatives, by…

- **Improving access** to evidence-based programs and best practices.
- **Facilitating connections** and collaboration among public health agencies and a wide range of service organizations.
- **Providing technical assistance** for identifying, selecting implementing effective public health interventions and strategies.

Visit our website!

Reminders for the Presentation Session

- **Submit your questions for the speakers into the Q&A feature.**
- Use the **CHAT to share comments, resources, links, and ideas.**
- The recording, slides and resources will be shared after the event.
- **Please complete the survey at the end of this event** (will pop up in Zoom when you leave this webinar). We greatly appreciate your feedback!

Survey Link & QR Code:
https://z.umn.edu/respite-evalform

Poll Question

In what capacity are you attending this event?

- BOLD Public Health Agency
- Non-BOLD Public Health Agency
- Community organization/service provider
- Person living with dementia
- Interested caregiver and/or community member
- Care/clinical professional
- Other

MEET THE SPEAKERS

Jill Kagan

Director

ARCH National Respite Network and Resource Center

Brooke Ambrose

Health Program Manager

Division of Public Health Idaho Department of Health and Welfare

Kristen Felten

Dementia Specialist

Office on Aging WI Department of Health Services

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ARCH National Respite Network AND RESOURCE CENTER

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.

Respite: Overview of Presentation

- What is Respite?
- Types and Models of Respite
- Benefits of Respite
- Access to Respite
- Public and Private Funding Sources
- Lifespan Respite Care Program
- ARCH Resources for Caregiver

Respite is…

Planned or emergency care provided to a child or adult with special needs in order to provide temporary relief to family caregivers who are caring for that child or adult.

Lifespan Respite Care Act definition
PL 109-442

Types of Respite

- Formal Services
  - Home care agencies
  - Adult Day Services
  - Facility-based
  - Community-based programs
- Informal Services
  - Family and Friends
  - Volunteer or Faith-based

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

Neighbor Network of Northern Nevada's Community Care Program, Reno, NV

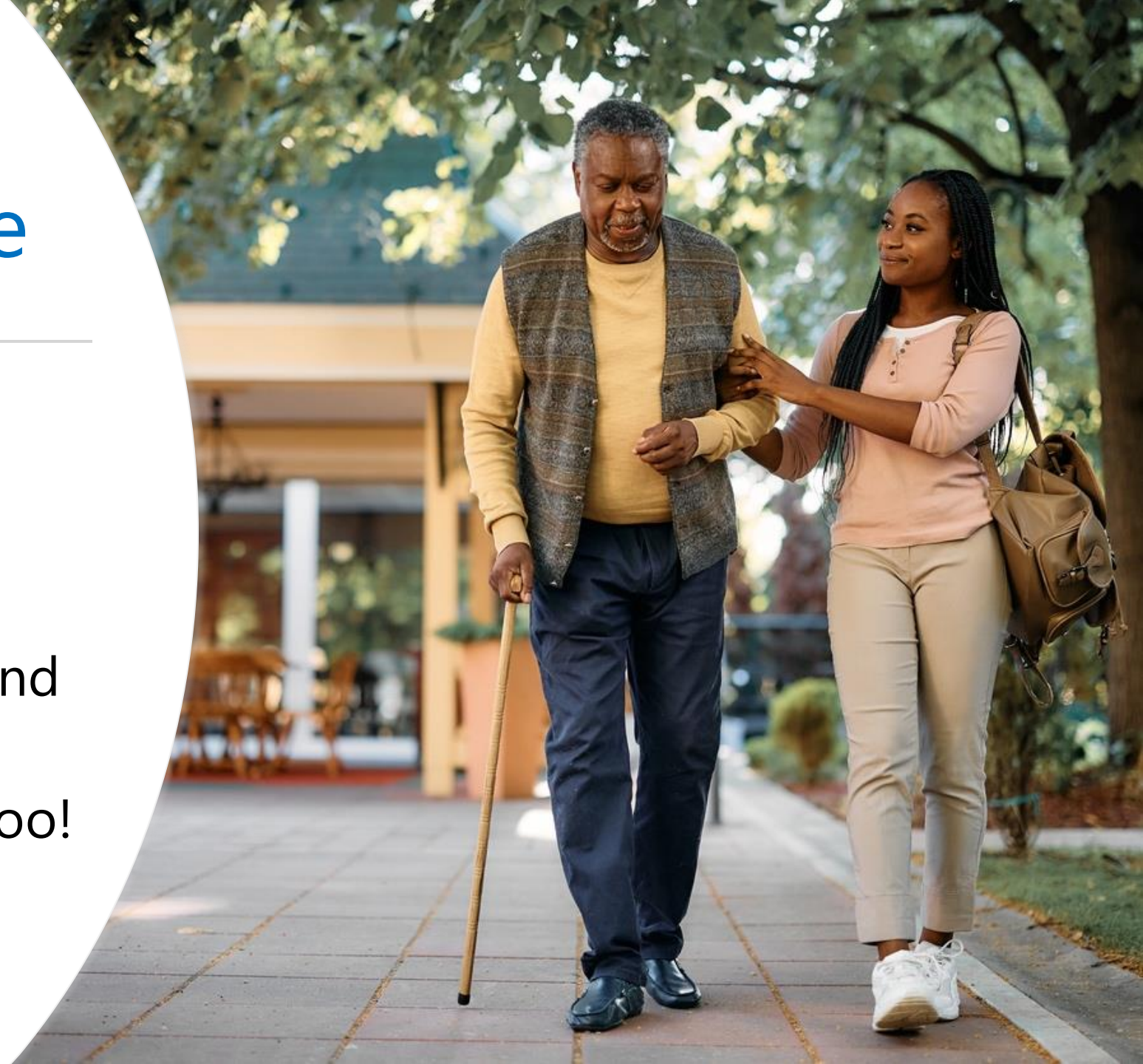
Musical Memories Café, West Falls, NY

Caregiver Volunteers of Central Jersey Alzheimer's Respite Care Program

Home Away from Home Respite Center, Geneseo, NY

Benefits of Respite

- Reduces Stress
- Improves physical and emotional health
- Enhances relationships and reduces social isolation
- Care recipients benefit, too!



Respite: Too Little, Too Late

- Overall, 87% of family caregivers are not receiving respite services.
- Respite underutilized and/or delayed among caregivers of persons with dementia.
- Of those who use respite, they often receive too little, too late.
- Why? Barriers are pervasive.

Sources:

Caregiving in the U.S. 2025, National Alliance for Caregiving and AARP Public Policy Institute, 2025. https://www.caregivingintheus.org/

Yeunkyung Kim, et al. (2024) Trend in Respite Use by Race Among Caregivers for People Living With Dementia, *The Journals of Gerontology: Series A*, Vol 79, Issue Supplement_1

Public & Private Funding Sources

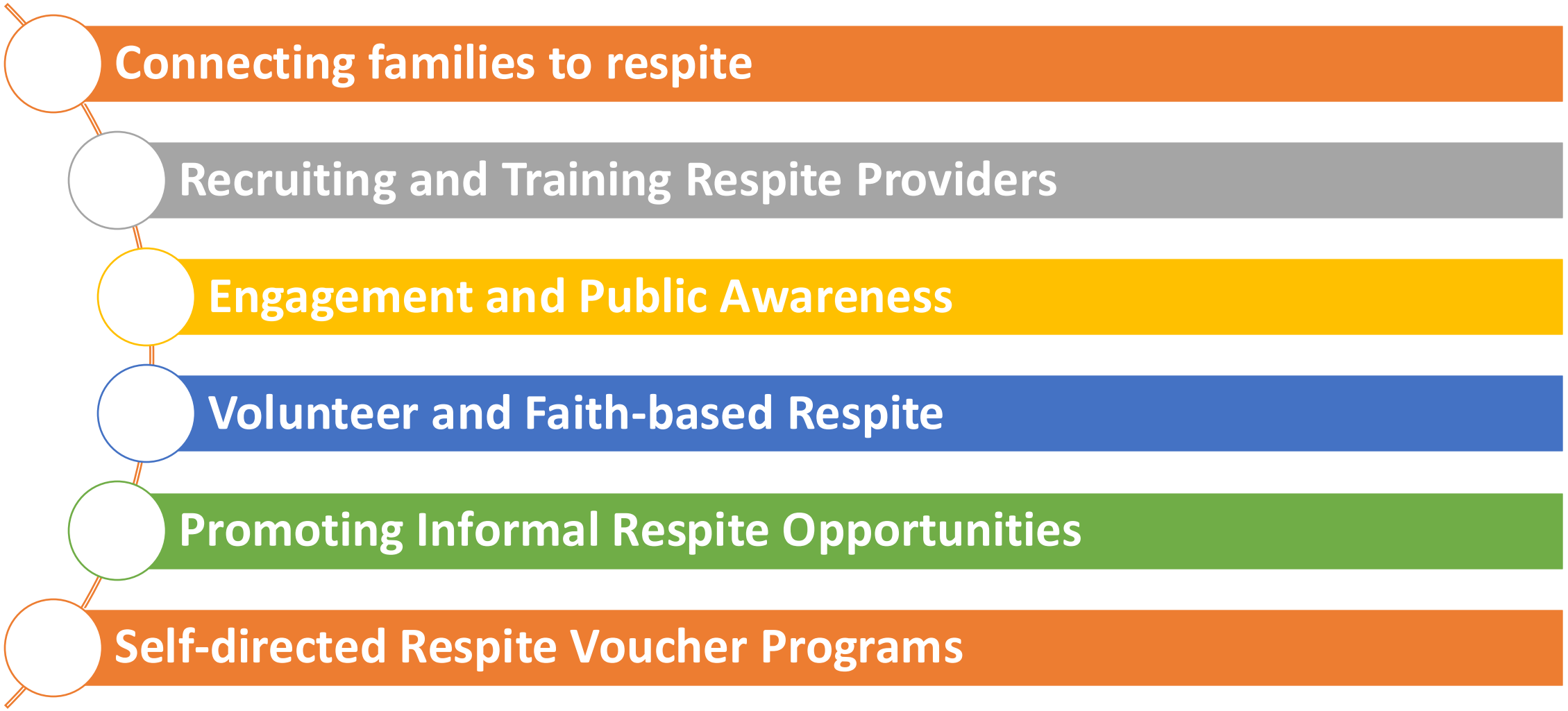
- Federal - Medicaid Waivers, National Family Caregiver Support Program, Veterans Programs, new GUIDE Medicare payment model, Center for Dementia Respite Innovation
- State Funded Respite Programs
- Private - Aging organizations, HFC – Scholarships, Free Volunteer or Faith-based services
- Self-pay, sliding fee, self-pay or long-term care insurance

Lifespan Respite Care Program

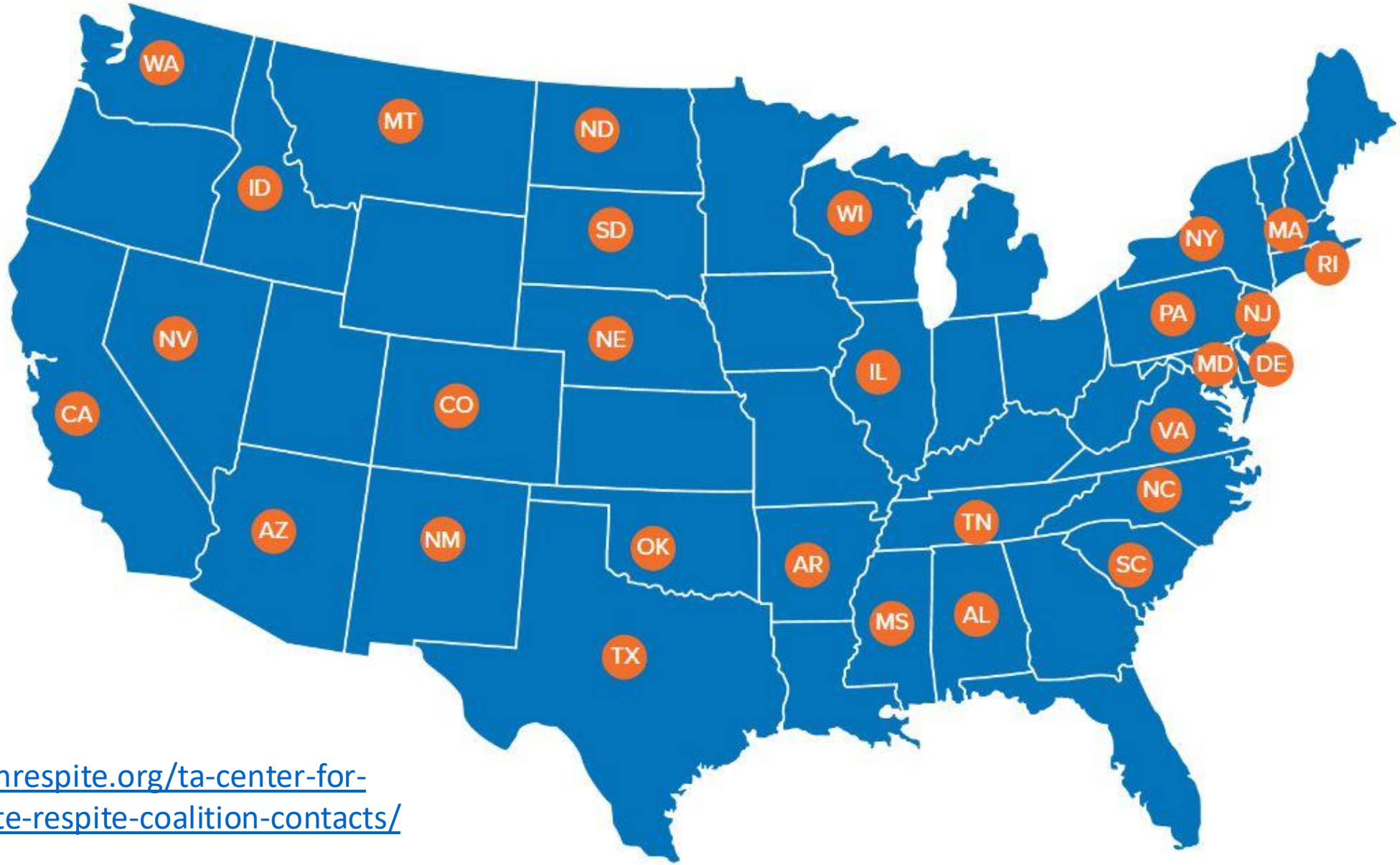
Definition: Coordinated ***SYSTEMS*** of accessible, community-based respite services for family caregivers regardless of age or special need of the care recipient.

Read more on the acl.gov webpage: https://acl.gov/programs/support-caregivers/lifespan-respite-care-program

Lifespan Respite Grant Activities



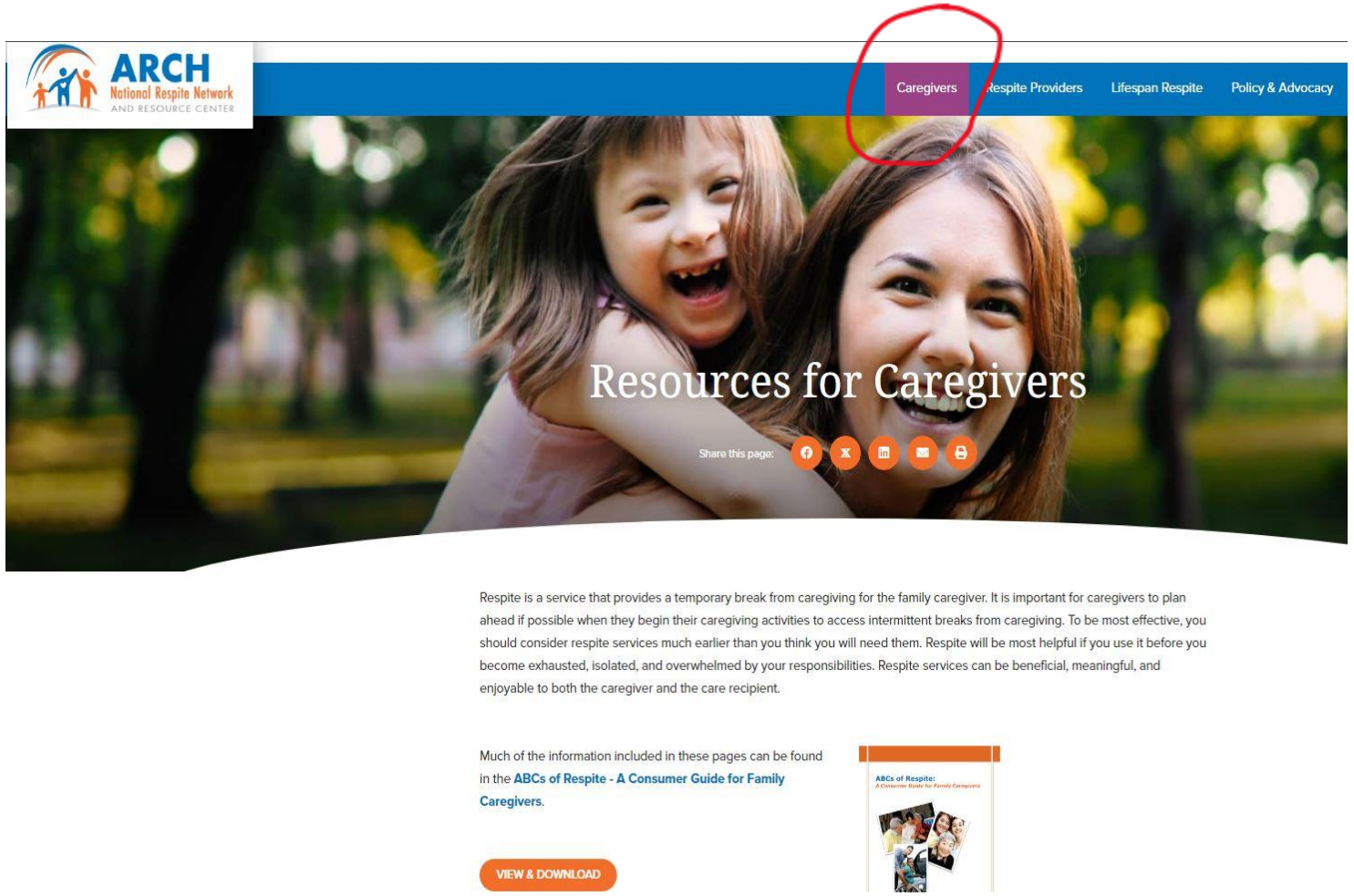
State Respite Coalition & Lifespan Respite Grantee Contacts



https://archrespite.org/ta-center-for-respite/state-respite-coalition-contacts/

Caregiver Resources on the ARCH Website

- Nine Steps to Respite Care for Family Caregivers of Persons with Dementia, including Alzheimer's Disease *(English and Spanish)*
  https://archrespite.org/library/nine-steps-to-respite-care-for-persons-with-dementia/
- ABCs of Respite: A Consumer Guide for Family Caregivers
- National Respite Locator
- Choosing and Planning for Respite



Website: https://archrespite.org/caregiver-resources/

For More Information

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ARCH National Respite Network
and Resource Center
archrespite.org

Lifespan Respite
Technical Assistance Center

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Q&A

Please, submit your questions in the Q&A Zoom feature!

Connect with us!

Visit us online at https://bolddementiacaregiving.org to...

- ✓ Find today's slides and recording.
- ✓ Request Technical Assistance to support your public health work in dementia caregiving.
- ✓ Access resources and materials.
- ✓ Stay up to date with PHCOE-DC activities.

Follow us on X @PHCOE_DC