

exhale

THE FAMILY CAREGIVER INITIATIVE

Overview & Timeline
January 25, 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
Blue Cross Blue Shield of Michigan Foundation
The Philanthropic Initiative (TPI)
International Deliverables
New York Academy of Medicine
ARCHANGELS

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.

Today's Agenda

1. Welcome and Introductions (Misha Stallworth West, Program Officer, Ralph C. Wilson, Jr. Foundation) (1:00-1:30pm)
 - ❖ Meet Exhale Southeast Michigan (SEMI) Funding and Project Partners
 - ❖ Meet Your Fellow Exhale Participants
 - ❖ Why Caregivers? Why Respite?
2. Review Today's Agenda, Exhale Overview & Timeline (Lisa Payne Simon, Exhale Director and Partner, The Philanthropic Initiative, TPI) (1:30-1:45pm)
3. *A Fugue on Aging* (Live performance by Limelight & group discussion) (1:45-2:25pm)
4. Feedback from Family Caregivers of Older Adults in SEMI: Results from ARCHANGELS' 2023 Fielding of the Caregiver Intensity Index in SEMI (Sarah Stephens-Winnay, ARCHANGELS) (2:25-3:00pm)
 - ❖ Discussion: Implications for Exhale & Respite Program Design
5. Break – 3:00-3:10pm
7. Training in Creative Problem-Solving: Session 1 – Overview (Teresa Lawrence, Principal, International Deliverables) (3:10-4:30pm)
8. Adjourn (4:30pm)

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

Exhale SEMI 2024 Project Timeline

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

Workshop and Grant Opportunity Timeline:

Exhale Workshop Series

In-person workshop 1

Virtual workshop 2 (grant opportunity)

Virtual workshop 3

Virtual workshop 4

In-person workshop #5 for grant applicants

Jan 25 at **Second Ebenezer Baptist Church** (lunch served at noon; the workshop runs from 1pm-4:30pm)
Feb 28 (9am-12:00 noon)
April 2 (1pm-4:00pm)
April 23 (9am-12:00 noon)
May 15 at **Second Ebenezer Baptist Church** (lunch served at noon; the workshop will run from 1pm-4:30pm)

Exhale SEMI Grant Opportunity

Project & proposal development period

Letters of Intent and budgets due

Final proposal and budgets due

Grant funding decisions announced

February - August
By Wed. May 29 at 5pm
By Wed. July 17 at 5pm
By Friday August 30

Exhale SEMI Workshop Series – Agenda Overview

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

- ❖ 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 Baptist Church

- ❖ 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 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

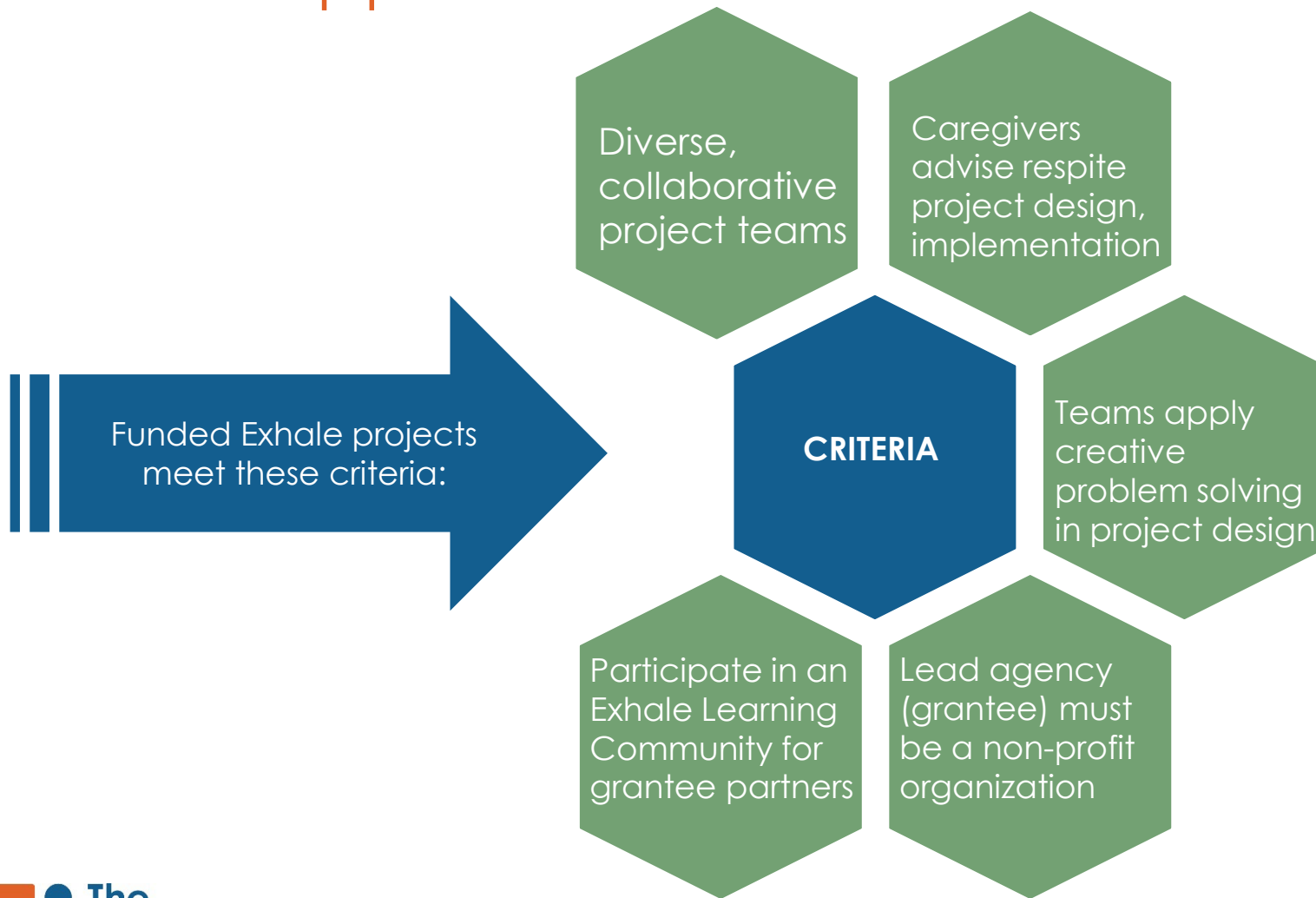
Separating idea generation from idea evaluation
The Creative Problem-Solving process
Thinking tools for each stage of problem-solving



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?

Exhale Application Criteria



Exhale - Frequently Asked Questions

\$500 Stipend for Organizations Attending 4+ Workshops

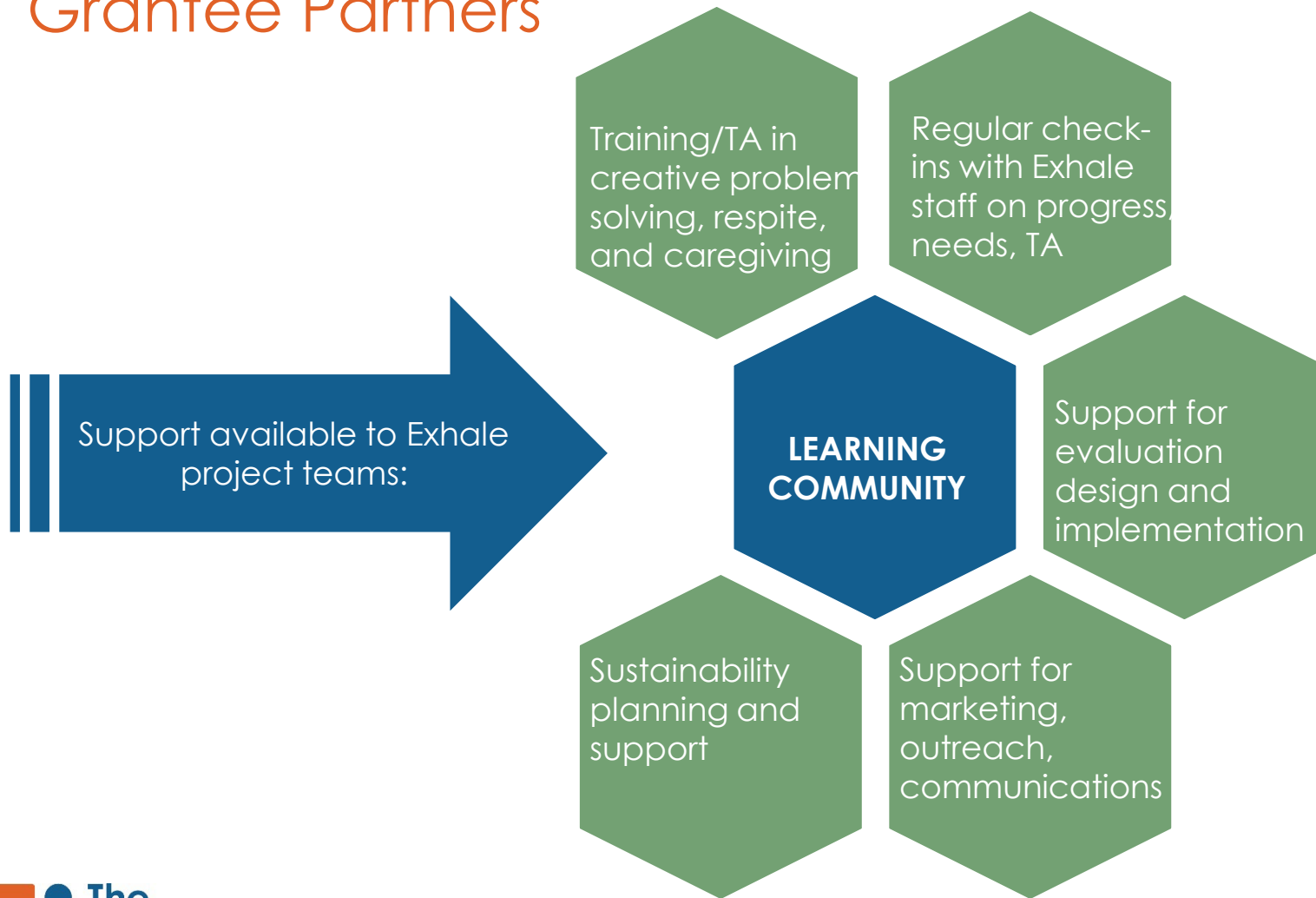
Eligibility for the 2024 Exhale Grant Funding Opportunity

- Only workshop participating non-profits in the 7 SEMI 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!)

Implementation Phase - TA and Support for Grantee Partners



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 and other support
- Teresa Lawrence at Teresa@internationaldeliverables.com for questions about creative problem-solving and facilitation