Exhale Community Summit – Western New York
June 5, 2023
Today’s Agenda

• Welcome & Introductions: 2:00pm
  • Ken Genewick, Vice President of Programs, Health Foundation for Western & Central New York
  • Misha Stallworth, Program Officer, Ralph C. Wilson, Jr. Foundation
  • Amber Slichta, Vice President of Programs and Learning, Ralph C. Wilson, Jr. Fdn
  • Lisa Payne Simon, Partner, The Philanthropic Initiative (TPI)

• Agenda Overview: 2:10-4:45pm
  • Why Caregivers of Older Adults? Why Respite?
  • What is Exhale? – Program Overview
  • Exhale Cohort 1 Project Showcase
  • Respite Sustainability Landscape Analysis – George Washington University (GWU)
  • Creative Ideation Session: Sustaining Caregiver Respite in WNY Communities

• Exhale grantees meet with GWU team: 4:45-5:15pm
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
What is Exhale?
The Exhale Team

• Funders:
  • Ralph C. Wilson, Jr. Foundation
  • Health Foundation for Western & Central New York
  • Ann Arbor Area Community Foundation

• Project staff:
  • The Philanthropic Initiative (TPI) - program director
  • Teresa Lawrence/International Deliverables – creative problem solving
  • New York Academy of Medicine – evaluation team

• Other partners:
  • ARCHANGELS – creators of the Caregiver Intensity Index
  • Crowley Webb Communications
Exhale Project Criteria
Why Creative Problem Solving?
Purpose & Scope of Exhale’s Applied Learning

- Build the skill set, tool set, and mind set of creative leadership and project management competencies
- Apply this skill set to reimagine respite and meet caregivers where they are

Gain & practice Creative Problem-Solving skills
Technical Assistance & Support for Grantee Partners
Exhale’s First Cohort

Exhale began in 2019 in 4 rural WNY counties
Exhale 2022: Expanding now throughout WNY and Southeast Michigan

Funding and support to increase caregiver respite services
Exhale 2022: Operating throughout Western NY

10 new WNY grantee partners (see handout for project details):
3 new grantee partners in SE Michigan (see handout for details):
Exhale Evaluation
Results Snapshot: Cohort 1

• Through 2022, Exhale’s three cohort 1 projects provided more than 1,300 respite sessions to 1,600 caregivers in WNY – and served nearly as many older adults in WNY.
  • Over 4500 hours of caregiver respite provided

• Caregiver Tech Solutions – positive caregiver outcomes include statistically significant:
  • Decreases in caregiver burden, stress, and family disagreements
  • Increases in use of respite services, sense of support, and more time for me

• Musical Memories Café – positive caregiver outcomes include:
  • 88-100% report stress reduction from their Cafe experience
  • 93-100% felt emotionally supported by MMC
  • 74-100% said MMC helped them be a better caregiver

• Anticipated future annual operating costs range from $13,250 (per MMC site) to $100,000.
Exhale’s Impact on Caregivers: Cohort 1

“With the cameras installed, it was the first time I didn’t feel anxious and worried about leaving my mom while I went to Roswell Park for my own treatment, as I was able to check-in on her. (Caregiver Tech Solutions)"

“My husband has a lot of bad days with his pain, but the iPad keeps him busy with different games and reading the news. I'm also grateful that I can go grocery shopping for an hour and keep an eye on my husband with the indoor camera installed now.” (Caregiver Tech Solutions)
Exhale’s Impact on Caregivers: Cohort 1

“[My husband and I] started going to Musical Memories Café...And it was just the best thing that ever happened to us, because the musicians were just fabulous. They played feel-good music. Everybody joined in when there was singing, and especially the people with Alzheimer’s that were really inclined –you know, they couldn’t sit still in their seats – they would get up, they would be clapping, and they would be encouraged to get up and dance... I can’t say enough about how they touch your soul... that hour seems like a three-day weekend."
Questions about Exhale?

NEXT: Exhale Cohort 1 Project Showcase

Exhale: The Family Caregiver Initiative – YouTube

Ardent Solutions, Inc. – Forever Young
Healthy Community Alliance – Caregiver Tech Solutions
West Falls Center for the Arts – Musical Memories Cafe