

### Leveraging philanthropy in service of family caregivers.

Exhale – The Family Caregiver Initiative is a unique philanthropic model developed to increase respite opportunities for family caregivers of older adults. In an area of growing need and opportunity, Exhale provides a proven model for enduring community impact.

#### MEETING A CRITICAL NEED.

Caring for a family member or loved one is often a labor of love, but caregivers also need care. Respite, a period of rest or relief, reinforces caregiver well-being and effectiveness, leading to better health and social-emotional outcomes and lower costs of care for family caregivers and those they care for. Yet not enough respite programs exist to meet this growing need, and those that do are often limited in scope and impact.

Exhale was created as a philanthropic strategy to help fill this critical gap. The Exhale model provides funding, training, and resources to develop effective and sustainable respite programs designed by and for the communities that need them.

 **104M** people are caregivers of adults<sup>1</sup>

 **70%** of caregivers have reported at least one mental health impact<sup>2</sup> due to the burden

Simply knowing that a respite program is available can lower caregiver stress by **70%**<sup>3</sup>

**2,500+** caregivers were reached in Exhale's first 5 years

<sup>1</sup>[rand.org/pubs/commentary/2024/09/who-is-a-caregiver.html](https://rand.org/pubs/commentary/2024/09/who-is-a-caregiver.html)

<sup>2</sup>[caregiver.org/resource/caregiver-statistics-health-technology-and-caregiving-resources](https://caregiver.org/resource/caregiver-statistics-health-technology-and-caregiving-resources)

<sup>3</sup>[tpi.org/exhale-the-family-caregiver-initiative](https://tpi.org/exhale-the-family-caregiver-initiative)

#### 2019

##### Exhale launches in rural New York

- Founded by



RALPH C. WILSON, JR.  
FOUNDATION



Health Foundation  
for Western & Central New York

- Funded three grantees representing 12 organizations

#### 2022

##### Exhale expands in New York and into Michigan

- Added new funding partner: Ann Arbor Area Community Foundation
- Funded 13 grantees representing 58 organizations

#### 2024

##### Exhale expands across Western New York and Southeast Michigan

- Added new funding partners: Blue Cross Blue Shield of Michigan, BCBSM Foundation, Community Foundation for Southeast Michigan, Michigan Health Endowment Fund
- Funded 11 grantees representing 54 organizations in Michigan
- Funded 11 arts and cultural organizations to pilot Memory Cafés in Western New York

## Maximizing impact with full-circle support for grantee partners.

Exhale offers grantee partners the resources necessary to develop and sustain creative and collaborative new programs. The Philanthropic Initiative (TPI) provides strategic facilitation and program management for Exhale to support funders, grantee partners, and the communities they serve.

### CORE ELEMENTS:

**Training and capacity building** in creative problem solving, program development and management, incorporating community feedback, evaluation, marketing, advocacy, and other technical support.

**Grant funding** for innovative caregiver respite projects.

**Ongoing support** for effective implementation, evaluation, sustainability, and expansion of respite projects through learning communities for grantee partners.



Grants range from \$25,000 to \$300,000 and 1–3 years.



Participating organizations can vary widely and include community centers, YMCAs, museums, libraries, universities, and others.

**“This is about respite, connection, and stress relief. It’s an open invitation... to step through our doors and find moments of joy together.”**

**– NATIONAL COMEDY CENTER,  
AN EXHALE GRANTEE**

## Let’s talk about bringing Exhale to your community.

Together, we can move the needle toward large-scale lasting change. To learn more about Exhale and the full range of opportunities for funders of all sizes, contact TPI at [exhale@tpi.org](mailto:exhale@tpi.org).

[exhaleforcaregivers.org](http://exhaleforcaregivers.org)

