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
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 2022

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

Timeline:

Workshops in Creative Problem Solving & Project Management

Exhale overview & Workshop 1  
Jan 5, 2022 (9am-12:30pm)

Workshop 2  
Jan 26 (9am-12:30pm)

Workshop 3 & grant opportunity overview  
Feb 15 (1-4:30pm)

Workshop 4 & caregiver 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 Application Process

Letters of Intent (LOIs) 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
Exhale Application Criteria

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 - Frequently Asked Questions

Workshop Participation

- Open to 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 & other organizations not enrolled in Workshops may participate & receive Exhale funding in partnership with non-profit lead agencies (grantees)

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 Key Contacts

Participant list & Workshop slides available online
- All can be found at: www.Exhaleforcaregivers.org

Questions? Contact
- Lisa Simon at lsimon@tpi.org for program questions
- Sharon Rajadurai at srajadurai@tpi.org for Zoom, scheduling or other support
- Teresa Lawrence at Teresa@internationaldeliverables.com for creative problem-solving questions