

NEVADA LIFESPAN RESPITE CARE COALITION

MISSION STATEMENT

To support caregivers in our community by promoting awareness and access to, as well as coordination and advocacy for, respite services in Nevada throughout the lifespan.

GOALS

- Provide education and training to families, providers and agencies
- Maintain updated information on respite resources in the community
- Assist and encourage integration and collaboration of available services
- Serve as catalyst for development of new models of care
- Help secure funding for programs and services
- Ensure that all ethnic groups have access to services that are sensitive to cultural diversity

NEED FOR IMPROVED ACCESS TO QUALITY RESPITE CARE

According to the National Resource Center for Respite and Crisis Care Services (ARCH): "Respite program provide temporary relief for families or caregivers. Additionally family benefits include: allowing the family to engage in daily activities thus decreasing their feelings of isolation; improving the family's ability to cope with daily care giving responsibilities, helping preserve the family unit by decreasing the pressures that might lead to divorce, institutionalization, abuse and or/neglect".

Status of Respite Services in Nevada:

- Family caregivers provide the vast majority of long-term care received by chronically disabled persons (Family Caregiver Alliance, 2007)
- There is a critical shortage of affordable, in-home or adult day care services in Nevada.
- In many of Nevada's rural frontier communities there are no respite services of any kind
- Lack of respite services affects the health *and* safety of both caregivers and care receivers.
- Many caregivers are forced to either:
 - never leave their family member's side or
 - take him/her everywhere with them, or
 - simply leave the care recipient alone while they do necessary tasks

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- Stress of caregiving has serious negative health effects: Research has consistently found that caregivers become ill due to the stresses of caregiving and often wind up sicker than the care recipient (Schulz, Belle, Czaja, McGinnis, Stevens, & Zhang, 2004)
- Physical and psychological exhaustion of caregivers often forces placement in a long term care facility when a few hours of respite care several times a week significantly increases a caregiver's ability to keep their family member at home.
- Many Nevadans are forced to move from their homes to institutional settings long before it should be necessary.

Benefits of Respite Services

- High quality respite services can contribute to the prevention of stress-related physical and psychological problems experienced by family caregivers
- Access to respite and caregiver support services, in some cases, can allow care receivers to move *from* a skilled nursing home to less costly, less restrictive environment
- Caregiver respite services improves the quality of life and, in many cases, the safety of chronically disabled persons
- Economically, it is cheaper for Nevada to pay for respite care than nursing home care.
- If Nevada had enough affordable and innovative, evidence-based respite care programs, placement in expensive, more restrictive institutional settings could be delayed, and in many cases, prevented altogether
- The Nevada Lifespan Respite Care Coalition is dedicated to working with stakeholders across Nevada to increase access to high quality, evidence-based, affordable respite care

FOUNDING MEMBERS:

American Parkinson Disease Association

Catholic Charities

Cornerstone Care Consultants

Desert Southwest Chapter Alzheimer's Association

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Helping Hand of Vegas Valley
Keep Memory Alive
Leeza Gibbons Memory Foundation d/b/a Leez'a Place
Lend A Hand, Boulder City
Lied Adult Daycare Center
Lou Ruvo Brain Institute
National Sliver Haired Congress
Nevada Caregiver Support Center, University of Nevada, Reno
Northern Nevada Alzheimer's Association
Salvation Army
Sanford Center for Aging
Senior Direction
State Division for Aging Services
The Continuum, Reno
The Lili Claire Foundation
University of Nevada, Las Vegas (Gerontology Program)
University of Nevada, Reno
Volunteer Center of Southern Nevada
Washoe County Senior Services

Thank you.

For more information contact:

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