“Building Capacity for Our Coalition’s Collective Impact”
About Us

The Nevada Lifespan Respite Care Coalition (NLRCC) is a statewide coalition comprised of 84 member organizations and individuals from across the state’s private and public organizations, as well as university and state offices in the northern, rural and southern counties of Nevada. In its entirety and diversity, all our members are committed to our vision of “Adequate Respite Care For All.”

The Nevada Lifespan Respite Care Coalition (NLRCC) was chartered in 2007 as a voluntary organization with the mission to support caregivers in our community by promoting awareness and access to, as well as coordination and advocacy for respite services in Nevada throughout the lifespan.

Respite: The mission of the Nevada Lifespan Respite Care Coalition is to support caregivers in our community by promoting awareness and access to, as well as coordination and advocacy for, respite services in Nevada throughout the lifespan.

The NLRCC serves as a catalyst through its ability to advocate, educate, engage community and convene partners for collective impact around a shared vision and agenda.
Our **Priority Areas**

- **Awareness and Acceptance of Respite Care as a “normalized” experience and valued service:** Respite care is simply defined as giving unpaid family caregivers a short break from caregiving by filling in for them to provide care while allowing them uninterrupted personal time to use as they like.

- **Diverse, Affordable, and Accessible Opportunities for Respite Care:** The service fits the need and choices of consumers.
What is Respite?

Respite care is giving unpaid family caregivers a short break from caregiving by filling in for them to provide care while allowing them uninterrupted personal time to use as they like.

Respite is short term, not permanent care.

Respite is: • Getting a break • Breathing space • A chance to get out • Uninterrupted personal time • A two-hour lunch with a friend • Exercise • Taking care of your own health • Being able to take a vacation • Shopping

“Respite allowed me to go to my own doctor’s appointment, and now I am able to take care of my own health.”

“I am so appreciative to receive a voucher for respite care. I work full time and my children would have to stay home from school to help with the caregiving. Now, I have the help I need during the time we are not available.”

“I am so grateful that my wife is now able to go to church every week and reconnect with her friends. It makes me happy and it makes her happy.”

“Thank you for helping and enabling me to take some time to go visit my new granddaughter.”

What Caregivers Say
Strategy for Building Capacity

Goal: Increase awareness about respite care.

**WE WILL**

- Implement a Respite Awareness campaign that informs and educates both caregivers and the public about benefits of and resources for utilizing respite care.
- Advocate for respite for caregiving in communities so that people will see “caregiving” as a role that requires breaks and help.
- Utilize outreach and educational sessions as a way to learn more about what each community needs in order to shape our education and advocacy approaches.
Goal: Promote choice, access, availability and diverse opportunities.

- Increase respite workers to adequately meet the need in target communities.
- Identify non-traditional resources for respite in rural communities.
- Empower consumers to use their voice and have control over their respite choices.
- Train respite care providers/agencies in new ways of providing respite as consumers (caregivers and those requiring care) request other options.
- Advocate for robust respite care that covers the lifespan and specifically fills service gaps for those 18-59 years and veterans.
Accomplishments

• Created a plan and budget for 2019-2020.
• Actively interviewed and selected a fiscal agent—pending final approval ---Nevada Rural Counties RSVP Program, Inc.
• Have monthly coalition meetings that are more participatory and effective.
• Identified co-facilitators from NLRCC membership to plan and conduct the meetings.
• Created public information materials and presentations:
  • a NLRCC brochure
  • information cards for distribution by membership at meetings and networking opportunities
  • PowerPoint presentation to educate community groups and coalitions about respite
• Distributed approximately 100 information cards throughout Nevada
• Presented NLRCC and respite care to a rural community coalition
• Conducted regular board meetings, for which a majority of the meetings had a quorum.
• Increased new members that have added fresh perspectives.
Improvement Goals

• Create and support a sustainable model of leadership from within where each member sees how they can take action and assume responsibility for different aspects of NLRCC.

• Increase our ability to take independent action on priority items—setting deadlines and person(s) responsible for insuring movement.

• Contract with an entity to develop a robust website, secure a general email, and have an on-line and virtual presence.

• Successfully secure a fiscal agent, even temporarily, to manage funds for the 2019-20 and 2020-21 budget years and their approved activities.

• Hire a project director to work with our fiscal agent and provide backbone support to our organization.

• Gain a better of understanding about how state grants and funding mechanisms work.
Our Success Model

1. People know how to get information about and access to respite.
2. Caregiver understands what respite means.
3. Respite is requested and utilized by caregivers.
4. Reduction of stress and enhanced well-being for caregivers.
5. Respite is normalized for caregivers.
Who We Are

Officers and Board of Directors
Susan Gulas - President, Cimi Neal, Kathy Doyle, David Nichols, Susan Haas, Cory Lutz, Denise Hund, Gini Cunningham, Korine Viehweg, Vicki Lebsack

Organizations:

- AARP
- Access to Health Care
- Alzheimer's Association of No. Nevada
- Alzheimer's Association of So. Nevada
- A-Plus Hospice Care
- Cascades of the Sierra
- Center for Adaptive Riding
- Center for Healthy Aging
- The Children's Cabinet
- Community Foundation of Western Nevada
- Consumer Direct Personal Care
- Continuum
- Dawson & Lordahl PLLC
- Desert Regional Center
- Dynamic Home Health Care/ A Simple Solution
- Eagle Valley Children's Home
- East Valley Family Services
- Friends of Parkinsons
- Give Me a Break
- Headstart of Nevada
- Helping Hands of Vegas Valley
- Home Care
- Integrated Behavioral Healthcare
- Interim Healthcare
- JUSTIn Hope
- Legacy Health & Wellness
- Lou Ruvo Center for Brain Health
- Money Management Int.
- More to Life Adult Day Care
- Nathan Adelson Hospice
- Northern Nevada Disability Access
- Neighbor Network of Northern Nevada
- Nevada Caregiver Coalition
- Nevada Department of Veteran’s Services
- Nevada Fund
- Nevada Senior Guide
- Nevada Senior Services
- PAD 2020
- Rape Crisis Center
- RAVE Family Foundation Northern Nevada
- RSVP
- Rural RSVP
- Sanford Center for Aging, UNR
- Seniors in Service
- State of Nevada, Department of Health & Human Services
- State of Nevada, Aging and Disability Services
- Stone Valley
Who We Are

Members:

Jamie Ahumada
Jamilla Ali-Rahman
Luiza Bensiano
Linell Bollacker
Elizabeth Brickfield
Mary Brock
Gretchen Canepa
Lisa Colivito
Cassandra Cotton
Alexandra Crockett
Brianna Crouch
Jewel Cueller
Gini Cunningham
Lindsay Dague
Amy Dewitt-Smith
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Dan Dinnell
Cheryl Dinnell
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Kim Donohue
Jeff Doucet
Kathy Doyle
Jeff Duncan
Ivan Espinoza
Kathleen Flores
Debra Fredericks
Sheila Garner
Barry Gold
Esther Gregurek
Ellen Grossman
Susan Gulas
Fred Ranney
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Brandy Runge-Rundell
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Juliet Mendoza
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