



Montana Lifespan Respite Coalition

Training for respite responders

Respite Intake & Referral Process

- ▶ Conduct a quick phone assessment of the client's needs
- ▶ Provide the client or the client's caregiver with information on the Lifespan Respite Coalition and other services;
<http://test.dphhs.mt.gov/lifespanrespite/>
- ▶ Provide names and phone numbers of available respite services in the caller's area
- ▶ Provide information on Powerful Tools for Caregivers Education Program

FAQs About Respite Care

▶ What is Respite?

- The Montana Lifespan Respite Coalition defines respite as "planned or emergency care provided to an individual with need for support and supervision in order to provide temporary relief to the primary caregiver of that individual."

▶ Who Needs Respite?

- Over 110,000 unpaid caregivers provide 119 million hours of care per year in the state of Montana.
- If the work of these caregivers were to be paid, it would cost about \$1,030 million.
- For the 50% of caregivers experiencing extreme stress, routine activities may seem overwhelming.

Respite Care FAQs Continued. . .

- Why Do People Need Respite?
 - To keep the energy going
 - To give everyone a break, including the person you are caring for
 - To keep crisis down to a minimum
 - To maintain your emotional and physical health and well-being
 - To respond to the emotional and physical health and well-being of the person receiving care
 - To reduce work absenteeism; a cost savings to employers
 - To help you recognize your own limits
 - To realize that feeling guilty when asking for help is normal but there are people in the community that provide respite and they are trained to do it.

10 Symptoms of Caregiver Stress

1. Denial about the situation or condition of the person you care for.
2. Anger at the person you care for, at others or at people that don't understand the situation.
3. Social withdrawal from friends and activities that once brought pleasure.
4. Anxiety about facing another day and about the future.
5. Depression that begins to break your spirit and affects your ability to cope.

10 Symptoms Continued. . .

6. Exhaustion that makes it nearly impossible to complete necessary daily tasks.
7. Sleeplessness caused by a never-ending list of concerns.
8. Irritability that leads to moodiness and triggers negative responses and actions.
9. Lack of concentration that makes it difficult to perform familiar tasks.
10. Health problems that begin to take a mental and physical toll.

Phone Assessment Checklist

- ▶ Are you interested in short term/intermittent (as needed) or an ongoing schedule? i.e. every Wednesday or one weekend a month, etc.
- ▶ Where do you prefer respite services be provided? i.e. home, assisted living facility, adult foster care, hospital, etc.
- ▶ Medical condition/special needs? i.e. special equipment, skilled nursing, etc.
- ▶ Focus of services/needs?
- ▶ Are you a Veteran or spouse of a Veteran?

Website Tour

- ▶ **About Us**
 - Grant overview and status
- ▶ **Caregiver Corner**
 - FAQ's, Resources, Support Groups
- ▶ **Find a Respite Provider**
 - Provider Map (For now, need to search in IRis)
- ▶ **Provider Information**
 - Provider registry form, Caregiver Strain Index

Powerful Tools for Caregivers

- Powerful Tools for Caregivers is a self-care education program for family caregivers. The Powerful Tools for Caregivers program will provide tools and strategies to better handle the unique caregiver challenges.
- The 6-week scripted curriculum has been shown to improve:
 - Self-Care Behaviors: (e.g. increased exercise, relaxation and medical check-ups)
 - Management of Emotions: (reduced guilt, anger, and depression)
 - Self-Efficacy: (increased confidence in coping with caregiving demands)
 - Use of Community Resources: (increased utilization of local services)
 - <http://www.msuextension.org/>