

Translating the Respite for All Faith-Based Model into a Successful Secular Program



Respite for All Foundation

A Community Response to Dementia



RESPITE FOR ALL *FOUNDATION*

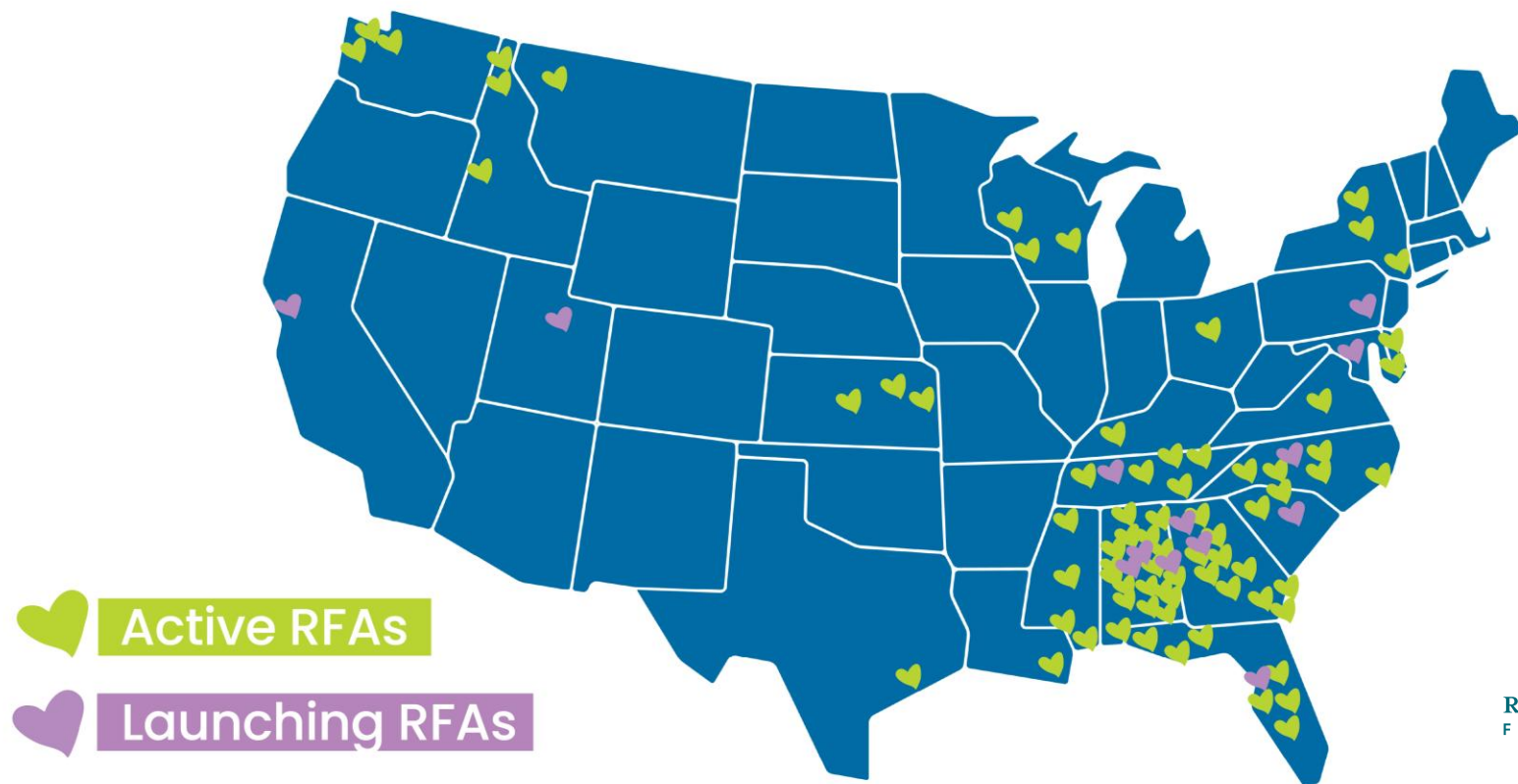


Mission: Inspire, grow, and mentor 4-hour, volunteer-driven respite communities inside faith-based and senior organizations.

Vision: A nationwide network where individuals with dementia and their caregivers thrive through community and social connection.

Growth: Inspired, trained, and launched 70 locations in 18 states and growing since 2012 for a 15- year proof of concept.

Respite for All National Network



19 States / 70 Communities / 12 Denominations

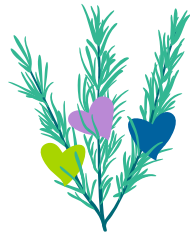
Distinguishing *Characteristics* of RFA

1. Social Model of Care/ Low Cost
2. Training and Support
3. High Volume Volunteer Engagement (1:1)
4. Offers Purpose for Participants
5. No Labels
6. *Everyone does Everything*
7. Sustainability- 92%
8. No One Turned Away



WHAT IS RFA RESPITE?

- Small Group Conversations
- Art, Games and Music
- Guided Light Exercise
- Group Service Projects
- Story Telling
- Shared Meals
- New Relationships



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WHY RFA COMMUNITIES ARE SUSTAINABLE

- No Overhead
- Minimal Paid Staff
- Social Program/No Meds
- Revenue from Daily Fees
- Insurance
- Community Partners

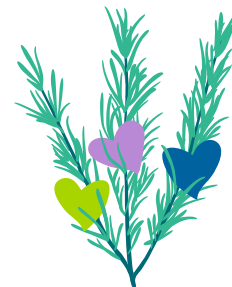


WHO DO WE *SERVE* ?

Alzheimer's, Dementia, Parkinson's or Natural Aging

Friends Must Be Able to:

- Be Mobile (Assisted Devices Acceptable)
- Handle Bathroom Needs
- Eat on Their Own
- Be Comfortable in a Group Setting



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LARGE GROUPS- ADDICTIVE HIGH ENERGY



MILESTONES AND IMPACT



- Highlighted by **NADRC** in 3 national webinars in 12 years
- Highlighted in **Kiplinger's Retirement Magazine** for quality alternative to long-term care
- Awarded **Most Innovative Dementia Program** by Alzheimer's Foundation of America in 2021
- Highlighted in **AARP Respite Guide 2024**



RFA KEY COMPONENT- NO LABELS

NO DIFFERENCE IN A VOLUNTEER AND PARTICIPANT



SERVICE PROJECT: FLOOD KITS FOR HURRICANE



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"Thank You"



VOLUNTEER SUCCESS SECRET SAUCE

- Flexible Schedule
- Guilt-Free
- No Sub Responsibility
- Large Pool Volunteers

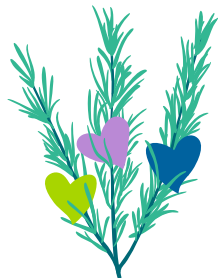


REVENUE FROM \$40.00 DAILY FEE

(Typically, after first year)

10 People, 2 Days a Week, 48 Weeks=	\$38,400
15 People, 2 Days a Week, 48 Weeks=	\$57,600
15 People, 3 Days a Week, 48 Weeks=	\$86,400
15 People, 4 Days a Week, 48 Weeks=	\$115,200

** Make Adjustments for Church Space Availability*



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Respite for All Ongoing Support

MONTHLY DIRECTOR CALLS

- Fundraising/ Grantwriting
- Dementia Education
- Activity Ideas
- Volunteer Recruitment/ Development

ANNUAL RFA TRAINING

- National Dementia Speakers
- Networking with other programs
- Problem Solving

ONE ON ONE COACHING

- Onboarding New Director
- Insurance/ Budgeting Recommendations
- Director/ Clergy/ Board Support





R Place

A Secular RFA Program



R Place is a Respite for All program that is based at a senior center operated by the Orange County Department on Aging

Key characteristics:

- Weekly 4-hour program
- 16 Participants
- 32 Volunteers
- 1 Paid Staff



R Place



Let's Start at the Beginning



2015 – ACL Grant Award:

Alzheimer's Disease Initiative – Specialized Supportive Services

Orange County Caregiver Awareness, Respite, Education and Support Project (OC CARES). A multi-faceted initiative within OCDOA with the overall goal of realizing a dementia capable county:

- **Dementia education series**
- **Dementia friendly business training**
- **Caregiver support services**
- **Memory Cafés**
 - Direct care worker training
 - Caregiver respite

Social Engagement Programs



Dementia
Friendly
Training

Memory
Cafés

RFA
Respite
Program

critical to establish a dementia friendly community

allows seniors to successfully age in place

The Evolution of R Place



October 2022

Purchased "Reclaiming Joy Together" by Daphne Johnston

February 2023

Annual Conference "Transform" in Montgomery, Alabama

August 2023

Volunteer orientation training with Daphne

December 2022

Online training "Respite for All Roadmap"

May-July 2023

Pop up events for promotion, recruitment, and registration

September 2023

R Place Launch

Adapting the RFA Model



Similarities with Faith-based Programs

Leadership Buy-In:

- Government vs. clergy leadership

Similar Daily Programming:

- Same core activities (exercise, cognitive activities, shared meal)
- Small changes (secular crafts, pop music vs. hymns, no monthly service)



Adapting the RFA Model



Challenges of being in a Senior Center

Volunteers

- Recruitment
- Engagement & management
- Staying true to the model.

Competing space allocation

- Storage and departmental and program division politics.

Competing priorities

- public/civic organizations have a multi-faceted focus vs. faith-based organizations focus on the congregation and offering ministries to the community.

Adapting the RFA Model



Strengths of being in Senior Center

Local flexibility

- Can take creative approaches to respite care (e.g. We have table captains in addition to the 1:1 ratio)

Build off existing programming at senior centers

- Congregate Meal Program
- Existing informational sessions for caregivers

Adapting the RFA Model



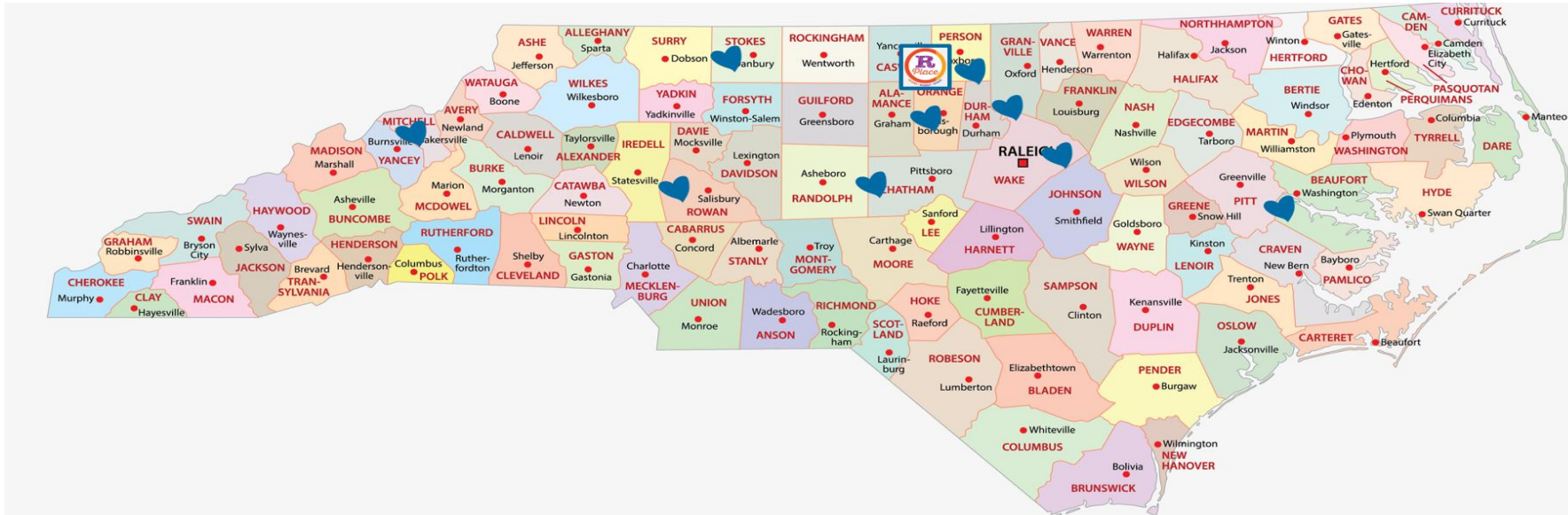
Spreading the Word

- 2023 Chatham-Orange Community Resource Connections meeting
- 2023 Guest on Aging Well Together Radio Show
- 2024 Age-Friendly Ecosystem National Summit with George Washington University
- 2024 North Carolina Association on Aging State Aging Conference
- 2024 North Carolina Volunteer Caregiver Respite Consortium Meeting
- 2025 Central Pines Regional Council Area Agency on Aging Meeting
- 2025 National Association of Counties Achievement Award

Adapting the RFA Model



Spreading the Word – We are reaching people across the state



Impact of R Place



Qualitative Evaluation

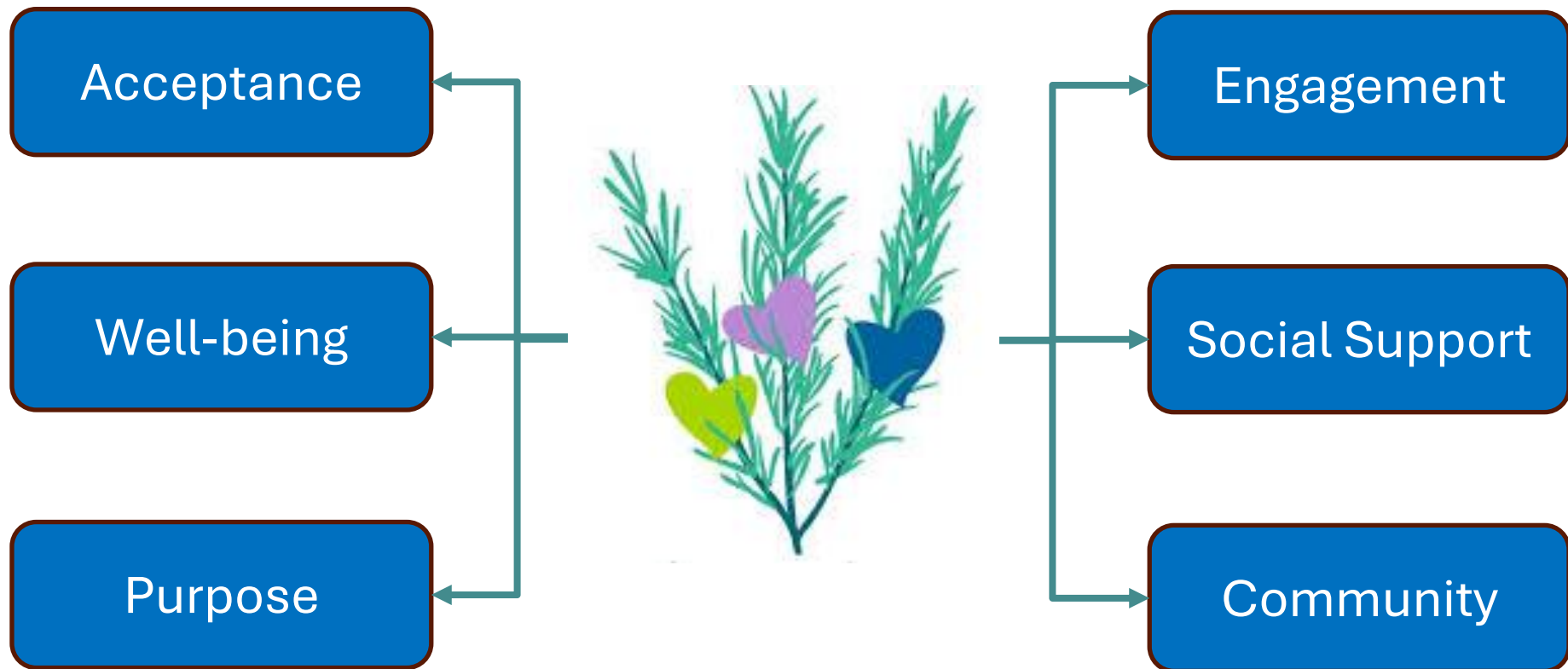
Evaluation Aim

- To understand the experiences of people living with dementia, caregivers, and volunteers at Respite for All programs

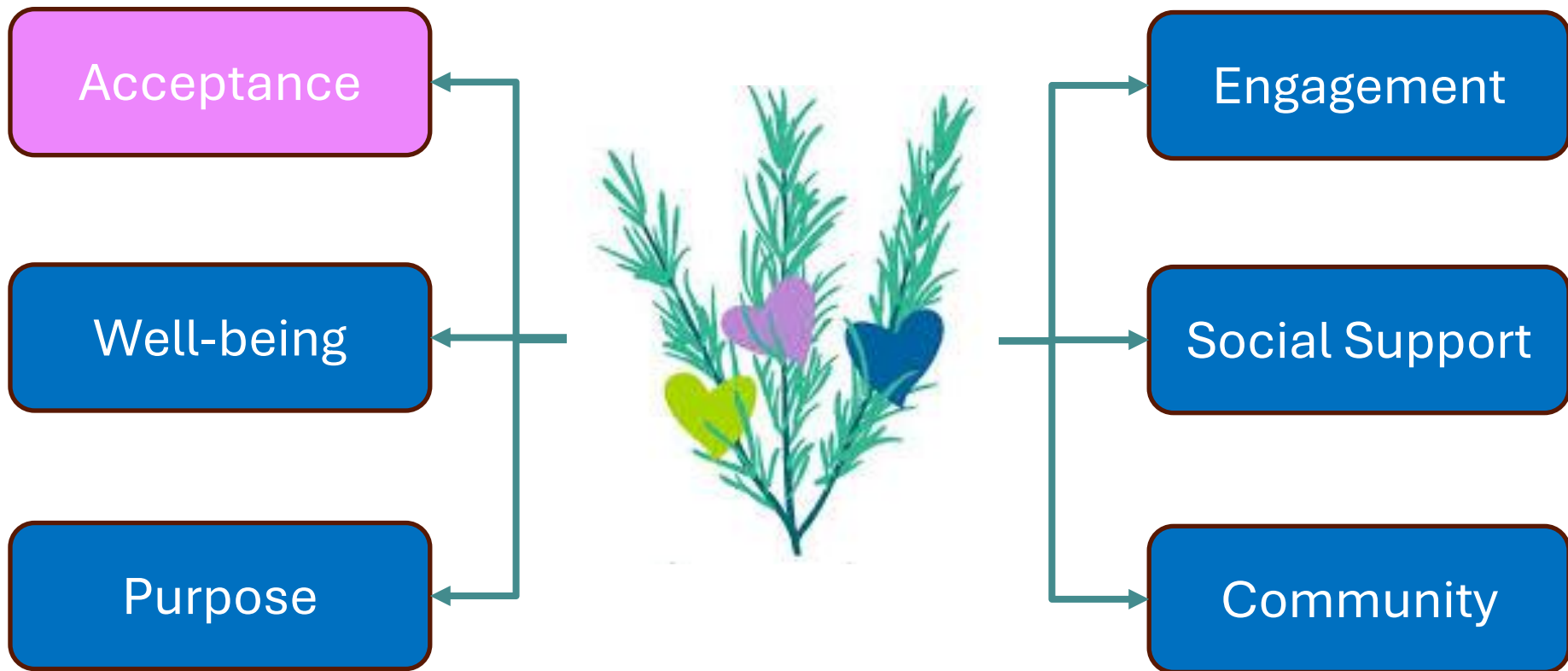
Methods

- In-depth interviews with people living with dementia (N=3), caregivers (N=5), and volunteers (N=5)

Impact of R Place

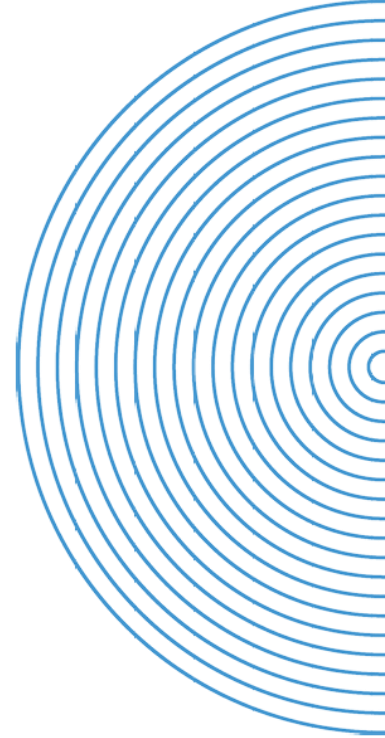


Impact of R Place



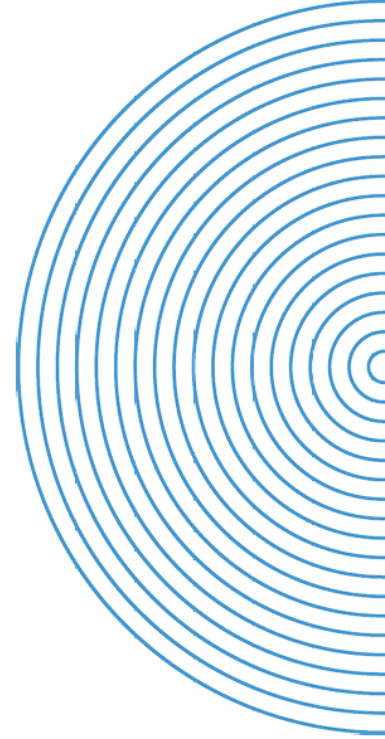
It is a place where people can go, who are having memory problems or other problems. They can feel included, have a good time, and feel like they don't really have to concern themselves that they're not keeping up with the conversation or doing anything like that. **They can just be themselves, where they are right then.**

- Caregiver

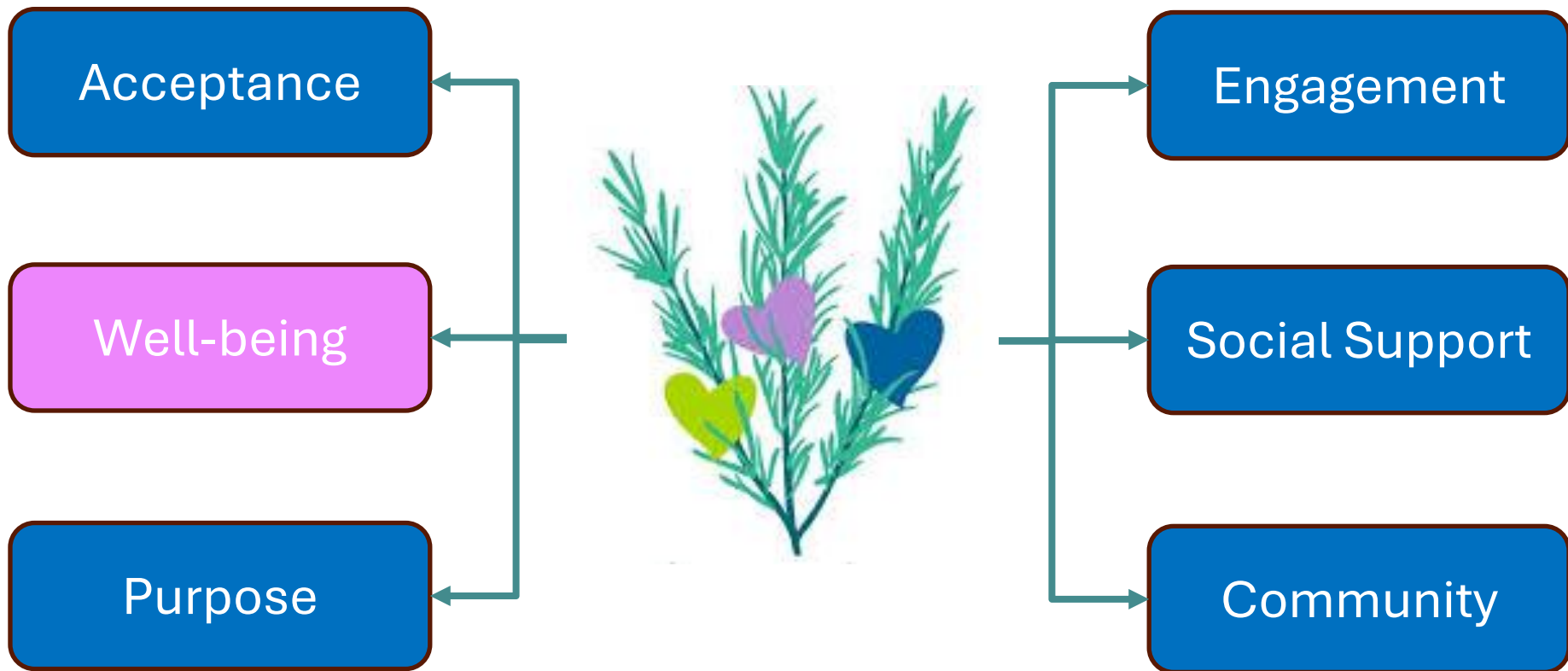


It's a place where I can be a goofball. And in my real life, I'm not much of a goofball. But **it doesn't bother me to do something stupid, or trip or get up and play air guitar.**

- Volunteer

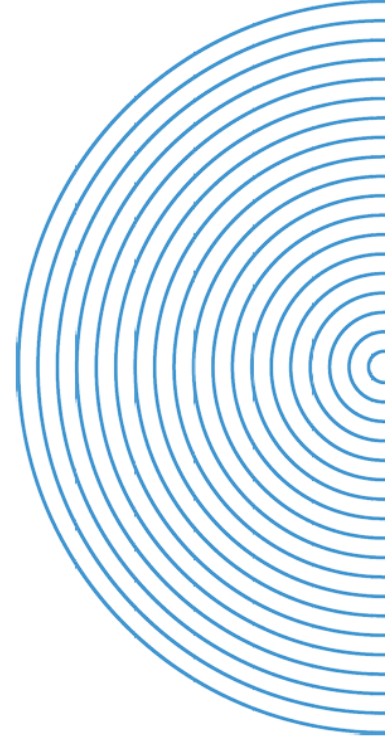


Impact of R Place

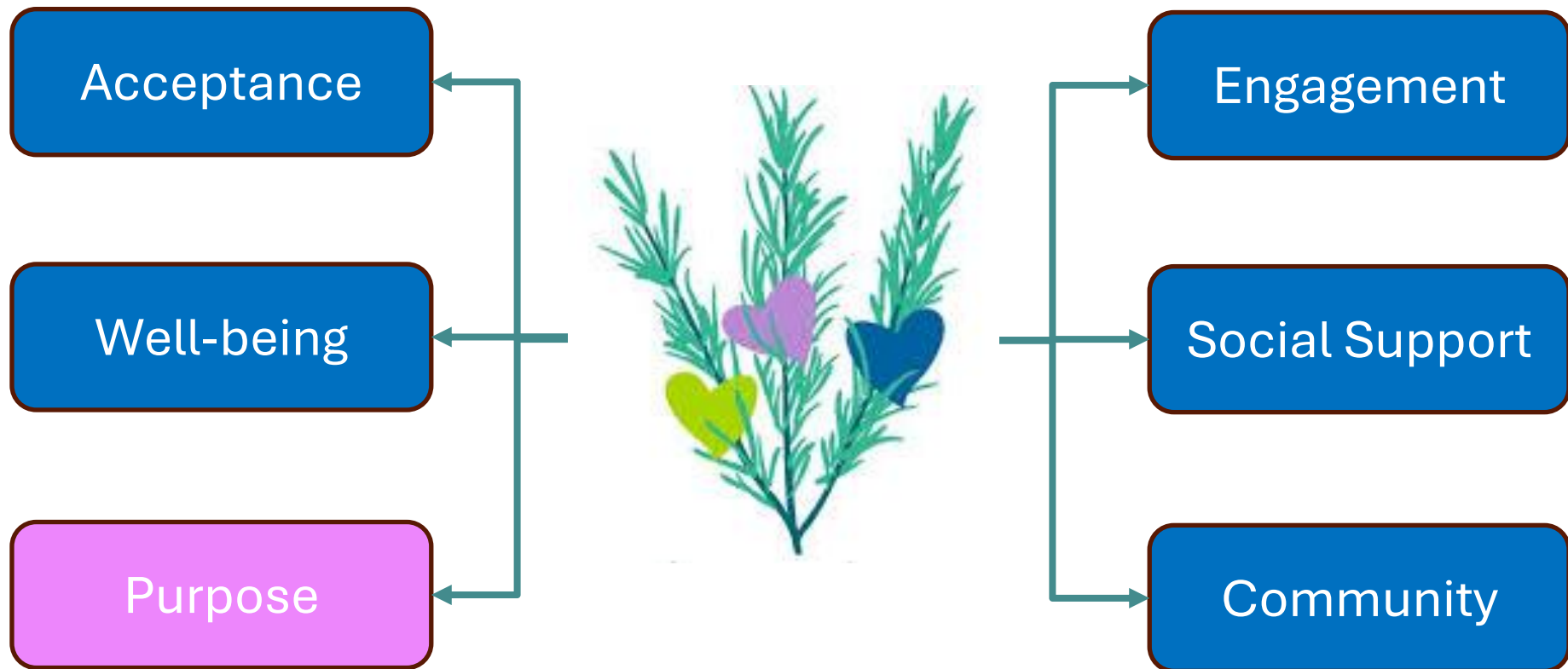


I feel like **I'm getting my head on straight and doing better** and feeling better and happier. I mean, I know that sounds like a lot of credit to give this program, but I think they deserve it. I'm more peaceful with myself and with my husband, which he appreciates. And **it just helps me see things differently.**

- PLWD



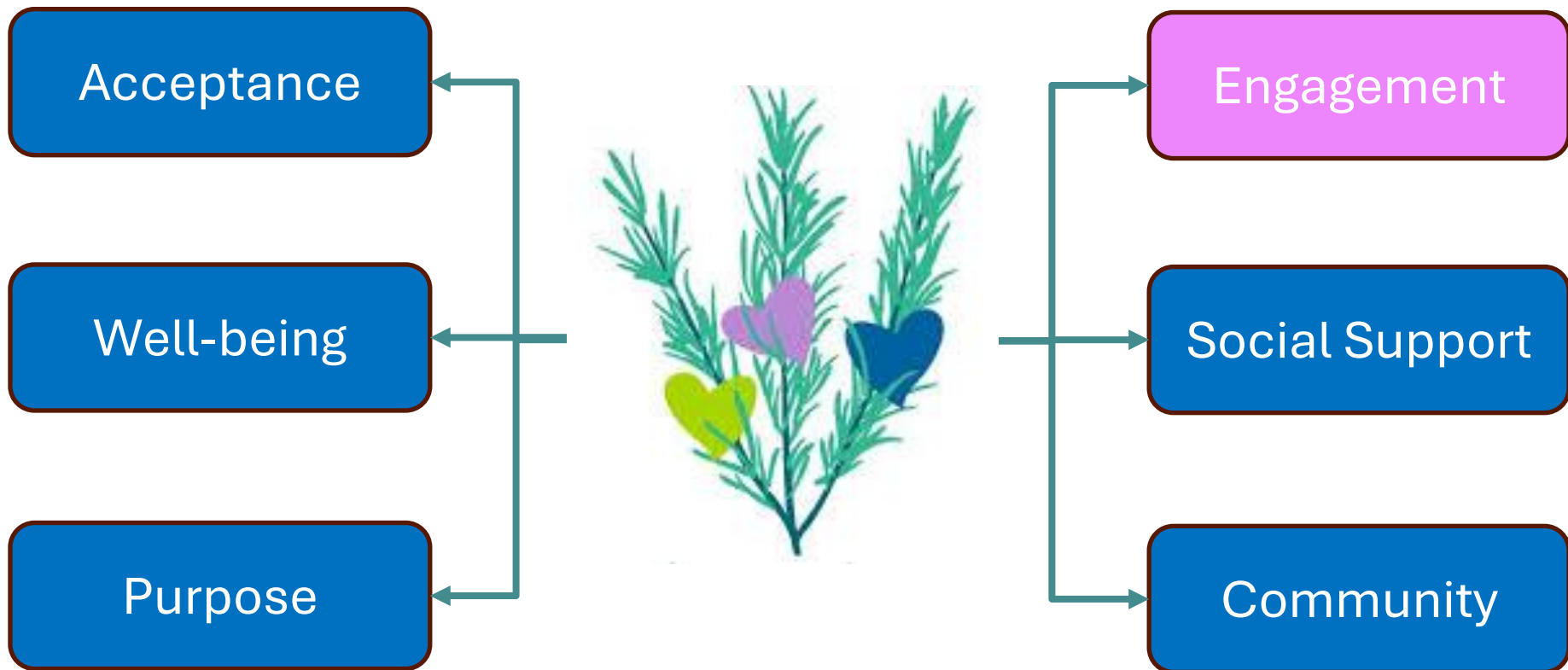
Impact of R Place



I've got early-stage Alzheimer's, and I can't remember a lot of stuff. **But I can look forward to going to the R Place...** On Tuesday, I think, oh my gosh, tomorrow is the R Place. That'll be great.
- PLWD

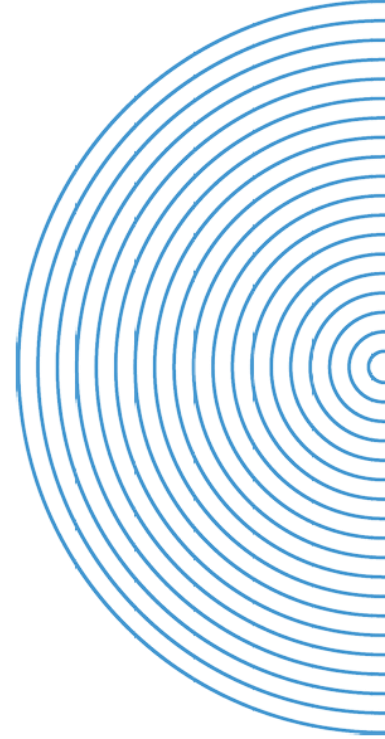


Impact of R Place

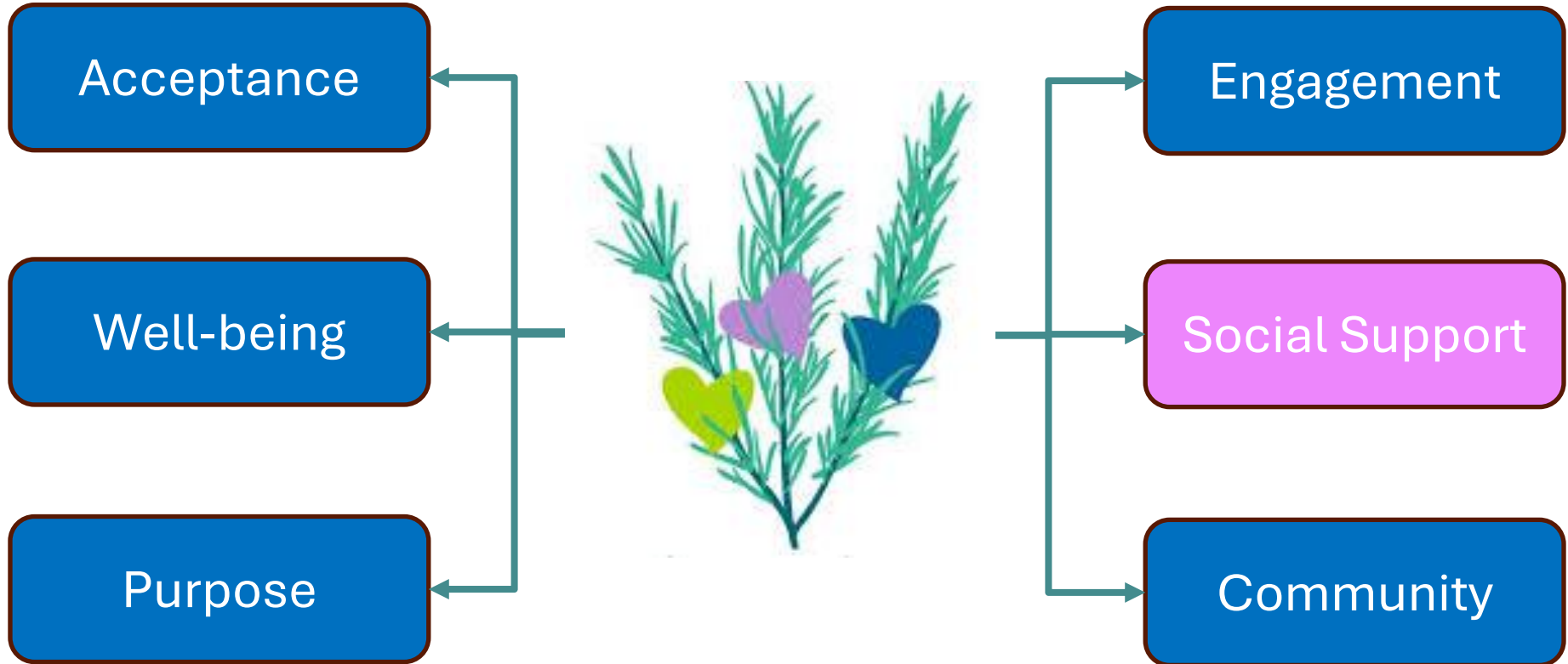


It's a great place to go because it gives you a place to talk to peers...Everyone's welcome...**It gets people maybe in the mood to become more active and involved with other people.**

- PLWD

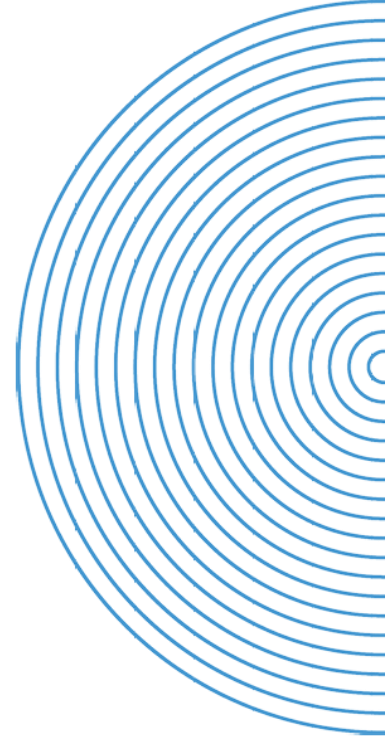


Impact of R Place

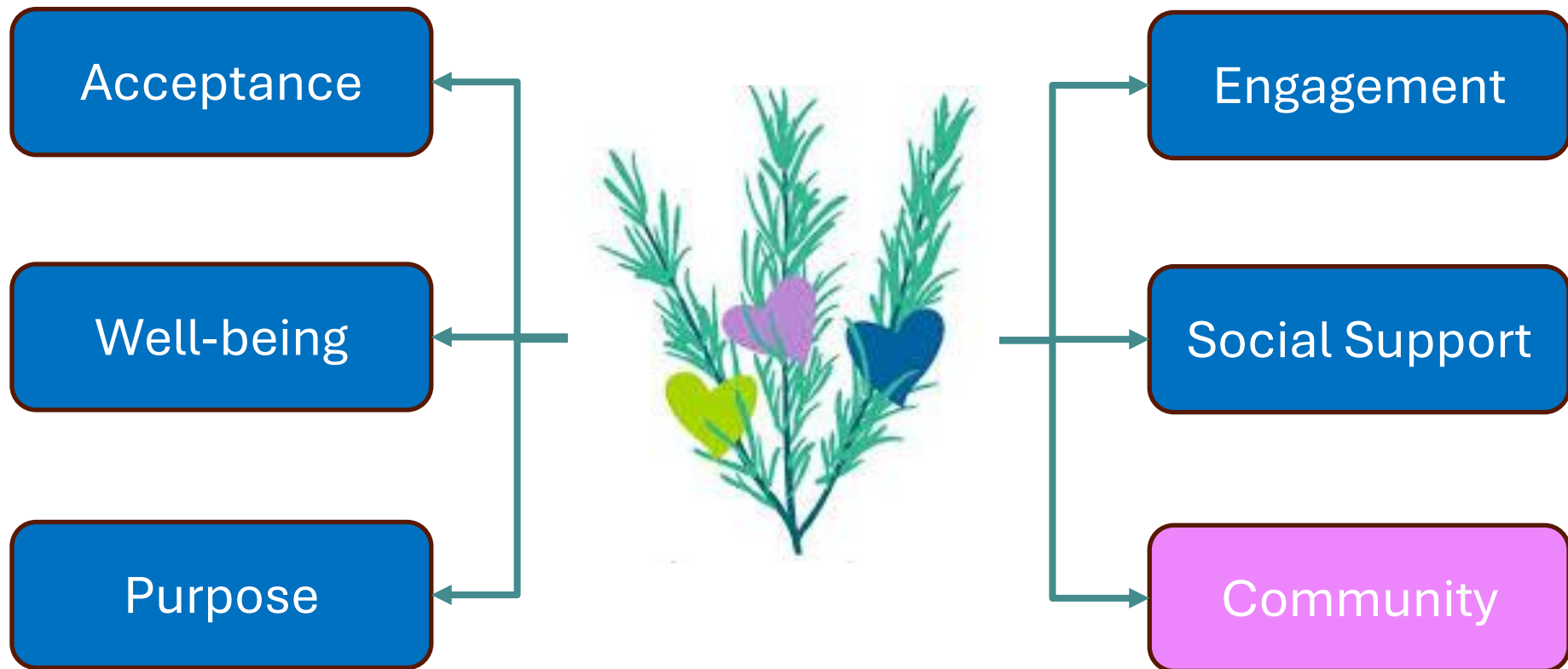


You just **find out all these things that you can do that can support you**...It just helps you understand that...there's someone out there who's done this and has worked it out...I wouldn't have known that if I just stayed here or even read about it. It wouldn't make the same impact.

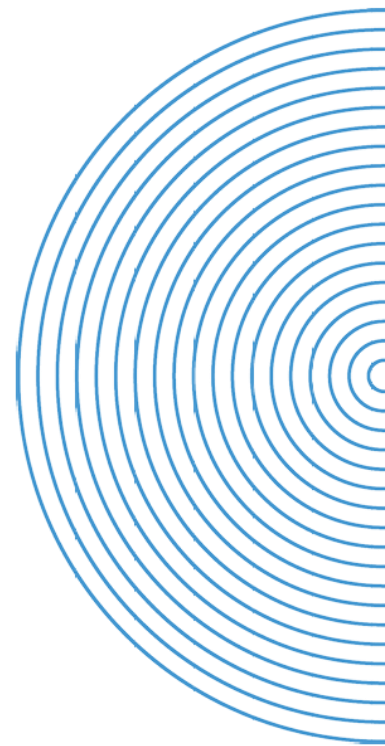
- Caregiver



Impact of R Place



It's made me feel like **I'm not going through this all by myself.** There are a lot of people out here that are dealing with this, and they're dealing with it well.
- Caregiver



Successful Adaptation



There is **strong alignment between the goals of the Respite for All Model and the impacts reported** by people living with dementia, caregivers, and volunteers at R Place, indicating **successful adaptation of the Respite for All model into a secular setting**

- Reported impacts are supported by previous literature, which suggest that respite and adult day programs support well-being.^{1,2}
- Fewer studies have reported on acceptance, purpose, engagement, connection to other social supports, and community.

Limitations



1. **Generalizability:** Initial evaluation with a small sample size at one secular Respite for All program
2. **Self-selection Bias:** Participants, caregivers, and volunteers with positive experiences may have been more likely to participate

Next Steps



1. **Disseminate lessons learned** from the adaptation of the model to R Place to other senior centers and Area Agencies on Aging
2. **Continue to evaluate** the impact of R Place and other Respite for All programs on the well-being of participants, caregivers, and volunteers
3. **Pursue funding** to expand secular programs like R Place (e.g. I'm Still Here Foundation)

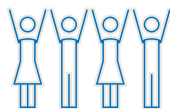
Moving Forward Together



Respite for All is a dynamic model that is feasible to implement in faith-based and secular settings



Secular programs like R Place expand access to Respite for All programming



More people living with dementia and caregivers are connected to support

Find us on Facebook:
RESPITE FOR ALL FOUNDATION

Contact: Daphne Johnston

Webpage: www.RespiteForAll.org

Email: Daphne@respiteforall.org





Contact: Alison Smith

Email: Alsmith@orangecountync.gov

Webpage: www.orangecountync.gov/RPlace

Find us on Facebook:

<https://www.facebook.com/OrangeCountyDepartmentOnAging>





Thank you!
Any Questions?

USAging



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Orange County
Department on Aging