Information Session
November 30, 2021
Today’s Agenda

I. Welcome and Introductions
   - Nora Obrien-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
Funded Exhale projects meet these criteria:

- Diverse, collaborative project teams
- Caregivers advise respite project design, implementation
- Teams apply creative problem solving in project design
- Participate in an Exhale Learning Community for grantee partners
- Lead agency (grantee) must be a non-profit organization

Exhale Application Criteria
Technical Assistance and Support for Grantee Partners

Support available to Exhale project teams:

- Training/TA in Creative Problem Solving & Project Management
- Regular check-ins with Exhale staff on progress, needs, TA
- Support for evaluation design & implementation
- Support for marketing, outreach and communications
- Sustainability planning & support
- LEARNING COMMUNITY
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 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.Exhaleforcaregivers.org
- Virtual Workshops begin January 5

Questions? Contact

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- Sharon Rajadurai at srajadurai@tpi.org (for registration support)
The Sophisticated Problem Solver: Separating Idea Generation from Idea Evaluation
IV. Question and Answer
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