



Southeast Michigan Exhale Expansion Workshop #5

May 15, 2024
1:00 pm – 4:30 pm



Today's Agenda

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| 1:00 pm | Welcome and Exhale Opportunity Review |
| 1:15 pm | Icebreaker/Speed-dating Exercise |
| 1:25 pm | Introduction of Facilitators |
| 1:45 pm | Timed Rotations with Facilitators and TAs |
| 2:30 pm | Coffee Break! |
| 2:45 pm | Application & Technical Assistance Work Time |
| 3:45 pm | 5 min Break! |
| 4:15 pm | Wrap-up and Next Steps |

Exhale Southeast Michigan Expansion Ethos & Goals

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
 - an integral part of long-term care
 - make up a large part of our workforce
 - 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 Southeast Michigan Expansion Program

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



Training in creative problem solving and project management



Grant funding of pilot projects or other initiatives that create respite opportunities for family caregivers



Support - TA and a Learning Community support project implementation, sustainability, expansion

Exhale Grant Opportunity

Grant Opportunity FAQs

\$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!)

LOI & Application Review

2024 Exhale SEMI LOI

- Due date: May 29th at 5pm
- <https://shorturl.at/dvW13>



2024 Exhale SEMI Application

- Due date: July 22nd at 5pm
- <https://shorturl.at/fhq23>

Icebreaker Exercise!

Today's Facilitators & Technical Assistance

Timed Rotations with Facilitators & TAs

Closing & Questions

In-Person Caregiver Input Session Days with Teresa

May 20th

May 21st

[Click here to sign up for Stakeholder Input Sessions with Teresa](#)

Exhale Program Funders & Partners

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 Resources & Key Contacts

**Collective
Participant List
& Workshop
Slides**

- Accessible Online at:
www.Exhaleforcaregivers.org

**Questions?
Contact...**

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

Exhale SEMI Workshop #5 Survey



https://nyam.qualtrics.com/jfe/form/SV_43fqW3tSO76FgXA