

Oregon Lifespan Respite Networks Activities, 2007-08

Family/Caregiver Support & Education	Resource Development	Provider Recruitment, Screening & Training	Community Outreach	Barriers/ Challenges
<p>1. Building the resource database for the <i>Network of Care</i> website (http://networkofcare.org/index2.cfm?productid=1&statid=43).</p> <p>Adding features handy for users to retrieve current information. Providing trainings and promoting usage.</p>	<p>Raising donations, and receiving some from Providence Health System; some \$ was spent on children's respite.</p> <p>Also solicited donations for the <i>Grandparent retreat</i>, including fun activities for children-- i.e., passes to the zoo, free tickets to a children's play, gift certificates for hair cuts, etc.</p>	<p>Training staff and community partners to access the <i>Home Care Worker Registry</i> on the Network of Care website.</p>	<p>Sponsored the <i>Family Caregiver Resource Fair</i> at a medical center.</p> <p>Co-sponsored a <i>Caregiver Forum</i>, including professional speakers for: caregiver issues, elder law, self care & accessing resources.</p> <p>Co-sponsored an OPB screening event, <i>Caring for Your Parents</i>, including: a resource fair, Q & A with a panel of experts.</p> <p>Sponsored a <i>Grandparents Raising Grandchildren Retreat</i>. Workshops included: Internet Safety, advocacy for a grandchild in school, Courts while Parenting Grandchildren.</p> <p>Collaborated with Legacy Caregiver Services and sponsored a caregivers event, including: a resource fair, screening OPB documentary <i>Caring for Your Parents</i>, Q & A session with a panel of experts.</p>	<p>Lack of resources for respite. Has support from the coalition to apply for grant opportunities. One grant submitted to help educate non-English speakers & identify culturally appropriate respite resources.</p>

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<p>2. Referring caregivers to training opportunities offered through the local <i>Child Care Resources & Referrals</i> (CCR &R).</p>	<p>Received and continuing to seek grant from the <i>Commission on Children & Families</i>.</p> <p>Having an on-going fundraising through <i>Ink & Toner Project</i>.</p>		<p>Had a booth at <i>KidFest</i>. Effort to increase awareness by providing respite info in Food Bank's food boxes, networking with Building Healthy Families, DHS, Head Start, Safe Harbors (local DV shelter), library, and CCR&R. Handed out a flier at each Sumer Food Program site.</p> <p>Had a <i>radio announcement</i> about respite during the Respite Awareness month.</p> <p>Had an info table at the annual <i>Home Show and Health Fair</i>.</p>	<p>Has a need for qualified caregivers to serve high needs children with DD, MH and emotional or behavioral disorders. Also a need for caregivers covering non-traditional hours.</p>
<p>3. Contributed respite-related articles through various newsletters-- i.e., Senior Heights Newsletter, The Arc Newsletter.</p>	<p>Stipend funds are through The Arc and Family Caregiver Support Program.</p> <p>Fundraised by selling tickets for "respite basket."</p>	<p>Formed a coalition of 10 agencies to address recruitment & retention. Coalition received a \$500 economic development grant to develop a "<i>Big Screen</i>" advertisement to show in local movie theaters.</p> <p>Successfully advertised for providers via the local <i>Internet service provider</i>, and through the local <i>community college</i>.</p> <p>Recruitment also through the <i>Senior Heights Newsletter</i>.</p>	<p>Developed newsletter and brochures throughout the year. Had a <i>Holiday Respite</i> for children with DD and their siblings; also had the flier in Spanish. Promoted respite care in a Senior Expo at the local Cherry Festival.</p>	<p>Lack of state funding for a FT position, which prevents adequate services to families and is difficult to recruit Council members.</p>

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<p>4. Starting support groups for grandparents raising grandchildren; stipend funding is through the local Council on Aging.</p> <p>Will be working with the Community Development Coordinator to develop new resources for families caring for disabled adults.</p>	<p>Partner with the local Council on Aging.</p>	<p>Participated in a job fair at the local community college. Students needing part-time work, particularly nursing students were interested. Will be holding a face-to-face care provider training in 1 county that did not have access to the satellite classrooms.</p>		
<p>5. Co-sponsored <i>Family Caregiver Conferences</i>.</p> <p>Coordinated <i>Family Fun Days</i> for special needs children.</p> <p>Taught <i>Power Tools for Caregiving</i>.</p> <p>Presented and trained about respite care in the community.</p> <p>Facilitated a support group for employees through the <i>Employee Assistance Program (EAP)</i>.</p> <p>Developed and taught “Compassion Fatigue” for various agencies.</p>	<p>Contracted with EAP to provide support to county employees who are family caregivers.</p> <p>Earmarked presenter’s honorariums for stipend funds.</p> <p>Collaborated with the Tri-County Coalition to write a grant to the National Family Caregiver Coalition. Funds were used to sponsor caregiving conferences.</p> <p>Secured funding for all future Family Fun Nights from the <i>Oregon Down Syndrome Association</i>. Space for the events is offered by a local church.</p>	<p>Does not keep an in-house provider list, but work closely with the respite referral care provider agencies for the county.</p> <p>Being part of the county’s Volunteer Connection Department has helped Coordinator to develop a volunteer pool of respite providers.</p>	<p>See the activities under Family/Caregiver Support & Education.</p>	<p>Lack of sustainable and reliable funding.</p> <p>Challenges of 1 person being responsible for 2.5 jobs.</p> <p>Partners who want to participate but do not have resources.</p>

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<p>6. Coordinated a caregiver support group once a month.</p> <p>Provided health & disease specific information at health fairs.</p> <p>Promoted respite care through <i>Living Well with Chronic Conditions</i> class presented by the county Public Health.</p>	<p>Work with the Area Agency on Aging for the Family Caregiver Support Program's funding.</p>	<p>Effort to recruit by advertising and by direct contacts at meetings, or at a local senior meal site, or at a local food bank.</p> <p>Time and funding permits, hope to offer trainings on these issues: Alzheimer's, Elder abuse, ID theft prevention, Balancing elder care and work, Health insurance issues for the elderly and ones who care for them, Parkinson's, etc....</p>	<p>Provide information about respite care for partners to distribute at meetings, county fairs, health fairs, and other gatherings.</p>	<p>Biggest challenge has been recruitment of new respite care providers.</p> <p>Not enough funding for administrative costs-- i.e., staffing.</p> <p>The impact of not having adequate services for a small population in a rural/frontier area is greater, in comparison to a larger populated area.</p>
<p>7. Conduct a monthly community resource committee meeting.</p> <p>Hold an <i>Annual Caregiver Extravaganza</i>; this year was at the local senior center.</p> <p>Updated the <i>National Caregivers Training Program</i>, designed to help families learn the skills and knowledge in providing safe and confident home care.</p> <p>Created a new toll free number for 1 of the 2 counties' served.</p>	<p>Contract with the local senior center for respite dollars to serve family caregivers 60+.</p> <p>Continued to have a contract with Klamath Hospice with no increase of funds.</p> <p>Organized an "untea party" fundraising event, sponsored by local businesses.</p>	<p>Collaborated with outer areas of the county, as there is a great need for respite. This is also a good way to recruit more respite providers.</p> <p>Provided training on the <i>National Caregiver Training Program</i>; topics include: infection control, vital signs, and stress relieving resources.</p>	<p>Worked with a community partner to help apply for the <i>Grandparents as Parents Support Group</i>.</p> <p>Participated in the Children's Fair. Handed out coloring books with Lifespan Respite information on them.</p> <p>Collaborated with the OSU Extension office to offer the <i>Diabetes: A Guide to Living Well</i> workshop.</p>	<p>Recruitment of male respite care providers.</p> <p>Not enough funding for stipend to serve those who are not served by other programs.</p> <p>Outreaching to the outlining communities has been challenging due to the hard winter. Will make effort to conduct workshops earlier in the year.</p>

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<p>8. Walk families through the intake process and help them find a provider that match their needs.</p> <p>Have providers complete “necessary process” to become respite care providers.</p>	<p>Continue to look for fundraising projects, in addition to apply for grant foundations.</p> <p>Applied for grants from Zonta (a women’s group), Safeway Corporation and Meyer Memorial Trust.</p> <p>Continue to have contracts with senior services and DD services.</p>	<p>Recruitment methods: fliers, newspaper ads, family referrals, referrals from working providers, and community presentations.</p> <p>Orientation to providers include: program overview, completion of criminal history check application, confidentiality, and abuse reporting.</p> <p>Work with the local community college’s job placement program for students.</p> <p>Providers are also encouraged to attend the annual conference on aging, and the available monthly trainings.</p>	<p>Participate on advisory boards and committees—i.e., Early Intervention Advisory Council, Sorb, Safety Net, United Way.</p> <p>Lifespan Respite staff does presentations for United Way during the campaign period.</p> <p>Participate in annual fairs-- i.e., Volunteer Fair, Earth Fair.</p> <p>Distribute brochures and fliers at the hospital, physicians’ offices, churches, schools, local college, and other agencies in the county.</p>	<p>Transportation to rural areas is challenging with the high gas price. Is working on funding sources for a transportation fee.</p>
<p>9. Conducted Workshop 101, Powerful Tools for Caregiving, and Grandparent Support groups.</p> <p>Worked with a partner on the Lifespan Respite Committee to develop a DVD about caregiving respite care. It may be shown on local TV channel.</p>	<p>Developed a brochure to request donations from local businesses for the Grandparent Support Group (GAP) and Parents Night Out.</p> <p>Received an award for the Brookdale grant for GAP.</p> <p>Had a rummage sale.</p> <p>Support from volunteers.</p>	<p>Most recruitment has been through word-of-mouth.</p> <p>Encourage providers to attend local trainings and trainings through the Home Care Worker Commission.</p>	<p>Be present at all community fairs & events. Distributed fliers to all schools city and county wide.</p> <p>Belong to the two-county Caregiver Advisory Council and the local Early Childhood Council for networking in provider training needs.</p>	<p>Funding. Current level of funding only help support and provide: GAP, Senior volunteer respite, and Parents Night Out.</p>

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<p>10. Provide information, referral and assistance through: mass mailings, presentations, word-of-mouth, radio interviews, newspaper ads, letters to schools and medical community, monthly community services meetings.</p> <p>Offer self-directed training through the lending library.</p> <p>Collaborate with various community partners in Oregon and neighboring state (Idaho) to offer the annual <i>Caregivers Conference</i>. Some workshops are also offered in Spanish.</p> <p>Support partners who provide <i>Parenting Young Children</i> and <i>Parenting Wisely</i> classes once a week.</p> <p>Also support partners in providing various support groups, life skills, and other community supports-- i.e., <i>All About Girls</i> (for adolescent girls), <i>Parents Helping Parents</i> (facilitated by a registered nurse).</p>	<p>Connect family caregivers with the <i>Oregon Parent Training and Information Center</i>. Parents can receive respite funding through the Autism Society of Oregon.</p> <p>Refer families to access workshops such as Family FUN Night at the Family Place. The FUN Nights are in English and Spanish as needed.</p> <p>Support and refer clients of the Family Place and the Family Support and Connection Program (FS&C). Services include: transportation, personal hygiene items, childcare, school supplies, referrals to seasonal charities, etc.</p>	<p>Development of new supports/training is restricted by funding and time.</p>	<p>Support the Autism Center and work with the Autism Support Group. This center was inspired by a mother with her autistic children who did not have needed services in the community.</p> <p>Attended Oregon's first one-day <i>Governor's Summit on Early Childhood: Health Kids Ready for School</i>. The summit brought together early childhood professionals and stakeholders who are dedicated to improving the lives of Oregon's youngest children and their families. The focus was to galvanize an Oregon Action Agenda for Early Childhood that will help ensure all Oregon's children are healthy, thriving and ready for school, and that their parents get the support and services they need to be successful.</p>	<p>Funding and time.</p>

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<p>11. Lifespan Respite staff has recently completed the CPR/First Aid and Powerful Tools for Caregiving trainings to be the trainer. Staff is now able to offer trainings in rural areas.</p> <p>Publish & distribute quarterly newsletter to respite providers & caregivers; also posted on the website.</p>	<p>Partnered with the volunteer program sponsoring <i>A Gift of Time</i> respite retreat for caregivers; resulted in some respite stipends.</p> <p>Grants applied: Seed Grant for Older Caregivers caring for Adult Children with Disabilities; Providence Health & Services to fund A Gift of Time retreat.</p> <p>Grant awarded: <i>Robert Wood Johnson</i> for a 3-year project title “Family Lifelines.” Project provides a Family System of Care which may include short-term planned or crisis respite care for children and youth with serious emotional & behavioral issues.</p> <p>Added .50 FTE to address needs to Foster Parents; funded through Youth & Family Services Programs.</p>	<p>Exploring new ways of recruiting through: Craig’s List, on-line Yellow Pages, and the Oregon Employment Department.</p> <p>Screening and criminal background checks are done by staff who are certified by the Oregon State Police.</p>	<p>Outreach through: neighborhood meetings; Community Progress Team meetings; visitations to medical offices, hospitals, retirement communities, senior centers; and referrals from partnering agencies, such as Easter Seals, Family Building Blocks respite nursery, DHS, and Healthy Start.</p> <p>Attended public events focusing on wellness with schools, neighborhoods, and private and county health fairs.</p> <p>Has press releases in the Respite Quarterly Newsletter.</p> <p>Partner with Healthy Start to present on local TV channel a segment on “How are the Children.”</p>	<p>Had to start the program from the beginning when receiving the Lifespan Respite contract in 2007, as there was no data or resources transferred from the previous network.</p> <p>Took extra effort to inform all communities of the new toll free #.</p> <p>Do not have stipends for the population under 55 years of age. Fundraised through <i>A Gift of Time</i>.</p> <p>Misunderstanding from respite providers regarding work assignment and referral process. Addressed by sending out a letter. Also sent out provider & caregiver customer satisfaction survey twice a year.</p>

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<p>12. Focus on providing an avenue for families to utilize respite services for sponsored events or activities, in addition to the supportive services-- i.e., held events for special needs children at childcare facilities, utilizing volunteers, giving their families time off in the morning and afternoon.</p> <p>Working with a Foster Parent Support group, providing respite services while foster parents attend workshops and training.</p> <p>Developed an elder care resource directory; include agencies that provide day services for the elderly population.</p>	<p>Continue to have success in receiving community support for respite activities. Recognized this support through radio “Thank You’s” service announcements.</p>	<p>Recruitment remains a challenge, as most providers only wish to work with one family. Most providers are recruited through families.</p> <p>Has some success in recruiting providers to work with youths through the Educational Service District during summer breaks. Unsuccessful, when the school year begins, as those providers have regular jobs.</p> <p>Sponsoring specific events or activities have been the best bet-- i.e., a respite drop off point for families who wish to attend a local county fair. However, this can be difficult for providers, as they too would like to attend communities activities or events.</p>	<p>Lucky that the local radio station network of seven stations is owned and operated by the same broadcasting company. So it is a one stop for public service announcements. The key is to have the information announced during the “hot spots”—7 to 9 a.m. for the commuters going to work, around noon for the lunch crowd, and again 4:30-5:30 p.m. for the commuters back to home.</p> <p>Getting families or those who use Lifespan Respite service has also been successful, especially when there is a human interest story; more successful then press releases.</p>	<p>Reaching out to families for awareness of Lifespan Respite “behind closed doors” is the largest challenge.</p> <p>Promotion of the services has not been as difficult as being able to financially support the network. Able to offer a stipend to 10 families in need. However, unable to support families with an adult needing to be employed but unable to afford caregiving support for their love ones.</p> <p>Summer meeting scheduling for the advisory council is a challenge.</p> <p>Great vision but not a checkbook that matches.</p>
<p>13. As part of the OSU Extension Service, able to provide educational & informational publications to families through different methods.</p> <p>Has educational information to families through a monthly 60-second radio</p>	<p>Continue to receive partial funding from the Commission on Children & Families to support providing respite referrals and information to families of children with special needs.</p>	<p>Database of providers continues to be fairly stable. Have periods of time when new providers enroll which may be related to the economy.</p> <p>Requiring the completion of criminal background check has reduced the number of</p>	<p>Besides the regular and on-going outreach through the media—i.e., radio, newspaper—use opportunities such as the Respite Care Awareness Month for other special outreach efforts.</p> <p>For this year’s Respite Care</p>	<p>Discussed with the Advisory Council about the Brookdale Foundation seed grants to start a Relatives as Parents support group. Though unable to take on that work, due to budget cut, continue to work with other community</p>

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<p>spotlight, airing on 5 radio stations throughout the day during the month.</p> <p>Publish Extension Spotlight newspaper columns in the local paper regularly, targeting family caregivers. Include many of the same articles in the bi-monthly county Extension Service newsletter.</p> <p>Held two Powerful Tools for Caregivers 6-week training classes. Received positive feedback from participants.</p> <p>The Family Caregiver Support Group is in transition. The dementia or Alzheimer's Support Group for family members is still active.</p>	<p>Continue to access stipend funds for families with children at-risk and individuals with a developmental disability (DD).</p> <p>Was invited to submit a grant from the local hospital for the 5/1/07 to 4/30/08 allocation. Grant awarded to continue the stipend fund for families and caregivers who care for adults with special care needs not related to DD, and for those who care for elderly family members who are not cover by other funds; award also funds activities related to the Powerful Tools for Caregiving classes.</p> <p>Submitted 3 grants to the local Tribal Charitable Contribution Fund-- 2 for supported administrative services and infrastructure, and 1 for stipend funds. Received the award for stipend funds.</p>	<p>people who do not follow through after the initial contact. Also adding the CPR/First Aid requirement has improved the quality of the database.</p> <p>Able to recruit providers through the school district to work with children with special needs, and to work with the DD services.</p> <p>Offer an Respite Provider Orientation every 5-6 weeks. Held 5 orientations this year, and completed a Respite Care Orientation Evaluation.</p> <p>Other trainings held: Recognizing & Reporting Child Abuse & Neglect classes.</p> <p>Publish information about other available trainings in the bi-monthly newsletter, including: Hospice training, Home Care Commission trainings for Home Care Workers.</p>	<p>Awareness Month, made a presentation which was aired on the cable TV access channel, along with other regular media methods. Also distributed brochures, posters and proclamations to libraries, hospitals and senior and community centers. As a result, was contacted by the County Public Information Officer for the half-hour weekly radio show.</p> <p>Celebrated the National Family Caregiver Month in November with media outreach mentioned.</p> <p>Continue to serve on numerous local advisory/steering committees.</p>	<p>Groups to support grandparents raising grandchildren. Distributed the new 2007 edition of OSU/AARP publication <i>A Resource Guide for Grandparents and Other Relatives Raising Children</i>.</p> <p>Another possible seed grant possibility from Brookdale is for a start up of a Respite Day Program. Again, funding for administrative staff time is needed.</p>

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<p>14. Have a continuum of the <i>Respite Cooperative</i> service, <i>Kid's Club</i> and <i>Senior Social Club</i>. It is a social model offering seniors with special needs and children ages five and older, including their siblings, a fun supervised affordable break for the family caregivers. Provide informational and educational materials at each event: support groups, health information from the Providence Swindells Center.</p> <p>Check out caregiving books and videos to family caregivers at no charge.</p>	<p>Entered a new agreement with the local county mental health services for some stipend funds.</p> <p>Fundraised by hosting a 2-day <i>Eat Out</i> at a local Mexican restaurant and a raffle.</p> <p>Received half of the proceeds from a local partner who hosted a <i>Pour Your Heart Out</i> tea for children.</p> <p>Received some donations from families through the respite information packet sent out to families.</p> <p>Continue to contract with the local Area Agency on Aging.</p>	<p>Completed 4 formal presentations with the Head Start program, DD services, Walgreen's Drug, Presbyterian Church, and Senior Services offices.</p> <p>Utilized PSAs with the local radio, TV, and newspapers throughout the year to recruit families and providers.</p> <p>Received training to perform finger-printing for providers.</p> <p>Continue to offer CPR/First Aid classes quarterly. Only charge for cost of the card.</p> <p>Began teaching the <i>Healing Art Communication Series</i>, Home Care Companion Series, in partnership with Providence Senior Services. This is a new avenue for recruitment of providers.</p> <p>Partner with the <i>Job Council</i> to provide young adults hands-on opportunities in the respite cooperative programs, as part of their health track educational component.</p>	<p>Continue to participate in public events: annual ACCESS Senior Fair, local private high school Community Fair, Southern Oregon University, and local YMCA community events.</p> <p>Updated the local brochure and distributed at all senior centers and local partners.</p> <p>During the National Family Caregiver Month in November, provided PSAs, radio events and a 2-page article in the local special magazine called <i>Joy</i>.</p> <p>Celebrated the Respite Awareness Week with a variety of activities: hosting refreshments, speaking at senior centers, conducted an all-day 5th <i>Annual Family Caregiving Workshop</i>. Workshop included: a presentation on Caring for Ourselves by an OSU professor, and a showing of PBS <i>Caring for Your Parents</i> documentary, followed by a Q & A session with a panel of local experts.</p>	<p>Lifespan Respite Coordinator's hours were decreased to 22 hours a week due to a reduction of funding. Continue to request for matching funds and to seek additional grants/foundations assistance to meet the needs of respite services.</p>

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<p>15. Most successful program implemented with community partners was the <i>Respite Afternoons</i>, which is offered free to families caring for children with special needs between the ages of 2 and 10. They are scheduled once a month on a Saturday afternoon from 1:00 to 4:00 p.m. Currently 50 percent of the surveys have been returned, with positive feedback.</p> <p>Provide regular staffed phone consultations to family caregivers.</p> <p>Include new resources in the respite information packets: <i>AARP's Prepare to Care – a Planning Guide for Families</i> publication, and information on STEPS training to families on hiring and communicating with home care or respite providers.</p>	<p>Applied to Kiwanis Grant unsuccessfully for respite stipends.</p>	<p>Distribute recruitment fliers to local senior centers, bulletin boards at the local college's Nursing and Family Resource and Education departments, and other public venues.</p> <p>Participated in the college's Mid Willamette Valley Career Fair.</p> <p>Continue to post jobs on <Care.com> website and information on the Lifespan Respite website, which is linked to the college Family Connections website.</p> <p>Expanded the pool of respite providers by partnering with the <i>Family Caregiver Support Program</i>.</p> <p>Unsuccessful in the recruitment of non-English speaking providers.</p>	<p>Participate at local events: had a booth at the OPB screening event for <i>Caring for Your Parents</i> documentary, at the <i>Living Well, Aging Well Health Expo</i>, and at the <i>Samaritan Health Hospital</i> benefit fairs.</p> <p>Attended regular local county Senior Resource Network and Family Connections Advisory meetings. This has resulted in the inclusion of Lifespan Respite information on the senior resource group's website.</p> <p>Hosted a <i>Respite Luncheon</i> with many community partners, which was also open to families and providers. As a result, a resource directory was created, and has been updated.</p>	<p>Recruitment of agency and community partners for the advisory council continues to be difficult.</p> <p>Seeking additional program funding specific to respite has also been a challenge, as funders are often unaware of respite being a critical need for the stability of families.</p> <p>Communication with the local county DD services continues to be a struggle. This agency has currently has bilingual parenting night services to families. Hope to be able to share resources and have their support in the <i>Respite Afternoons</i>.</p>

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<p>16. Partner with North Coast Senior & Disability Services to provide respite funding and provide support to family caregivers.</p> <p>Attended the <i>Power Tools for Caregivers</i> offered by the senior services. Refer family caregivers to this training.</p> <p>Also refer families to other available trainings in the community.</p>	<p>Did not have time for grants application, as currently receive mostly in-kind resource support, which include an office that is open 9-4 weekdays, with voicemail and email access.</p> <p>Distribute fliers with information on the State Home Care Registry and the Network of Care website.</p>	<p>No funds available to recruit, screen, or train providers.</p>	<p>Did have a drop-in centers, arranged with the local Adult Foster Homes, until there was a change of leadership with the partnering agency (Workforce Development for Tongue Point Job Corp).</p>	<p>Biggest challenge was not being able to share stipend resources with the Family Caregiver Support Program, due to their budget reduction.</p> <p>Built up the program, but then only able to offer information and referrals, as more funding is needed.</p> <p>Lifespan Respite Coordinator was also the acting co-interim Executive Director for the local Community Action Agency, and oversaw several other housing programs for 8 months during this fiscal year.</p>