

Respite Services and Supports for Kinship/Grandfamilies

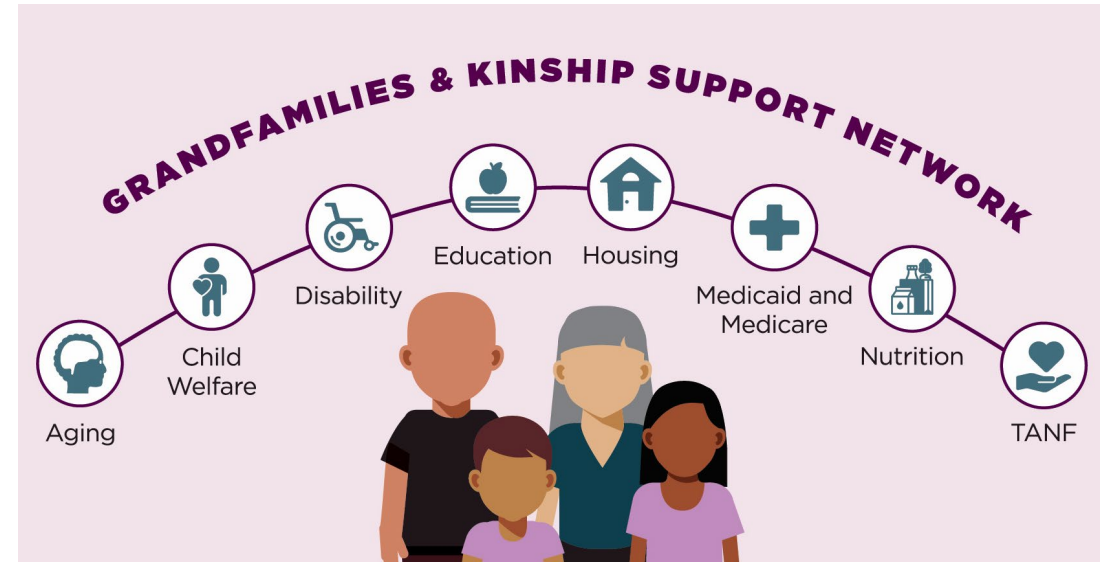
July 16, 2024

- We will begin at the top of the hour
- Please type in the **chat** box - your name, state, tribe (if applicable), and role
- Type questions in the **chat** box at any point during our time together
- All participants will receive a link to the slides and recording in the next day or two

GRANDFAMILIES & KINSHIP SUPPORT NETWORK

A National Technical Assistance Center

- 5-year (2021-2026) cooperative agreement with Administration for Community Living
- Purpose is to provide technical assistance to the array of tribal, state, and territorial government agencies, as well as non-profit organizations that serve kinship families
- Not designed to serve the families directly – working to improve systems for families



How We Help



Learning Collaboratives and Information Dissemination

The Network hosts [webinars](#) and facilitates learning collaboratives.



Individual Assistance

We respond to [individual requests for help](#) from government agencies, kinship navigators, and community-based nonprofits.



A Centralized Hub

The Network is elevating exemplary kinship/grandfamily practices and programs from around the country on its accessible website, www.GKSNetwork.org.



The First-Ever National Technical Assistance Center for those who Serve Kinship/Grandfamilies

We help government agencies and nonprofits in states, tribes, and territories work across jurisdictional and systemic boundaries to improve supports and services for families in which grandparents, other relatives, or close family friends are raising children.

Stay Connected & Access Support

Sign up for our monthly newsletter, which will provide you with updates on new Network resources.



For the latest updates, follow the Network on LinkedIn!





The Network is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$9,950,000 with 95 percentage funded by ACL/HHS and \$523,684 and 5 percentage funded by non-government sources. The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

Meet our Presenters

- **Rosalyn Alber**, Kinship and Lifespan Respite Program Manager, Home & Community Services, Aging & Long-Term Support Administration, Washington State Department of Social and Health Services
- **Larry Cooper**, Executive Vice President of Innovation, Children's Home Network
- **Jill Kagan**, Director, *ARCH National Respite Network and Resource Center*, and Grandfamilies & Kinship Support Network Subject Matter Expert
- **Kim Vivaldi**, Human Services Program Coordinator, Division for Aging Services, Virginia Department for Aging and Rehabilitative Services

Respite for Kinship Caregivers

Grandfamilies & Kinship Care Network
July 16, 2024



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.



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
 - Group Home or Childcare Centers
 - Community-based agencies
- Informal Services
 - Parent Cooperatives
 - Family and Friends
 - Volunteer or Faith-based





Where can kinship caregivers find respite?

- Kinship Navigator Programs
- National Respite Locator Service
<https://archrespite.org/caregiver-resources/respitelocator/>
- Eldercare Locator
1-800-677-1116 or eldercare.acl.gov
- Grandparent, Kinship or Disability Organizations
- Word of Mouth – Grandparent and Kinship Care Support Groups
- State Respite Coalitions/Lifespan Programs
<https://archrespite.org/ta-center-for-respite/state-respite-coalition-contacts/>

State Respite Coalition & Lifespan Respite Grantee Contacts





Paying for Respite





Private Sector Options

- Disability Organizations
- Community-based Programs on sliding-fee scale
- Parent Cooperatives
- Free Volunteer or Faith-based Services
- Self-pay



Public Programs

- Medicaid Waivers
- National Family Caregiver Support Program
- Other Federal Programs [Title V Children with Special Health Care Needs, Community-Based Child Abuse Prevention Programs(CBCAP)]
- State Funded Respite Programs
- Lifespan Respite Care Program

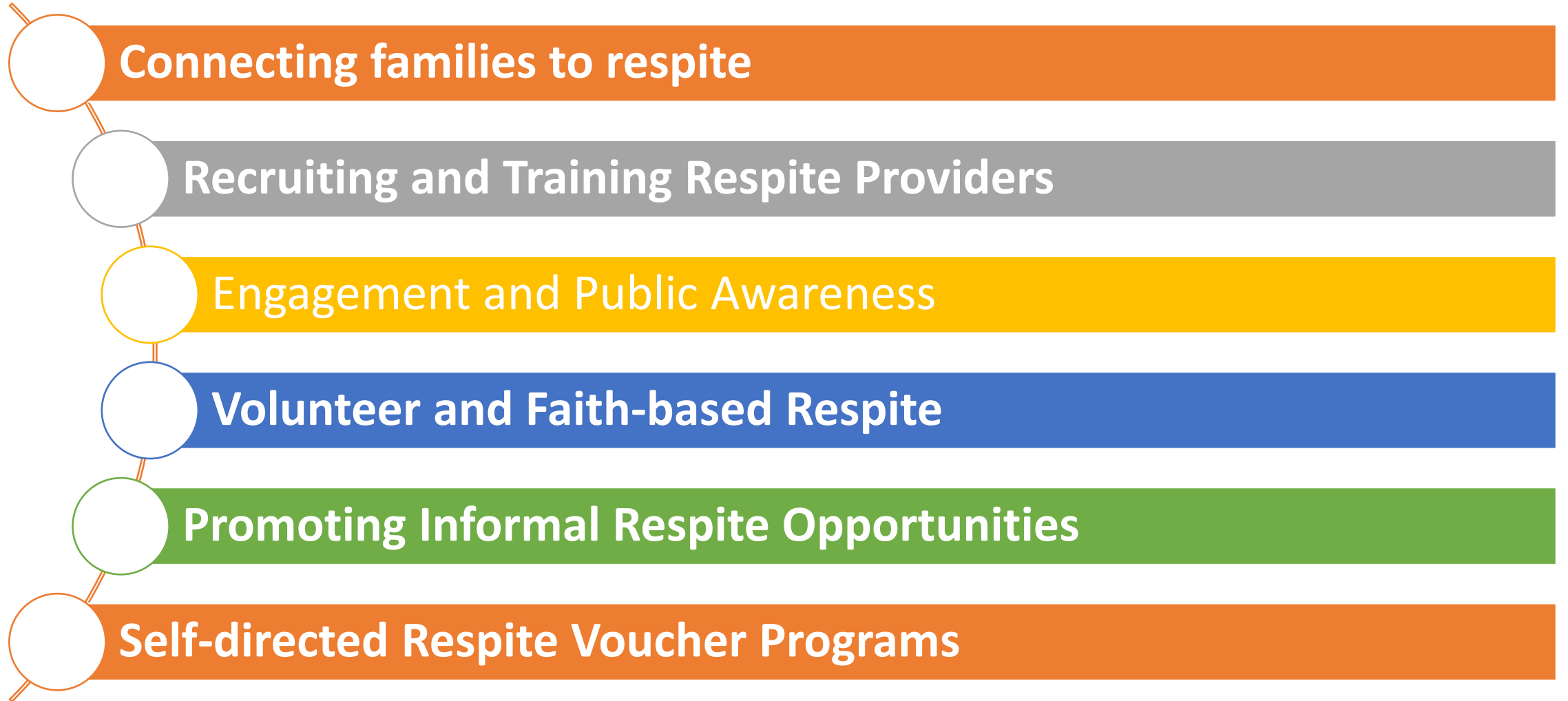




Lifespan Respite Care Program

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

Lifespan Respite Grant Activities



Self-Directed Respite Voucher Programs

Who can families select to provide respite?

- ❑ Family, Friends, Community Members
- ❑ Agencies

Who receives payment?

- ❑ Reimburse Family Caregivers
- ❑ Reimburse Agencies/Providers

Find a Statewide Voucher Program

<https://archrespite.org/ta-center-for-respite/respite-voucher-programs/apply-for-state-lifespan-respite-voucher-programs/>



Robust Website: Caregiver Resources

- ABCs of Respite: A Consumer Guide for Family Caregivers
- Find a Respite Provider
- Planning for Respite
- Types of Respite
- How to Choose a Respite Provider
- How to pay for Respite
- How do I get paid to be a family Caregiver?



The screenshot shows the ARCH National Respite Network website. The header includes the ARCH logo and navigation links for Caregivers, Respite Providers, Lifespan Respite, and Policy & Advocacy. The main content area features a large image of a smiling woman holding a laughing child, with the text "Resources for Caregivers" overlaid. Below the image are social media sharing icons and a paragraph explaining that respite is a service providing a temporary break from caregiving. A "VIEW & DOWNLOAD" button is visible at the bottom of the page.

ARCH National Respite Network AND RESOURCE CENTER

Caregivers Respite Providers Lifespan Respite Policy & Advocacy

Resources for Caregivers

Share this page:     

Respite is a service that provides a temporary break from caregiving for the family caregiver. It is important for caregivers to plan ahead if possible when they begin their caregiving activities to access intermittent breaks from caregiving. To be most effective, you should consider respite services much earlier than you think you will need them. Respite will be most helpful if you use it before you become exhausted, isolated, and overwhelmed by your responsibilities. Respite services can be beneficial, meaningful, and enjoyable to both the caregiver and the care recipient.

Much of the information included in these pages can be found in the [ABCs of Respite - A Consumer Guide for Family Caregivers](#).

[VIEW & DOWNLOAD](#)

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



Nine Steps to Respite for Grandfamilies

Available in English and Spanish

<https://archrespite.org/library/nine-steps-to-respite-for-grandfamilies/>

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And Resource Center
archrespite.org

STEP 1 Understanding Respite Care

2 Types of Respite Care Available

STEP 3 Where Do I Find Services?

STEP 4 How Will I Pay for Respite?

5 How Do I Decide What's Right for Me?

STEP 6 Preparing My Family Member for Respite

STEP 7 Planning to Make the Most of Respite

8 Orienting Respite Providers

STEP 9 Find Out About Other Helpful Resources

9 STEPS TO RESPITE CARE for Grandfamilies

A Pathway to Get the Break You Deserve

If you are a grandparent or other relative caring for your grandchildren, nieces, nephews or other related children, you may be considered a “grandfamily.” The relationship between grandparents and grandchildren is often a very special one. For a growing number of grandparents, grandparenting really means full-time parenting for a second family.

As a grandparent or family member providing care for your grandchild or another child in your family, you may engage in multiple roles in supporting their development and overall quality of life and that includes being a caregiver. You are called a caregiver if you provide care or support for a child in your family, whether you help full-time or as time permits. Typically, caregivers are parents, but can include other family members, such as grandparents, aunts, uncles, or siblings who are providing care.

▶▶▶ **What is respite?** Respite is a temporary break from caregiving responsibilities, from taking care of the children in your home so that you can get a break, enjoy yourself, connect with friends and other family members, take care of your health issues, recharge your batteries, or just rest.

Undertaking the full-time responsibility for raising a grandchild or other relative causes major changes in one’s life. This new role often includes physical, emotional, social, legal and financial challenges that were not present when you raised your own children. Respite, a temporary break from the ongoing responsibilities of caregiving, can provide a much needed break from these responsibilities, giving time to balance caring for your grandchildren with caring for yourself.

Grandfamilies often face unique legal and financial challenges. Most grandparent and other relative caregivers step into the parenting role without legal custody or guardianship and may lack the necessary authority to consent to medical care, access education, or obtain larger, affordable housing to accommodate the new family members. The cost of raising children is also something that can cause a tremendous burden and financial

▶▶▶ **The 2018 Children Thrive in Grandfamilies** fact sheet by Generations United provides important data on how children in the care of relatives have positive experiences compared to children in non-relative care: www.gu.org/resources/children-thrive-in-grandfamilies/

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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Transforming
Lives

Washington State Kinship Respite Opportunities

- **Kinship Program Services**
- **Lifespan Respite Program**
- **Other Respite Opportunities**



Kinship Navigator

Services as Usual & Case Management

Services as Usual:

- Information and Assistance Model funded by the state legislature since 2005.
- Kinship Navigators provide information, assistance, and support to caregivers raising their relatives' children both inside and outside of the formal child welfare system.

Case Management Needs Assessment Respite Question:

Do you use or need these respite services? **(Select all that apply)**

- Respite for caregivers (DCYF)
- Respite programs (DD Administration)
- Other respite vouchers programs (e.g., Lifespan Respite)
- Camp/retreats
- Child/youth activities (e.g., extra-curricular activities, scouts, sports)
- Family recreation activities

KCSP and Tribal Kinship Navigator Programs

- **KCSP funds are to provide durable goods for kinship caregivers who are not involved with the child welfare system. These funds can also be used for camps and youth activities.**
- **Tribal Kinship Navigator Program-seven of 39 federally recognized tribes in WA state partner with AL TSA to provide Tribal Kinship Navigator Program.**
 - Seven participating tribes include-Lummi, Quileute, Makah, Port Gamble S'Klallam Tribe, Samish, Colville, and Yakama Nation

*Note: Kinship Navigator, Tribal Kinship Navigator, and KCSP are state funded programs

WA State Lifespan Respite Program

- Respite Vouchers
- Statewide Coalition
- Tribal Lifespan Respite Pilot-Port Gamble S'Klallam Tribe

Find out more about [Lifespan Respite in Washin](#)



Tribal Respite Pilot Project

Port Gamble S'Klallam Tribe

- Developed their own training with input from DSHS/ALTSA
- Train Tribal members to provide respite within their own community
- Lifespan Respite funds are provided respite vouchers.
- This fills a gap for the community as many of their existing respite resources have eligibility limitations, such as diagnosis, age of caregivers, etc.
- The pilot project is available to use as a templet for other interested Tribes.

Other Respite Opportunities

Statewide Kinship Navigators and Lifespan Respite Voucher Program staff

- Refer to each others' programs
- Connect caregivers with local resources such as before and after school programs, free activities, camps, play groups, etc.



Virginia Lifespan Respite Voucher Program (VLRVP)

Grandfamilies and Kinship
Caregivers

Kim Vivaldi RN MSN



Grandfamilies and Kinship Caregivers Respite Voucher Program



- The VLRVP has expanded its program to provide reimbursements to Kinship Caregivers to take a break from caring for their loved one.
- The Kinship Caregiver Voucher Program is designed for grandparents or other blood relatives caring for a minor child(ren) for whom they have custody.
- There is no age limit associated with this program.
- The goal of this program is to enhance access and reduce barriers to respite care, as well as, enhance education and awareness about respite care.

Grandfamilies and Kinship Caregivers Respite Voucher Program



- Respite funding is limited to \$595.00 per family through June 30, 2026, or until funds are exhausted.
- Virginia was able to expand to providing funding for Grandfamilies and Kinship caregivers from a supplement grant from ACL in 2023.
- Division for Aging Services administers the program, which began accepting application for the Grandfamilies and Kinship Program in February of 2024.

Positive Outcomes

Family member reported:

- The funds provided an opportunity for the child(ren) otherwise they could not afford before.(camps, visits with family, etc.)
- Peace of mind and confidence.
- Relaxed and enjoyed moment of “silence”.

Family reported the child(ren):

- Was able to go to facility to enjoy things they have not done before.
- Build trust with staff, and other responsible adults.
- Had Fun!!!

Health Care Concerns Noted on application



- Currently 75% of the Grandfamilies and Kinship Caregivers are reporting Attention Deficit Hyperactivity Disorders, diagnosis in the child(ren) they are caring for.
- With many of the families providing Individual Educational Programs (IEP) indicating diagnosis with
 - Autism
 - Anxiety
 - Speech Delay
 - Complex PTSD
 - Fetal Alcoholism
 - Disruptive Mood Dysregulation Disorders
 - Oppositional Defiant Disorders

Resources for Caregivers



- [Taking Care: A resource Guide for Caregiver](#)
- [Family First Virginia](#)
- [Kinship Virginia](#)
- [Virginia Navigator](#)
- [Application for Virginia Kinship](#)



CAREGIVER SUPPORT

Children's Home Network[®]

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Executive VP of Innovation



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Connect with us:    

VISION: To be a recognized leader in innovative programs and services in the field of child and family well-being, and as an exemplary model for the governance, management and operation of non-profit entities.

MISSION: We unlock the potential of at-risk children and families by providing compassionate and effective services that create opportunities for success.

VALUES: The values honored by the Children's Home Network help to form our thoughts and guide our decisions and conduct in delivering our mission. Our interactions are based upon respect and dignity.

We strive for excellence in all that we do. People can trust in our word and abilities. We conduct our work with compassion and understanding.

CAREGIVER SUPPORT SERVICES

Caregiver Support Services (CSS) offers comprehensive support to caregivers and their families to prevent child abuse and neglect. The program serves children between the ages of 0-13 who have physical disabilities, social-emotional challenges, or developmental delays/disabilities and their caregivers.

KIDS VILLAGE

Kids Village, offers two levels of residential care, including the Children At-Risk of Human Trafficking program. Services provided to children ages 4-17 include individual and group therapy, psychiatric treatment, nursing, Applied Behavior Management, recreation, educational support, and assistance with activities related to daily living skills.

SEEDS

SEEDS is a multi-disciplinary intervention program that works collaboratively with schools, family members, and the community to ensure children are ready for Kindergarten, promoted at the end of the school year, and reading on level by third grade in Hillsborough County.

FOSTERING FAMILIES

Fostering Families is committed to recruiting, preparing, and supporting foster families and to nurturing children and mentor families as a whole, striving to keep siblings together, while providing safety and permanency through reunification and family restoration.

KINSHIP / FAMILY FINDING

These programs support and seek out grandparents, relatives and non-relative caregivers caring for children full time through Kinship Navigation and Emotional Support Services, early childhood education, tutoring, support groups and promoting self-care practices and programming throughout Central and South Florida and offer consultation & training across the country.

PINELLAS SUPPORT TEAM

PST provides behavioral modification, individual and family counseling, and tutoring services to families residing in Pinellas County. PST Staff work closely with the schools in Pinellas County to identify students in pre-kindergarten-high school who are experiencing difficulties due to behavioral or emotional issues impacting their academic success.

HEALTHY FAMILIES HILLSBOROUGH

This nationally accredited home visiting program for expectant parents and parents of newborns experiencing stressful life situations improves childhood outcomes and increases family self-sufficiency by empowering parents through education and community support.

REACHING AND INSPIRING STUDENTS EVERYWHERE (RAISE)

RAISE works with families of children with a diagnosed disability, children with possible developmental delays, and children displaying disruptive or concerning behavior. RAISE services include collaboration with schools and the community to ensure children birth through 3rd grade and their families receive individualized services designed to meet their needs, and promote positive behavioral, developmental and educational outcomes.

What is Caregiver Support Services?

- A respite and wraparound service with an overarching goal to reduce and eliminate the incidence of abuse and neglect and placement of children into foster care in the Tampa Bay Area of Central Florida
- CSS:
 1. Places an emphasis on family choice and voice
 2. Assists the family in reducing stress by increasing access to community supports and resources
 3. Offers time limited respite services in a variety of settings
 4. Assists in the development of an informal system for long-term sustainability, and provision of open-ended, long-term support through support groups

Eligibility Criteria

We provide services to any parent or caregiver caring full-time for a child 0-13 and living in the Tampa Bay area

The child may have a:

- Physical disability
- Social-emotional challenges
- Developmental delays/disability

Or a Caregiver may be experiencing an acute situational stress leading to a strained family system.

The child may have an underlying medical condition but deemed “medically stable” and not requiring medical care during respite services.

The Benefits of Caregiver Support Services

- Improve caregiver/child and sibling relationships
- Reduce Parent and Caregiver stress
- Focus on personal and family goals
- Helps families stay healthy and their children reach their full potential.
- Provides the tools and resources for our Navigators and Respite Caregivers to offer the knowledge, empathy, and guidance to parents and caregivers.
- We offer a nurturing experience for those in need of respite care.
- CSS trains and produces quality Caregivers!

What are wraparound services:

- An approach that considers the **whole** family unit, not simply the identified child or caregiver, knowing the family unit is a highly integrated, complex system that must be addressed holistically.
- A thorough **assessment** that includes a determination if the family/child has medical insurance, stable housing, free or reduced school lunch, and other risk factors in addition to assessing protective factors, strengths, and challenges.
- **Connects** families with needed resources to build and expand the family's support systems.
- Offers monthly Support Groups for long-term sustainability.
- Provides Parent/Caregiver education

Types of Respite being offered:

1. Family-Selected caregivers

-selected by the family, assumed to have knowledge of the family, knows the child, and understands the culture and habits of the family. **CSS places great value on family selected caregivers as this respite option has the greatest probability of sustainability as a long-term support for the family. Overnight care may be provided through this stipend-based option.*

2. Respite care providers

-PT and FT employees of CHN

3. Center Based Care

-will be used when the family's choice is to have the child go off site to receive the respite relief. CSS will offer a financial payment for the center care based on the level of care and authorized hours in the service plan.

4. Group Care

-shelter care provided to children that have an immediate need to leave their family setting for a brief period of time allowing the family to secure services, have a cool down period and plan for the reunification.

CSS Staffing

EVP of Innovation
Director of Caregiver Support Services

2 Administrative Support Staff

Clinical Team

- Program Manager
- 2 Clinical Team Leads
- 6 Family Navigators
- Intake Coordinator

Respite Team

- Program Manager
- 3 Respite Supervisors
- Respite/Screening Scheduler
- Respite Providers

Support Team

- Program Manager
- QA/QI Specialist
- Trainer
- 2 Support Group Assistants
- Outreach Coordinator

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To request assistance from the Grandfamilies & Kinship Support Network, visit **www.GKSNetwork.org** and click on “Request Assistance.”

**Join us for
our next
webinar**

Supporting Kinship/Grandfamilies with LGBTQ+ Youth

**July 25, 2024
2:00 pm ET**



To register, scan QR code or register at
<https://www.gksnetwork.org/events/supporting-kinship-grandfamilies-with-lgbtq-youth/>

Q & A

Place your questions in the chat