

## **Breakout Session #1: Status of Respite Services in Grand Junction**

### **What respite services currently exist in your community?**

- Alzheimer's Association
- Area Agency on Aging (AAA)
- ARCH
- Ariel
- Aspen Ridge
- Canyon View Church
- Caregiver support groups
- Center for Independence
- Easter Seals Colorado (seasonal)
- Family Health West
- First Congregational Church
- First Light
- Hilltop
- Home health agencies
- Hope West Hospice
- LAP (Life Adjustment Program)
- Mind Springs Health
- MOSAIC
- NAMI
- The Oaks – 18+: Medicaid will pay for 7 days/month
- Parenting Place
- Project Hope – The Prom
- Pace
- STRIVE – 1. FSS – children with disabilities; 2. Community 18+ without disabilities (United Way funded)
- Sunrise Church
- VA
- Visiting Angels

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

- 211
- AAA
- ARCH
- Bluebook.com

- Care.com
- Caregiver registry through MS Society, Hilltop and ARCH
- Family Health West
- Mind Springs Health
- St. Mary's Hospital – Senior Companion

**What are the main funding sources for clients and agencies?**

- Area Agency on Aging – Respite grant
- Community funds
- DHS
- Grants
- Insurance
- Medicaid
- Medicare
- Private pay
- RCCO - RMHP
- VA Assistance
- Volunteer assistance

**Where are the gaps in service?**

- Emergency respite
  - Adults 18-59 years old
  - Developmentally delayed
    - Chronically ill
  - Mental health patients
- 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 and outside of Mesa County

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 Grand Junction**

### **Ideas for Strengthening Respite:**

- More PR around respite
- Update 211 with respite resources
- Develop respite road map
- Eliminate silos
- Increase awareness and education through online support groups, social networking, outreach and collaboration
- Educate current caregivers about resources and trainings as well as potential caregivers
- Develop counseling for caregivers
- Partner with colleges and high schools to develop programs for youth to earn service hours or credits
- Engage volunteers for new respite program
- Work to find financial support for families
- Develop co-op for respite
- Engage faith communities, schools and medical offices
- Plan lunch and learns at hospitals, schools, community events and the VA
- Collect testimonials (written, video and speakers) to increase public awareness and understanding
- Promote respite through media – billboards, park benches, local channels and community boards
- Attend expos and conferences to share resources

### **Next Steps**

- **Form Western Slope Respite Coalition**
  - 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

- **Partner with 211**

- Develop system for updating current resources and keeping them current
- Ensure that resources are filtered properly by age group, need, etc.
- Work with 211 employees to help them understand respite to better serve families
- Consider creating a “respite” listing under types of services

- **Identify other key partners**

- Research under-utilized buildings and spaces that could be used for respite (especially faith centers and schools)
- Invite diverse group of representatives:
  - Respite agencies
  - State and county agencies
  - Parent to Parent (contact Front Range office)
  - School districts
  - Colleges and universities
  - City and county representatives
  - Faith community representatives
  - Hospitals
  - Long-term care providers
  - Family caregivers
  - Health providers
  - Kiwanis, Knights of Columbus, etc.
  - Parks and Recreation Department

### **How can the Colorado Respite Coalition help you succeed?**

- Education about grant application process and how to find funding
- Ideas on how to recruit people, best utilize time, resources and key partners
- How to best educate the community
- Help developing a resource flyer or outreach materials
- Ideas to saturate the community with information