



# Exhale Community Summit – Western New York

June 5, 2023



The  
Philanthropic  
Initiative

Act boldly. Give wisely.

# 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

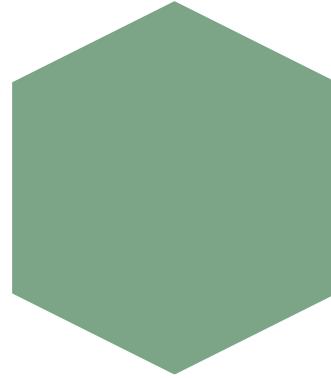
# What is Exhale?

# 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

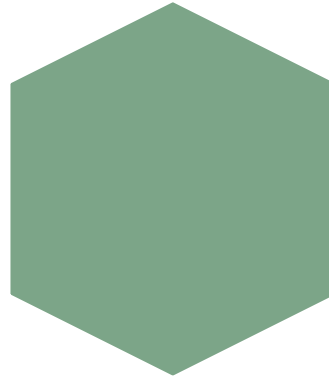


- **Build the skill set, tool set, and mind set of creative leadership and project management competencies**
- **Apply this skill set to reimagine respite and meet caregivers where they are**



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):

# Exhale 2022: Operating in Washtenaw County, MI

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