

Respite Is Among The Most Critically Necessary & Beneficial Family Support Services

ALRC Mission: To support and promote the development of a comprehensive statewide respite and crisis care system that is responsive to the needs of caregivers and their families, and enhances the quality of life for all individuals.



65 million American caregivers provide **80%** of long-term care.

Yet,

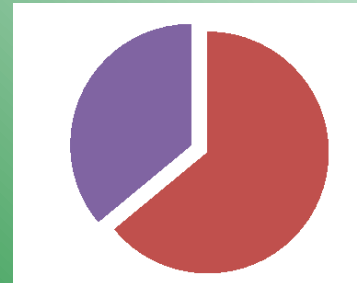
89% do not receive any respite services.

\$450 billion = value of this care.

\$33 billion = annual loss of productivity due to caregiving .

CAREGIVER

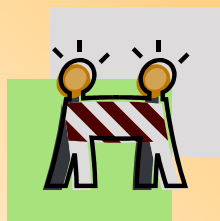
64% Arkansas caregivers who say they need respite.



But ... Only

10%
 Receive it.

NEEDS



BARRIERS

Lack of lifespan respite programs available in the community setting.

Lack of awareness of the respite services that are available.

Lack of a state infrastructure to coordinate and provide awareness of available respite services.

OBJECTIVES



To support Arkansas Legislation to provide funding to create a statewide Lifespan Respite System to assist family caregivers and care recipients.

Respite care can delay or prevent admissions to nursing homes and Human Development Centers and save the state millions!

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"There are four kinds of people in this world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers."
Former First Lady Rosalynn Carter

The Arkansas Lifespan Respite Coalition (ALRC) recently developed a short online respite needs assessment survey and distributed a hard copy version as well. Analysis of the survey responses that included a total of 40 respondents showed over half (60%) answered "No" to the question, "Are you aware of any respite services available in your part of the state?" **The survey also showed 64.10 % answered "Yes" to the question, "Do you personally need any type of respite services?" However, only 10% answered "Yes" to the question, "Do you personally use any type of respite services?"** But, 76.32% answered "Yes" to the question, "If respite services were available to you, would you use them?" Comments from respondents at the end of the survey included one that simply stated, "We are desperate for respite services!!!!"

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Facts Provided by the National Respite Coalition

- ❑ **The nation's 65 million family caregivers provide 80% of long-term care, yet 89% do not receive any respite services.** According to a 2013 survey from the Pew Research Center, four in ten adults in the U.S. are caring for an adult or child with significant health issues, up from 30% in 2010.
- ❑ Caring for the aging population is a growing issue and currently more than half of care recipients (56%) are under age 75, and almost one-third (28%) are under age 50. Caregiving is a lifespan issue.
- ❑ Family caregivers have high mortality rates, rates of acute and chronic conditions, and depression. Respite, the most frequently requested support service among family caregivers, has been shown to provide them with relief necessary to maintain their own health, bolster family stability, keep marriages intact, and avoid or delay more costly nursing home, foster care or other facility-based placements. Yet, respite is in short supply or inaccessible for all age and disability groups.

Respite Can Be a Tool in Economic Recovery

- ❑ In these times of serious budget constraints, the economic value of respite is exceptional. Delaying nursing home or institutional care of just one individual with a chronic condition for several months can save Medicaid, private insurance, or the family tens of thousands of dollars.
- ❑ Researchers at the University of Pennsylvania studied the records of over 28,000 children with autism ages 5 to 21 who were enrolled in Medicaid in 2004. They concluded that for every \$1,000 states spent on respite services in the previous 60 days, there was an 8 percent drop in the odds of hospitalization (*Mandell, David S., et al, 2012*).
- ❑ **According to AARP, the estimated economic value of family caregivers' unpaid contributions was approximately \$450 billion in 2009**, up from an estimated \$375 billion in 2007. Including caregiving for children with special needs would add another \$50 to \$100 billion to the economic value of family caregiving (*AARP, 2011*).
- ❑ **American businesses lose \$17.1 to \$33.6 billion annually in lost productivity costs related to employees' caregiving responsibilities (*Metropolitan Life (MetLife) Mature Market Institute, 2006*).**
- ❑ Along with financial assistance for caregiving through direct voucher payments or tax credits, respite is the number one national policy related to service delivery that family caregivers prefer (*NAC and AARP, 2009*).

Members of the ALRC seek your support for legislative action that will provide funding to create a statewide infrastructure in Arkansas that will include a state office designated for respite that will assist family caregivers and care recipients who are in urgent need of a respite system. This new system will expand and enhance respite care services to family caregivers, improve the statewide dissemination and coordination of respite care, enable access and enrich quality of respite care services to family caregivers, thereby reducing family caregiver strain and saving critical service dollars.