

Breakout Session #1: Status of Respite Services in Denver Metro Area

What respite services currently exist in your community?

- Alzheimer's Association
- Area Agency on Aging
- ARCH
- Buddy Break
- Colorado State University
- COPARC
- Douglas County - Thunder Ridge High School
- Easter Seals Colorado
- Elder House
- Faith communities
- Family Voices
- HCP programs
- Innovage
- Jefferson County Day Program
- Jewish Family Services
- JFS - Senior Solution
- Johnson Adult Day Program
- Kidstown
- Metro Partners
- Mile High Leaps and Bounds
- MOSAIC
- Mulroy Center
- My Y Time to Play (YMCA)
- NAMI Colorado
- Northeast Colorado Health Department (Family Recess)
- Night Lights
- Night O.W.L.S. (DU)
- PACE
- Parent to Parent
- Parents Night Out
- PASCO
- Respite Care, Inc.
- Respite services through CCBs
- Schlessman YMCA

- Seniors' Resource Center
- Starr Center
- Summer camps (Easter Seals, Adam's Camp, etc.)
- The Senior Hub

What resources are available to search for respite providers in your community?

- 211
- AAA
- Adoption Exchange database
- Agency newsletters and resource lists
- ARCs
- ARCH
- Bluebook.com
- Care.com
- COKinship.org
- Colorado Coalition of Adoptive Families
- Colorado Respite Coalition
- COPARC
- Faith communities
- Family Voices
- Hospitals, medical offices
- Jeffco Action Center
- PADCO
- Parent 2 Parent List Serve
- School districts
- Specialized Sitters

What are the main funding sources for clients and agencies?

- Area Agency on Aging – Respite grant
- Community funds
- DHS
- Foundations (i.e. Daniels Fund)
- Grants
- Insurance
- Medicaid
- Medicare
- Private pay

- RCCO – Colorado Access
- Scholarships through agencies
- VA Assistance
- Volunteer assistance

Where are the gaps in service?

- Emergency respite
- Overnight respite
- Adults 18-59 years old
- Developmentally delayed
 - Dual diagnosis
 - Chronically ill
- Mental health patients
- Families who speak English as a second language or limited English
 - Families and communities facing cultural barriers
 - Lack of care for sibling or other family members
 - Families without transportation
 - Undocumented community members
 - Homeless community members
- Families over/under financial limit (earn too much for help but too little to pay)
 - Families in rural areas
 - Adoptive and foster families

Additional gaps:

- Resource availability – families not knowing what resources exist and where to go for help
- Knowledge and understanding of existing respite resources and financial assistance

Breakout Session #2: How to Strengthen Respite Services in Denver Metro Area

Ideas for Strengthening Respite:

- Identify need for respite as a risk (similar to seatbelt usage, home life, etc.)
- Strengthening the language in how we advocate
- Share materials and resources with medical offices
- Work across populations (state and age groups)

- Increase number of agencies that can access funding
- Increase availability of emergency respite
- Develop stronger intergenerational care and training to serve more families
- Develop new community respite coalitions (Northern Colorado, Northeast, etc.)
- Partner with translators to increase number of resources available for families who speak English as a second language
- Improve understanding of other culture's needs and concerns about respite care
- Encourage stronger collaboration among agencies to share resources and create partnerships
- Involve students of all ages to volunteer at respite programs, educate others about respite and special needs populations
- Look at other state's respite models and programs for new ideas
- Identify sustainable and collaborative funding opportunities
- Educate community about the benefits of respite to the care recipient as well as the caregiver
- Increase community awareness and support for respite care
- Encourage stronger involvement from faith communities
- Establish a relationship with workforce centers
- Improve case workers and providers' knowledge of respite through presentations and increased trainings
- Encourage agencies to partner to create a multi-generational respite program
- Develop more caregiver support groups
- Encourage more direct support from CCBs to individuals and families
- Plan a "Respite Day" at the Capital
- Create a community outreach video/PSA with a university film department
- Encourage caregivers to share written, spoken or video testimonials to promote awareness
- Identify funding to help find more statistics and better quantify the impact of respite
- Partner with Girl and Boy Scouts to create a "respite badge" for volunteering
- Increase number of social activities for kids with special needs and their siblings
- Partner with Jewish Disability Awareness Day
- Identify mentors to help normalize respite
- Encourage corporate involvement – donations of hotel rooms, tickets, meal for families

Next Steps

Form New Respite Coalitions (specifically Northeast Colorado/Northern Colorado)

- Appoint leadership
- Invite new partners include agencies not represented at summit, faith community, policymakers (state, county and city)
- Plan monthly or quarterly meetings to keep group updated
- Develop goals and strategic plans
- Create communication and messaging plan
- Ensure that the commitments are shared by all members – not just one or two people

Stay involved with Colorado Respite Coalition

- Join CRC's mailing list
- Like us on Facebook
- Attend quarterly meetings
- Stay up to date with CRC grant opportunities
- Network with other members to stay up to date on respite news in the region

Promote respite within your community

- Post respite news on your agency website
- Add CRC logo and website to respite materials for families
- Consider asking your faith community, school, etc. about developing a respite program

Collaborate with your peers

- Learn more about existing respite services
- Share resources with your peers to help direct families to respite services
- Share respite models and solutions with other communities and agencies
- Consider collaborative funding opportunities to develop new or sustain existing respite programs

If you have questions, please contact Meghan Baskett at mbaskett@eastersealscolorado.org.