

# Lifespan Respite WA

Coalition Meeting  
Brought to you by...

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- **Tracy Kahlo**, PAVE Executive Director
- **Mar Hickman**, PAVE LRW Data & Program Coordinator



# Lifespan Respite Coalition

January 23, 2024

## Agenda:

- **Introductions, History and Mission**
- **Purpose Statement for the Coalition**
- **National Strategies for Unpaid Family Caregivers & Kinship**
- **Overview of the *NEW* Lifespan Respite WA Grant & Deliverables**
- **Wrap up & Next Steps**

# Lifespan Respite WA (LRW) Coalition

**Purpose:** Organizations and individuals working together for combined action for respite services to improve the lives of **unpaid** family caregivers.

**LRW Website:** <https://www.lifespanrespitewa.org/>

**Link to the Coalition Webpages:** <https://www.lifespanrespitewa.org/lifespan-respite-coalition/>

**Quarterly Meetings on the 4<sup>th</sup> Tuesday at 11 am in January, April, July, and October**

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## January 23<sup>rd</sup> Agenda & Notes:

### Introductions, History, and Purpose

All attending shared their name, if a current/former unpaid caregiver, and/or any organization/agency affiliation in the chat. The meeting began



# History & Mission of... History and Mission Part 1



Tribal Affairs



Lifespan Respite WA



Child, Adult, Family, Friends



Triple A's



Kinship

Aging and Long-Term Support Administration (AL TSA) - Seniors and people with disabilities living with good health, independence, dignity, and control over decisions that affect their lives.

Link for more information, *visit the [AL TSA page at DSHS](#)*

# History & Mission of...



Aging and Long-Term Support Administration (AL TSA) - Seniors and people with disabilities living with good health, independence, dignity, and control over decisions that affect their lives.

[Visit the AL TSA DSHS webpage to learn more.](#)

## Tribal Affairs

- Are you helping an elder and/or adult with disabilities?
- [Visit the AL TSA Tribal Affairs webpage to learn more.](#)

## Triple A's

- Are you helping an adult 60 and over who is family or a friend?
- [Visit the AL TSA Resources Webpage to search for local Triple As.](#)

## Kinship

- Are you raising a child of another family member or a family friend?
- [Visit the AL TSA Kinship webpage to learn more.](#)

## Lifespan Respite WA (LRW)

- Are you providing 40 or more hours caring for a child or adult, spouse, or a family member or a friend with a disability?
- [Visit the LRW website to learn more.](#)



# Respite: Short Breaks for Family Caregivers

A Family Caregiver is someone who cares for a person of any age who has a condition or disability that requires help and care. Family caregivers can be parents, children, other relatives, guardians or foster parents, neighbors, and friends.

Respite services can include:

- In-home services
- Recreation
- Day and overnight camps
- Out-of-home day programs
- Retreats
- 24-hr care
- Classes
- Therapeutic programs
- Other similar options.



# Lifespan Respite Voucher Program

## Lifespan Respite WA (LRW) Voucher Program

- ✓ Vouchers are used with any of the many agencies and programs registered with us as respite providers.
- ✓ You choose the services best for you and your family, and LRW pays the provider.

To learn more about the voucher program visit the [LRW website voucher page](#)

For a searchable list of all providers use the Find Respite button or view the [Current Registered Providers page on our website](#)

LRW Website: <https://www.lifespanrespitewa.org/>