

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:

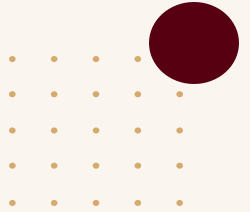
<https://z.umn.edu/respite-evalform>



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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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: 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



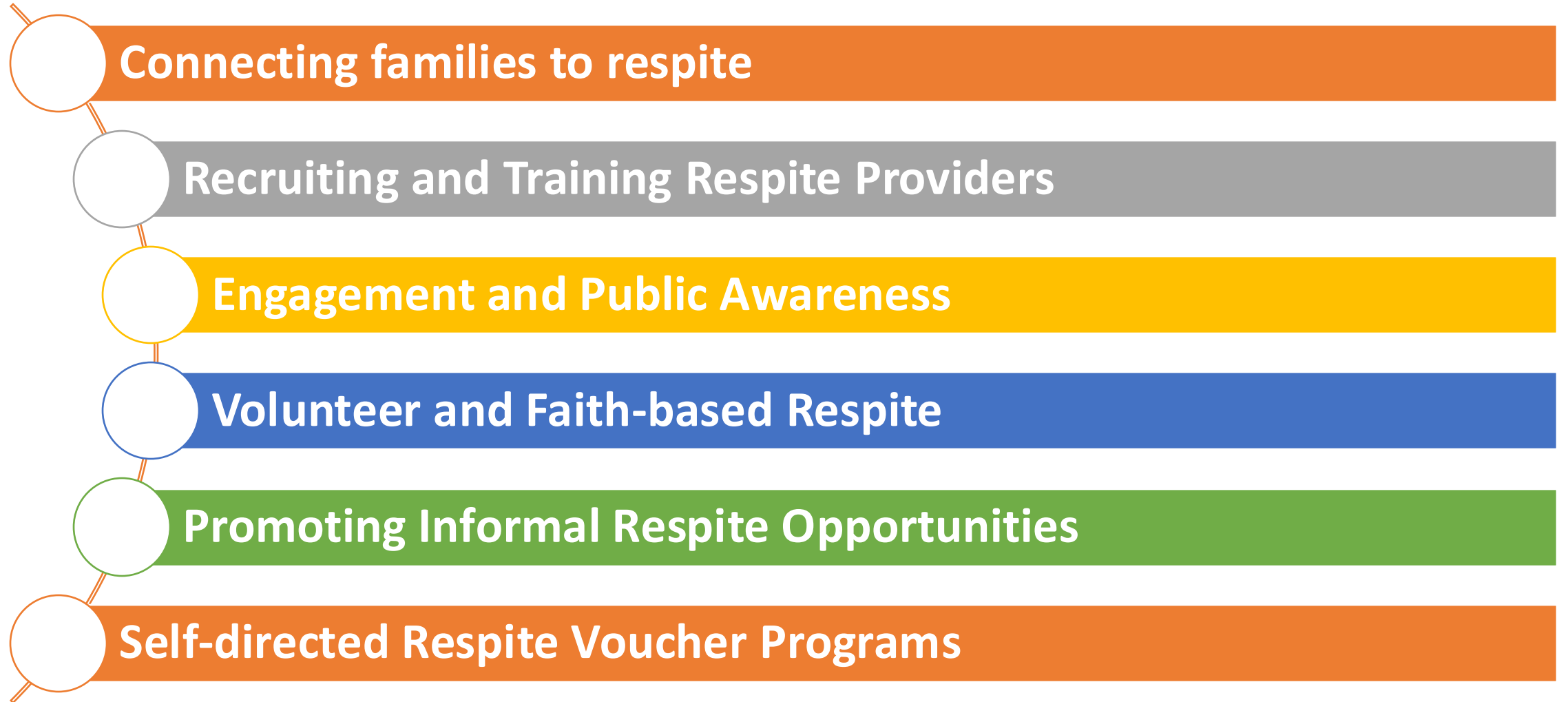


Lifespan Respite Care Program

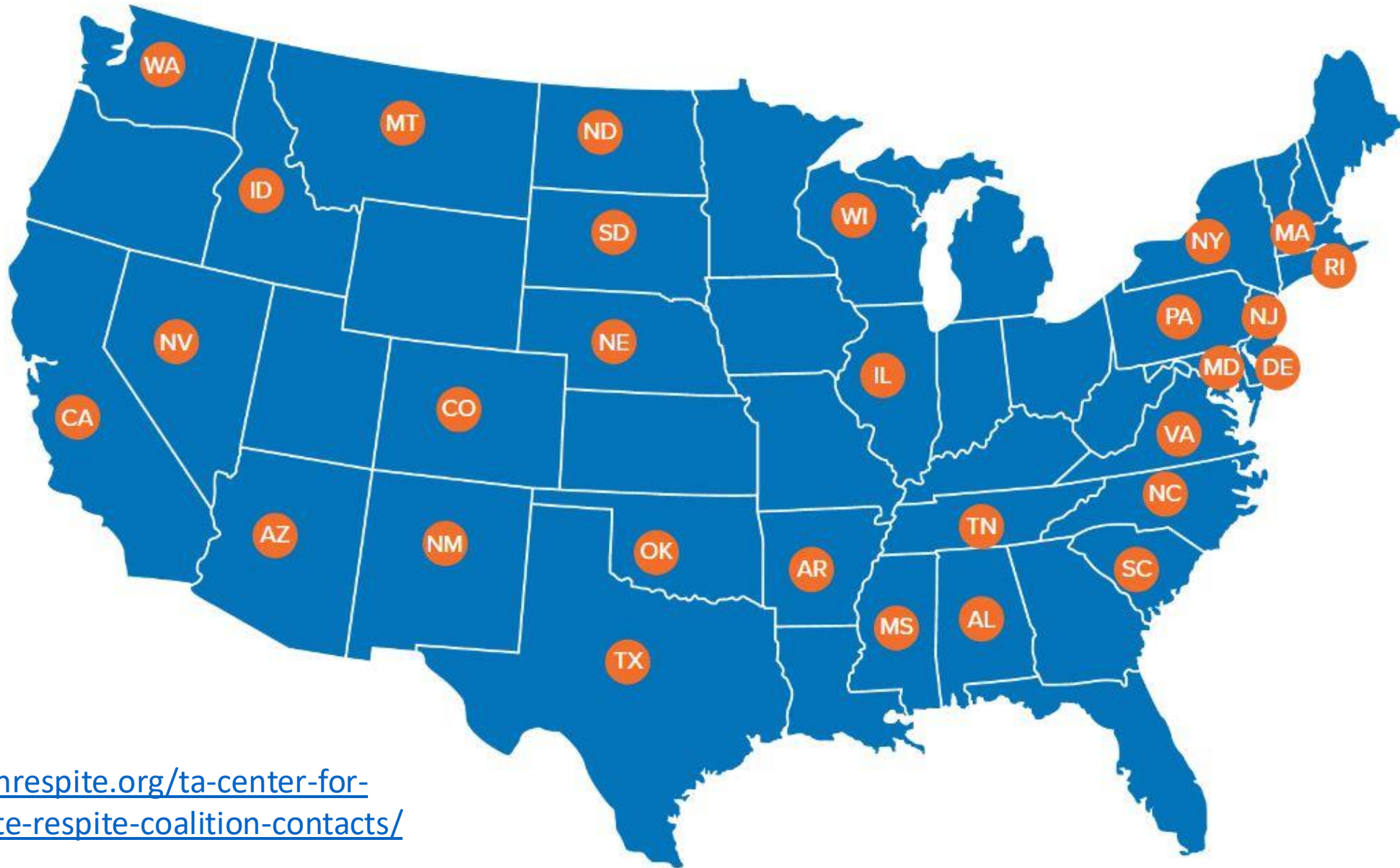
Definition: Coordinated **SYSTEMS** of accessible, community-based respite services for family caregivers regardless of age or special need of the care recipient.

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

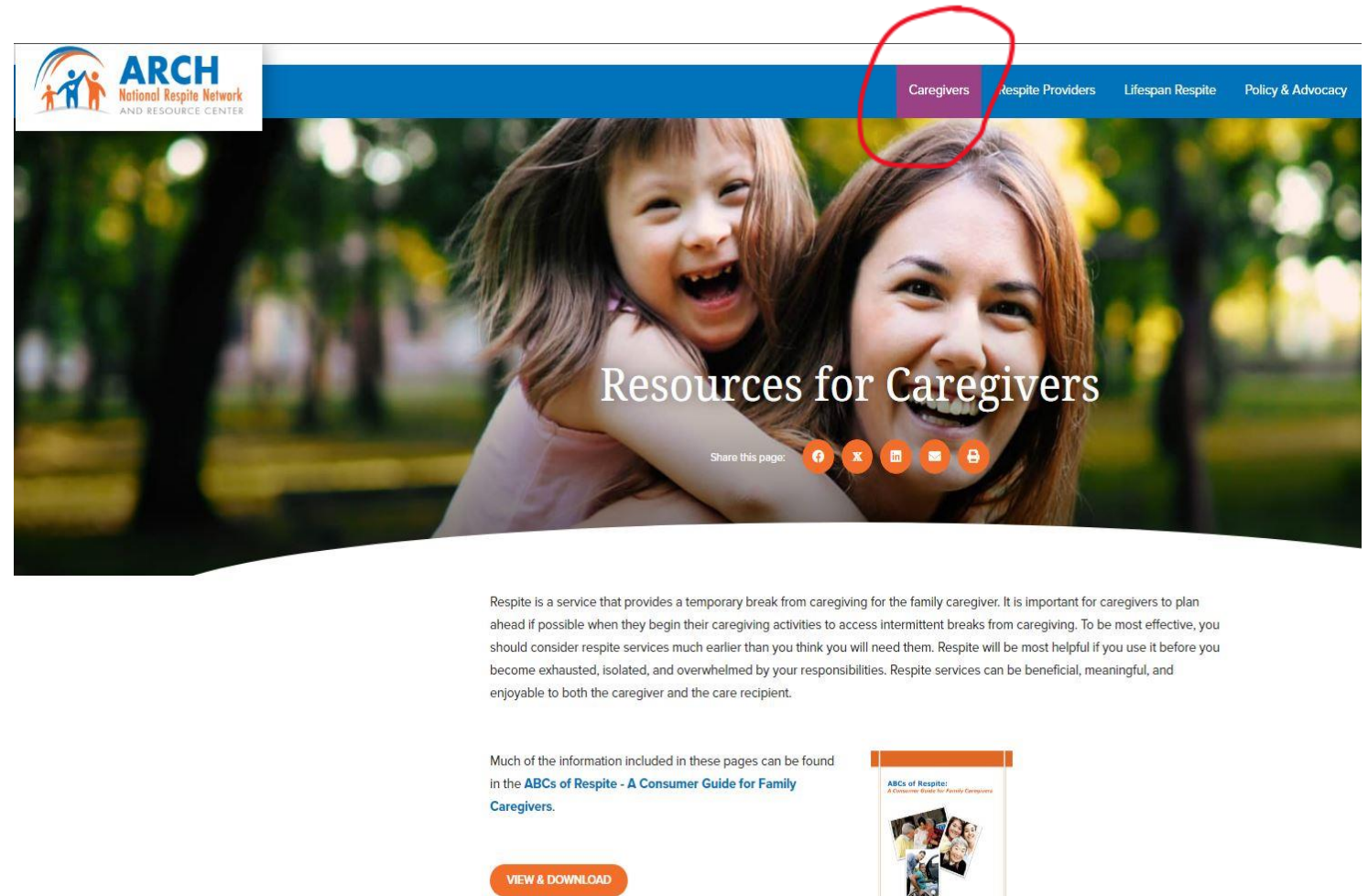


<https://archrespite.org/ta-center-for-respite/state-respite-coalition-contacts/>



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



Jill Kagan, MPH
Director

jkagan@archrespite.org

ARCH National Respite Network
and Resource Center
archrespite.org

Lifespan Respite Technical Assistance Center



This presentation was 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 \$1,647,597 with 75 percentage funded by ACL/HHS and \$549,200 amount and 25 percentage funded by non-government source(s). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

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

