exhale
THE FAMILY
CAREGIVER INITIATIVE

Overview & Timeline
February 28, 2024

EXHALE Co-Funders in SEMI:
Ralph C. Wilson, Jr. Foundation
Ann Arbor Area Community Foundation
Michigan Health Endowment Fund

EXHALE Partners in SEMI:
Community Foundation for Southeast Michigan
Blue Cross Blue Shield of Michigan
The Philanthropic Initiative (TPI)
International Deliverables
New York Academy of Medicine
ARCHANGELS

Exhale SEMI Expansion Workshop #2 Agenda
February 28, 2024

1. Welcome and Introductions (9:00 am)
   - ❖ Meet the TPI team
   - ❖ Review agenda
   - ❖ Why Caregivers? Why Respite?

2. Exhale Overview and Timeline from TPI (9:15 am)

3. Ideation Session Overview - Teresa Lawrence, Principal, International Deliverables (9:30 am)

4. Training in Creative Problem-Solving: Session 2 - Teresa Lawrence, Principal, International Deliverables (10:30 am)

5. Overview of Grantmaking Opportunity (11:30 am)
   - ❖ Review Application Criteria
   - ❖ Frequently Asked Questions

6. Adjourn (12:00 pm)

Why Caregivers?

- Michigan has a rapidly growing aging population; more than 25% of our population is over age 60

- Caregivers are a large and growing part of SEMI 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

- At some point in our lives, most of us will be caregivers

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

- Here in MI, we're reimagining respite and increasing respite supply alternatives to better support our state's caregivers who are essential to caring for older adults.

Exhale Workshops: 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

Exhale SEMI 2024 Project Timeline

Exhale is expanding to Wayne, Monroe, Oakland, Macomb, St. Clair, Livingston, and Washtenaw counties

Workshop and Grant Opportunity Timeline:

Exhale Workshop Series

In-person workshop 1	Jan 25 at **Second Ebenezer Church** (Lunch served at noon followed by the workshop from 1pm-4:30pm)
Virtual workshop 2 (grant opportunity)	Feb 28 (9am-12:00 noon)
Virtual workshop 3	April 2 (1pm-4:00pm)
Virtual workshop 4	April 23 (9am-12:00 noon)
In-person workshop 5 for grant applicants	May 15 in Detroit (Lunch served at noon; workshop from 1pm-4:30pm)

Exhale Grant Opportunity

Project & proposal development period	January - July
Letters of Intent and budgets due	Wednesday May 29
Final proposal and budgets due	Mid-late July
Grant funding decisions announced	By Friday August 30

Exhale SEMI Workshop Series – Agenda Overview

Workshop #1   In-person - January 25 at Second Ebenezer Church, Detroit

❖ Lunch served at noon; Workshop from 1:00-4:30pm
❖ Welcome & Introductions
❖ *A Fugue on Caregiving* (performance by LimeLight)
❖ Exhale Program Overview & Timeline
❖ Let's Hear from Caregivers of Older Adults (ARCHANGELS presents findings from its 2023 fielding of the Caregiver Intensity Index in SEMI)
❖ Creative Problem-Solving training session #1- Overview of Creative Problem-Solving

Workshop #2   Virtual - February 28 from 9am-12:00 noon

❖ Overview of the Exhale grant funding opportunity, application form and timeline
❖ Overview of Caregiver Ideation Sessions - Gathering caregiver input to inform your respite program design
❖ Creative Problem-Solving training session #2 – Clarifying the Challenge and Ideating Solutions

Workshop #3   Virtual - April 2 from 1:00-4:00pm

❖ Explore Caregiver Ideation Session caregiver input received to date
❖ Creative Problem-Solving training session #3 – Developing and Implementing Stages of the Creative Problem-Solving Process

Exhale Memory Café Collective Workshop Series – Agenda Overview (cont.)

Workshop #4   Virtual - April 23 from 9am-12:00 noon

- ❖ Explore Exhale marketing, communications, and recruitment best practice, tips and strategies with Crowley Webb Communications
- ❖ Creative Problem-Solving training session #4 – Developing fundamental project management skills
- ❖ Questions? Discussion? (30 minutes)

Workshop #5   In-person - May 15 at Second Ebenezer Church, Detroit

- ❖ Lunch served at noon
- ❖ Facilitated Working Session from 1:00-4:30pm intended for organizations planning to apply for Exhale grant funding
- ❖ Real-time support and technical assistance (TA) available from Exhale faculty (Lisa Simon and Teresa Lawrence) throughout the working session

What will you learn in Exhale Workshops?

Build the skill set, tool set, and mind set of creative leadership, problem-solving competencies, and facilitating stakeholder engagement

Learn, practice and apply Creative Problem-Solving

Separating idea generation from idea evaluation

The Creative Problem-Solving process

Thinking tools for each stage of problem-solving

Gain practical knowledge about family caregivers of older adults, caregiving, and respite in SEMI:

Who are SEMI's caregivers?

What do caregivers want & need?

How do caregivers define respite?

Caregiver preference, experience?

How might Exhale best support?

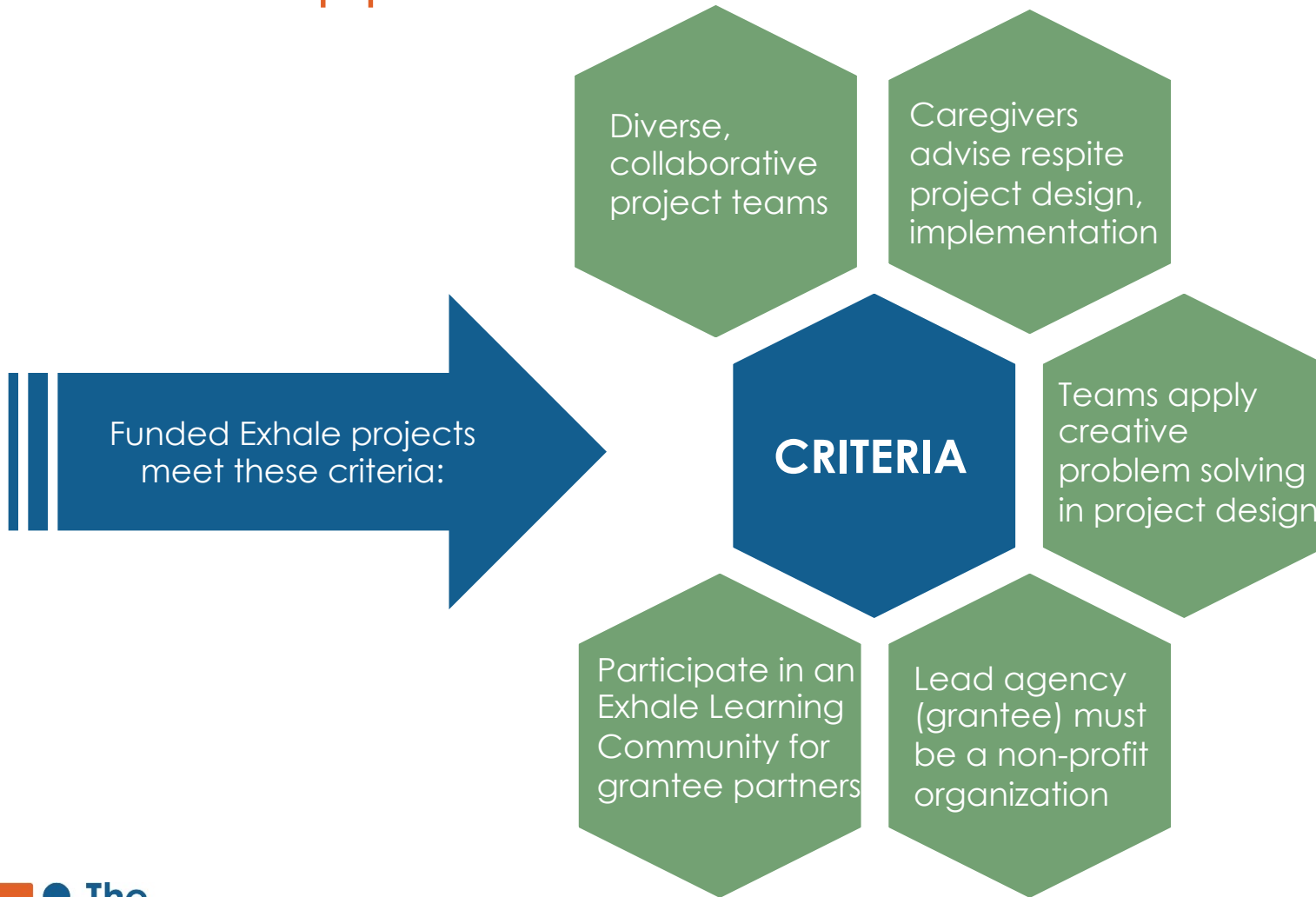# Ideation Session Overview and Training in Creative Problem-Solving Session 2

Led by Teresa Lawrence, Principal, International Deliverables

Exhale Grant Overview

Sample LOI Questions

- How will your project improve existing respite opportunities and/or increase respite opportunities for family caregivers of older adults in your community?

- What specific caregiver groups or types of caregivers will you target? (For example, caregivers of life partners, millennial caregivers of parents or other older adults, sandwich generation caregivers, etc.)

- Provide at least 3 examples of family caregiver input that has informed your proposed project design, implementation, or outreach plan; for each example, please indicate how you obtained this caregiver input or information.

Exhale Application Criteria

Funded Exhale projects meet these criteria:

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

The Philanthropic Initiative

Exhale - Frequently Asked Questions

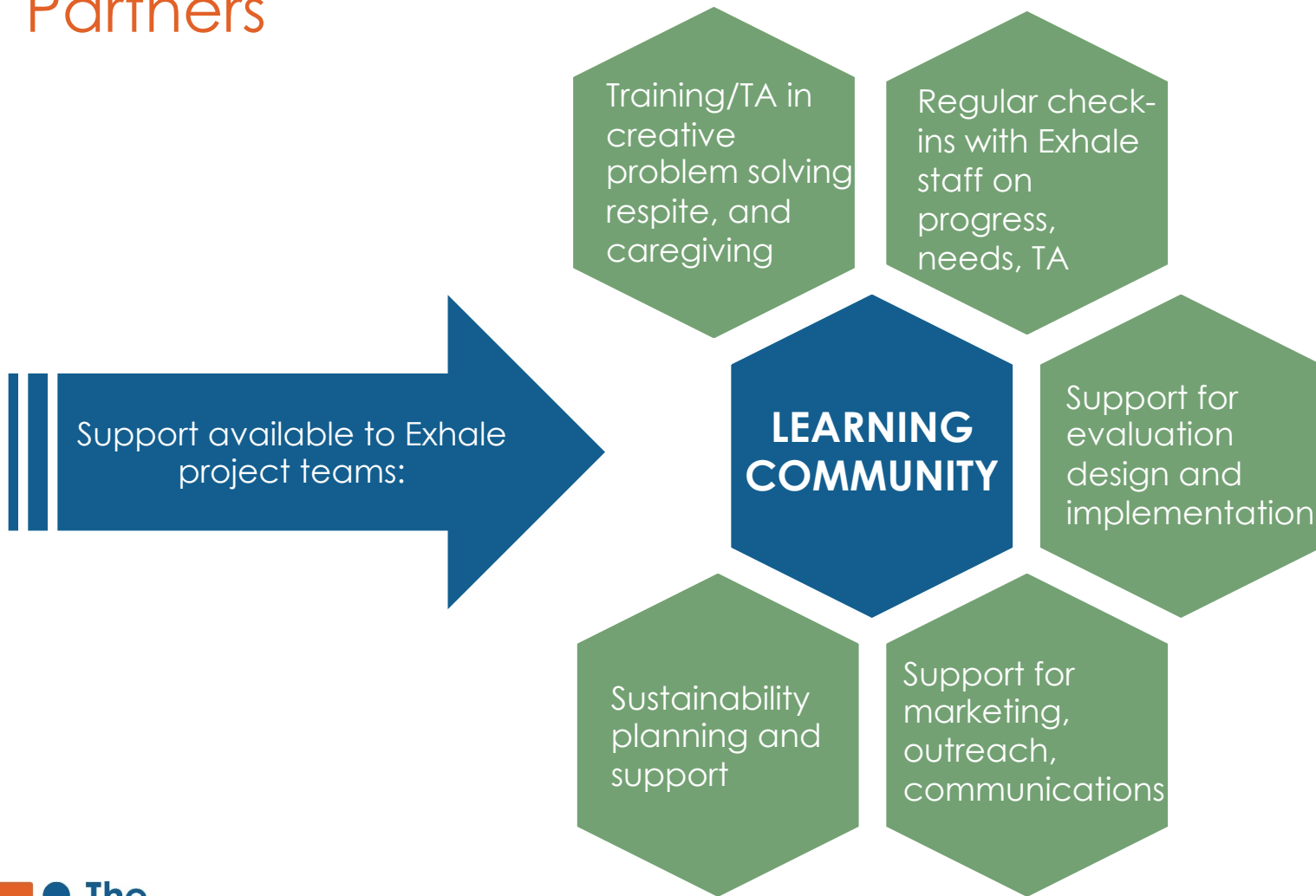**$500 Stipend for Organizations Attending 4+ Workshops**

Eligibility for the 2024 Exhale Grant Funding Opportunity

- Only workshop participating non-profits in the 7 counties are eligible to apply for Exhale funding
- For-profit organizations may participate in and 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. It is unlikely that more than 3-5 projects will be funded at or close to the maximum $ amount.
- Smaller projects, pilots, and experiments are encouraged!
- Project duration can be up to 3 years (or less!)

Technical Assistance and Support for Grantee Partners

Support available to Exhale project teams:

LEARNING COMMUNITY

- Training/TA in creative problem solving respite, and caregiving
- Regular check-ins with Exhale staff on progress, needs, TA
- Support for evaluation design and implementation
- Sustainability planning and support
- Support for marketing, outreach, communications

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Exhale Grant Application Timeline

May 15th	May 29th	July 1st	July 22nd	August 30th
• Final Workshop in Detroit	• Initial LOI and budget due	• Lead agencies notified of final proposal eligibility	• Final proposal and budget due	• Grant Decisions announced

Exhale Key Contacts

Participant list & Workshop slides available online

- All can be found at: www.Exhaleforcaregivers.org

Questions? Contact

- John Tyler at jtyler@tpi.org for program questions
- Anna Moceyunas at amoceyunas@tpi.org for Zoom, scheduling or other support
- Teresa Lawrence at Teresa@internationaldeliverables.com for questions about creative problem-solving

Southeast Michigan Workshop 2 Survey

https://bit.ly/semiworkshop2