

# exhale

## THE FAMILY CAREGIVER INITIATIVE

Information Session  
November 30, 2021



# Today's Agenda

## I. Welcome and Introductions

- Nora O'Brien-Suric, President, Health Foundation for Western & Central New York (HFWCNY)
- Amber Slichta, VP of Programs, Ralph C. Wilson, Jr. Foundation

## II. Review Agenda & Session Goals (Lisa Payne Simon, Partner, TPI)

## III. Why Caregivers? Why Respite? (Ken Genewick, Sr. Program Officer for Caregiving, HFWCNY)

## IV. Exhale Overview & Timeline (Lisa, TPI)

## V. Hear From Current Exhale Teams

- Ardent Solutions, Inc. – Jose Soto
- Healthy Community Alliance – Ashley Conti
- West Falls Center for the Arts – Carolyn Panzica

## VI. The Sophisticated Problem Solver: Separating Idea Generation from Idea Evaluation (Teresa Lawrence, President, International Deliverables)

## VII. Q & A

Why Caregivers? Why Respite?

# Why Caregivers?

- Caregivers are a large and growing part of our communities
- Caregivers are an integral part of long-term care
- Caregivers make up a large part of our workforce
- Caregivers are burned out, stressed and need support

# Why Respite?

- Provides a short break or relief from caregiver duties
- Can lower caregiving stress
- Can link caregivers to other valuable supports and services
- Improves overall health and wellbeing of caregiver and those they care for

# Exhale Overview and Timeline

# What is Exhale?

Exhale is an opportunity to reimagine respite together & receive financial support to try new ideas

- Exhale funds innovative collaborative projects that increase respite opportunities for **family caregivers of older adults**
- Opportunity to collaborate and think differently

Exhale has three components

- 1. Training** in creative problem solving and project management
- 2. Grant funding** of pilot projects or other initiatives that create respite opportunities for family caregivers
- 3. Support** - TA and a Learning Community support project implementation, sustainability, expansion

# The Exhale Team

Exhale is funded by:



Exhale partners include:

- The Philanthropic Initiative (TPI) - program director
- Teresa Lawrence/ International Deliverables – creative problem solving
- New York Academy of Medicine – evaluation team
- ARCHANGELS – creators of the Caregiver Intensity Index
- Fidelis Care
- Centene Corporation

# Exhale's First Cycle

Exhale began in 2019 in WNY's rural southern tier counties

- Workshops in creative problem solving and project management (Oct. 2019 – April 2020)
- Grant applications (Spring 2020)
- 3 pilots funded to increase respite opportunities for family caregivers of older adults (July 2020)
- Ongoing TA and a Learning Community support pilot implementation, sustainability, expansion (August 2020 – July 2023)

Today we will hear from 3 larger-scale pilot projects that emerged from Exhale's first cycle:

- Intergenerational Respite – Ardent Solutions, Inc.
- Caregiver Tech Solutions – Healthy Community Alliance
- Musical Memories Café – West Falls Center for the Arts

# Exhale is Expanding in 2022!

Exhale is expanding in WNY to Erie, Niagara, Genesee, Orleans, Wyoming and Monroe counties and to Washtenaw County, MI

## Expansion Timeline:

### Workshops in Creative Problem Solving & Project Management

Virtual workshop #1	Jan 5, 2022 (9am-12:30pm)
Virtual workshop #2	Jan 26 (9am-12:30pm)
Virtual workshop #3	Feb 15 (1-4:30pm)
Virtual workshop #4 & research summary	March 8 (1-4:30pm)
In-person workshop #5 for grant applicants	March 28 in Ann Arbor (1-4:30pm) March 30 in WNY (9am-12:30pm)

### Grant Applications

Letters of Intent due	April 15, 2022
Project & proposal planning for invited teams	May - June 2022
Applications and budgets due	June 2022
Grant funding decisions announced	July/August 2022

# What will you learn in Exhale Workshops?



**Build the skill set, tool set, and mind set of creative leadership and project management competencies**



**Gain & practice Creative Problem-Solving skills**

Divergent Thinking  
Convergent Thinking  
Applied to re-imagining respite opportunities & community engagement



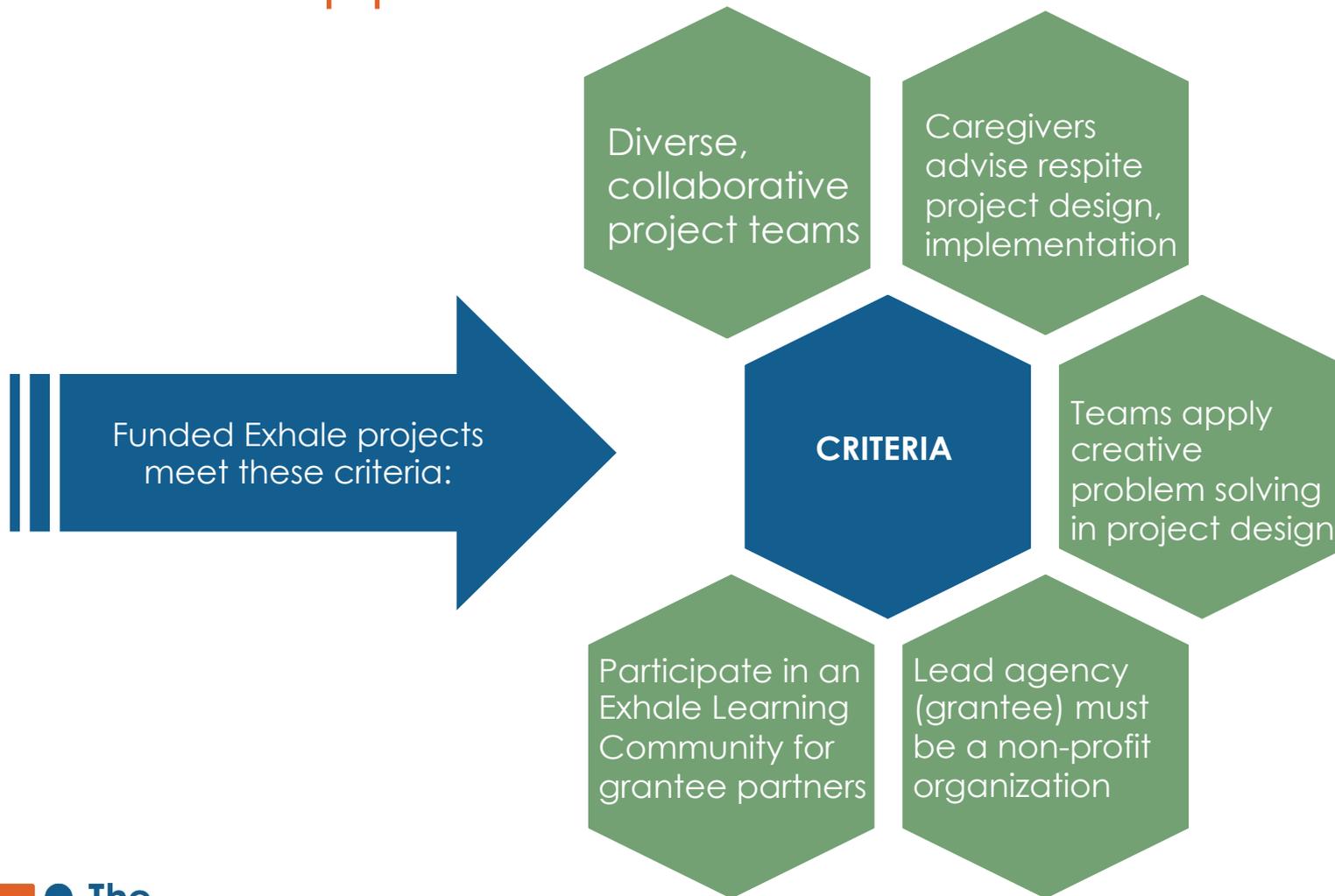
**Gain & practice Project Management Skills:**

Initiating  
Planning  
Executing  
Monitoring  
Closing

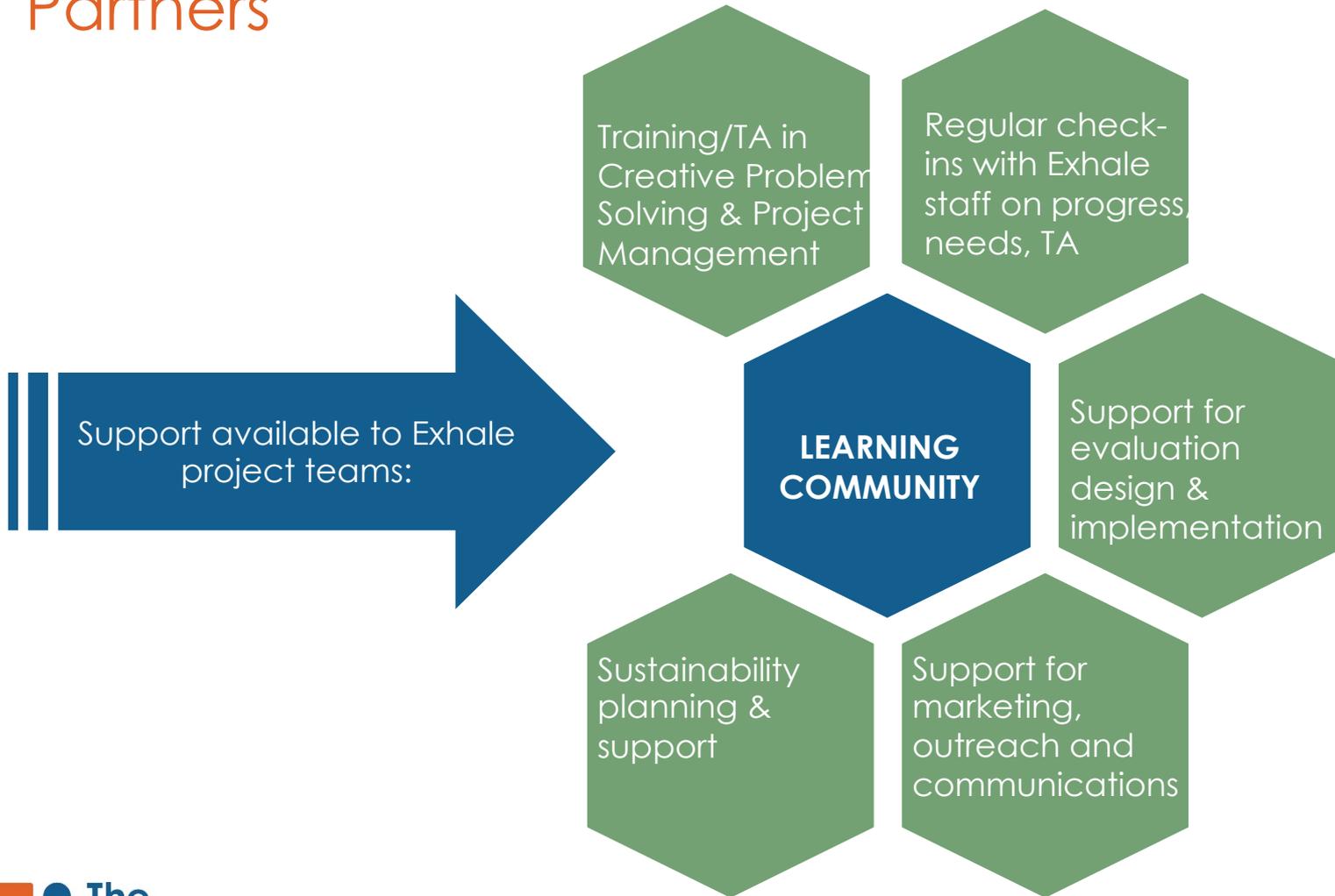
# Who can participate in Exhale?

- **Any organization that interacts with or supports family caregivers of older adults can:**
  - **Re-imagine & improve existing respite services or opportunities**
  - **Implement new strategies to increase respite opportunities**
  - **Refer and support caregivers to seek out respite services**
- Examples:
  - Health and human service agencies (any/all types) that serve family caregivers and older adults they care for
  - Health systems / health care organizations / home health
  - Community organizations of all types – senior centers, community centers, food pantries, libraries, nature centers, etc.
  - Faith-based organizations
  - Employers & businesses (HR departments/EAP programs can get involved!)
    - Workforce investment boards, HR associations, unions
    - Chambers of commerce
  - Universities, colleges, school districts

# Exhale Application Criteria



# Technical Assistance and Support for Grantee Partners



# Exhale - Frequently Asked Questions

## Eligibility for Workshop Participation

- Any organization based in the 7 counties
- Stipend of \$500 for any organization attending 4+ workshops

## Eligibility for Exhale Grants (Applications: April – June '22)

- Workshop participating non-profits in the 7 counties are eligible to apply for grants
- For-profits may participate & receive Exhale funding in partnership with non-profit lead agencies

## Grant awards of up to \$300,000

- A range of projects in dollar amount and duration will be funded (unlikely that more than 3-5 will be funded at or close to the maximum amount)
- Smaller projects, pilots, experiments are encouraged!
- Project duration can be up to 3 years (or less!)

# Exhale - Frequently Asked Questions (cont.)

Exhale funding is intended for respite programs & services

- Primarily bricks & mortar/building capital requests will not be considered
- If a funded project demonstrates need for additional or renovated physical space, increased or new caregiver participation must be shown for a reasonable time before funds for physical space will be released *and* these funds must be a modest portion of the award (no more than \$20,000 or 25% of a grant, whichever is less)

Funded projects can be new ideas or improvements to existing respite strategies. For funding consideration, all teams must:

- Collaborate (multiple organizations team up and work together)
- Include family caregiver input in respite project design and implementation
- Apply creative problem solving and project management techniques

# Exhale is coming soon! Next Steps

## Register for the Exhale Creative Problem-Solving Workshop Series

- Register NOW in chat!!
- Register online at: [www.Exhalefor caregivers.org](http://www.Exhalefor caregivers.org)
- Virtual Workshops begin January 5

## Questions? Contact

- Lisa Simon at [lsimon@tpi.org](mailto:lsimon@tpi.org) (for Exhale program questions)
- Sharon Rajadurai at [srajadurai@tpi.org](mailto:srajadurai@tpi.org) (for registration support)

# The Sophisticated Problem Solver: Separating Idea Generation from Idea Evaluation

## IV. Question and Answer

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