



Massachusetts Lifespan Respite Coalition June 7, 2016 Summit Summary

Summit Goals

The Summit goals were three-fold:

- 1) To identify ways to integrate lifespan respite into existing health care, long-term services and support, and family support systems across all populations in Massachusetts
- 2) To develop strategies to maximize use of existing respite resources and leverage new respite funds.
- 3) To generate innovative strategies for future collaborations and growth.

Summit Recommendations

The following summarizes what was identified in breakout sessions, large-group debriefing, and program evaluations to be the state of respite across the state and what actions the MLRC might take to respond. Themes that emerged include recommendations for local and micro-level as well as more macro-level, state-wide, systems change:

- Continue the mini grants and target them toward different populations.
- Continue working locally cross sectors, for example, with businesses including restaurants.
- Increase respite services. Embed respite services in existing social services infrastructures – for example, Council on Aging staff need training in respite services – understanding it and providing it. Increase reasonable emergency respite.
- Increase advocacy, legislative and policy-making efforts. Track and actively lobby policy makers, especially legislators to increase their awareness and enact funding of respite – for example, creating a separate line-item for lifespan respite; including it in workforce training and school curriculum development – attaching funding to this education and training that includes growing respite awareness and skill development.
- Work with health care providers to include respite in coverage, for example, the Affordable Care Act allows organizations to be creative in care coordination to reduce hospital readmissions and increase health outcomes.
- Create systems to share our work and leverage existing resources and successful best practices to reduce redundancy and minimize having to reinvent the wheel.

- Increase person- and family- centered support including identifying flexible employment opportunities for working caregivers so that they can keep working, reducing isolation and remaining competitive in a dynamic and tough economic environment.