**Summary**

We welcomed:

* Samuel Cooke, Training Developer for Aging and Long-Term Support Administration (ALTSA), Department of Social and Health Services. [samuel.cooke@dshs.wa.gov](mailto:samuel.cooke@dshs.wa.gov)
* John McBride, Lewis-Mason-Thurston Counties Area Agency on Aging, (LMTAAA), Family Caregiver Support Program and MAC/TSOA. [john.mcbride@dshs.wa.gov](mailto:john.mcbride@dshs.wa.gov)

Lifespan Respite WA can partner with other organizations to distribute their funds in the form of caregiver vouchers! If you know of an organization (examples are BIPOC organizations, hospitals, hospice, condition-specific organizations -think TBI, Parkinsons’, cancer, ALS, etc.) that has such funding, LRW can direct that funding to their chosen populations through our robust social media outreach, online application and HIPPA-compliant database.

**Topics**

1. **Current caregiver-oriented information on respite in WA State:** 
   1. [Pathways to Respite Toolkit](https://www.lifespanrespitewa.org/wp-content/uploads/2020/11/Pathways-to-Respite-Toolkit.pdf) developed by Informing Families, a resource of the Washington State Developmental Disabilities Council, in partnership with the Washington State Developmental Disabilities Administration, Aging & Long-Term Support Administration, and PAVE, which administers Lifespan Respite WA.
   2. An additional source is [Finding Respite in WA State](https://www.lifespanrespitewa.org/finding-respite-in-washington-state/), developed by LRW for PAVE.
2. **Current or past use caregiver training used with Tribes via Area Agencies on Aging**
   1. Wisdom Warriors: <https://www.nwrcwa.org/tribal-outreach-program>; <https://www.nwrcwa.org/contact>
   2. Self-Care segments of [Powerful Tools for Caregivers](https://www.powerfultoolsforcaregivers.org)
   3. At Tribal events, there has been tremendous interest in Power of Attorney forms
3. **Connections to Tribes**:
   1. “701 plans” <https://www.dshs.wa.gov/office-of-the-secretary/administrative-policy-701>
   2. The ALTSA Tribal Summits, Tribal members lead and convene. **Spring Summit: March 1-2, 2023.** [**Flyer, Registration link**](https://www.dshs.wa.gov/sites/default/files/ALTSA/Tribal%20Affairs/2023_Tribal_Summit_Save_the_Date_Flyer.pdf)
   3. [Nisqually Elders Caregiver program](http://www.nisqually-nsn.gov/index.php/administration/elders/caregiver-program/)
4. **High percentages of individuals/families needing dementia resources:**

Dementia support programs at Lewis-Mason Thurston AAA:

* 1. Dementia Study Group-specific to LMT, more didactic, less affective, uses “Big Brain Poster”
  2. [Brain Tour](https://www.alz.org/alzheimers-dementia/what-is-alzheimers/brain_tour) from Alzheimer's Association
  3. Powerful Tools for Caregivers—[LMTAAA online, on Zoom. All counties, WA](https://www.lmtaaa.org/ptools)
     1. [Powerful Tools for Caregiver homepage](https://www.powerfultoolsforcaregivers.org)

1. **Some AAAs seeing more provider agencies available while DDA is having difficulty recruiting and retaining provider agencies due to lower payment rates**
   1. If a Coalition member wants to recommend a provider to join the LRW registry please this link to the provider: <https://www.lifespanrespitewa.org/service-providers/>
   2. To qualify as an LRW provider, an organization must sign an Interagency Agreement stating that they have background checked all employees who will be working with care recipients, and provider relevant Certificates of Insurance with DSHS and PAVE added as additional insureds. More details at link above.
   3. The LRW website provider registry is open to the public for anyone to search for a provider, even if they do not have a voucher: <https://www.lifespanrespitewa.org/voucher-program/current-registered-providers/>
2. **Best ways to get contact info for Area Agencies on Aging**:
   1. [Washington Community Living Connections](https://washingtoncommunitylivingconnections.org/consite/connect/)
   2. [Aging and Long-Term Care Administration (ALTSA) Resources page](https://www.dshs.wa.gov/ALTSA/resources)

**Round Robin**: What is happening at your org?

**Samuel Cooke:** Training Developer for Aging and Long-Term Support Administration (ALTSA), Department of Social and Health Services

Assignment to create Respite Provider Training specifically for Tribal communities, wants to learn about Respite in Washington

* Wants tribal community involvement
* Learning what is needed in a Respite Care Training (for providers who are NOT individual providers)
* Samuel’s curriculum will be for people supporting individuals of all ages

**John McBride,** Area Agency on Aging Lewis-Mason-Thurston (Family Caregiver Support program and MAC/TSOA):

* His AAA has added 2 provider agencies (now up to 5, up from 3) serving the Family Caregiver Support program, and colleagues at other AAAs report that their providers are hiring and retaining new employees. Good news for the ongoing caregiver crunch!

**Michelle O’Dell,** Coordinator, Informing Families Lewis-Mason Thurston: providing resources and helping families navigate systems

* Always seeking more ideas and opportunities for outreach
* At in-person events, 2 highly popular resources are Dementia Roadmap, Lifespan Respite WA flyer (links)
* Due to lower payment rates, losing provider agencies from DDA
* Resource fair in Mason Co. on January 18th.

**Cynthia McFarlan**, Executive Director, Therapeutic Riding of Tri-Cities (TROT):

* Now operating 6 Programs,
* summer Cowboy camp day camp coming up;
* local outreach/collaborations with refugee transition programs, [Forge](https://forgeyouthmentoring.org/) Youth Mentoring Program, others. A local school is bringing their life skills class to TROT for a field trip!

TROT’s programs: <https://www.trot3cities.org/programs/>. TROT is a Registered Provider with Lifespan Respite WA.

-NOTE: Lifespan Respite WA lists several equine/animal therapy providers in different venues across the state as registered providers: [Searchable list of LRW Registered Providers](https://www.lifespanrespitewa.org/voucher-program/current-registered-providers/)

* Voucher recipients are able to use their vouchers with more than one provider or sign up for more than one program offered by a provider up to the amount of their vouchers.
* Recipients can always go outside of their county/immediate geographic area to use any Lifespan Respite WA provider (a good example is a weekly TROT program, another is a summer camp).
* Some of our providers opt to offer caregiver/family support groups so that caregiver family members may get the benefit of that while their loved ones participate in provider programs.
* Our respite providers invoice LRW directly, other Lifespan programs across the country do caregiver reimbursement.

**Topic:** Using social media for outreach. -Barb, LRW. Tip: using Meta’s scheduling tool to select “most active” time and date (Facebook, Instagram). We quadrupled the “organic reach” of our posts, got more likes and shares.

**Topic: Michelle**: difficulty keeping/getting providers, due to reimbursement rates—providers unwilling to contract w DDA.

**Topic, Samuel**: Respite provider training for Tribes

**John McBride**: Trainings already in use, may be of service to Samuel Cooke in process of curriculum dev., recommend to other Coalition members

* Dementia Road Map is out of print! ([but available as printable download](https://www.dshs.wa.gov/sites/default/files/ALTSA/stakeholders/documents/AD/Dementia%20Road%20Map%20-%20A%20Guide%20for%20Family%20and%20Care%20Partners.pdf))
  + In the Family Caregiver Support Programs offered across the state, about 60% of families coming through the door will have dementia “in the constellation”. If those people take any service, such as respite, the data point rises to 94% of a family constellation that includes dementia.
* LMT staff learned to help folks with dementia, and how to train families to deal with dementia. Protocols of [Teepa Snow](https://teepasnow.com/), (Positive Approach to Care); [Best Friends Approach](https://bestfriendsapproach.com/)