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*Governor*



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# State of Nevada Department of Health and Human Services

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## Respite Rx: What Caregivers Need Now

Nevada Aging & Disability Services Division

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*Helping people. It's who we are and what we do.*



# Purpose of Respite Rx

- Self-Directed, Flexible, Person-Centered
- Regular Dosage of Respite (2-4 hours per week on average)
- Effective Respite (realize benefits from respite)





# Experience of Implementation

**Would Caregivers Accept Respite, Use it, Value it?**





## Whom Do We Serve?

- Eligibility based on CARE RECIPIENT?
- “DOUBLE-DIPPING” Respite?
- CHOSE between Respite and other services?

“It was nice to have someone ask about me. I don’t think anyone has ever asked before.”

# Negotiated Rate of Pay



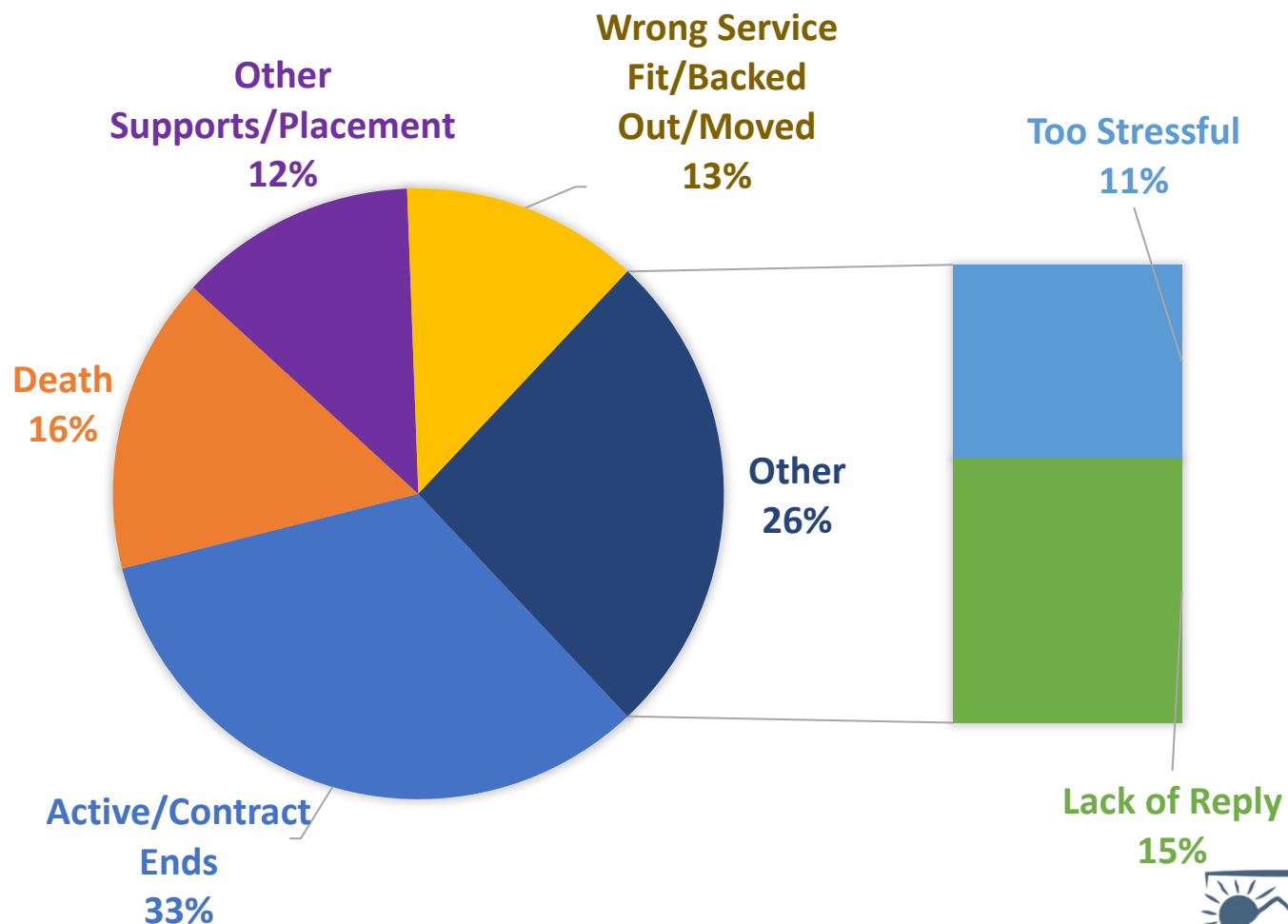


# Drop-Off Rate

What Drives Drop-Off Rate?

How Do We Address It?

## PROGRAM EXIT

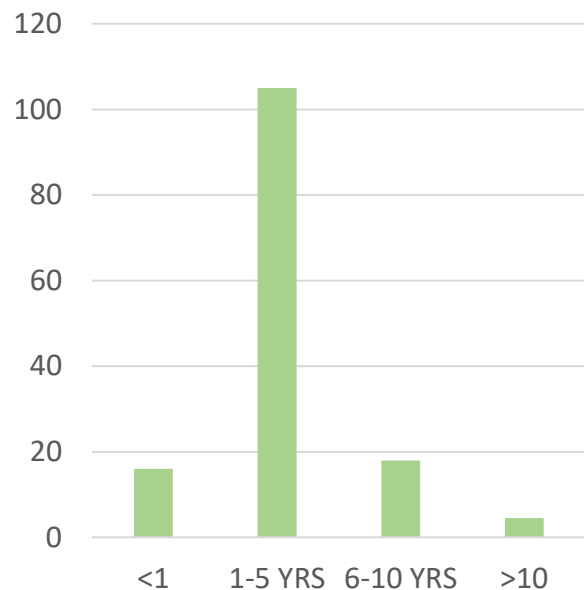




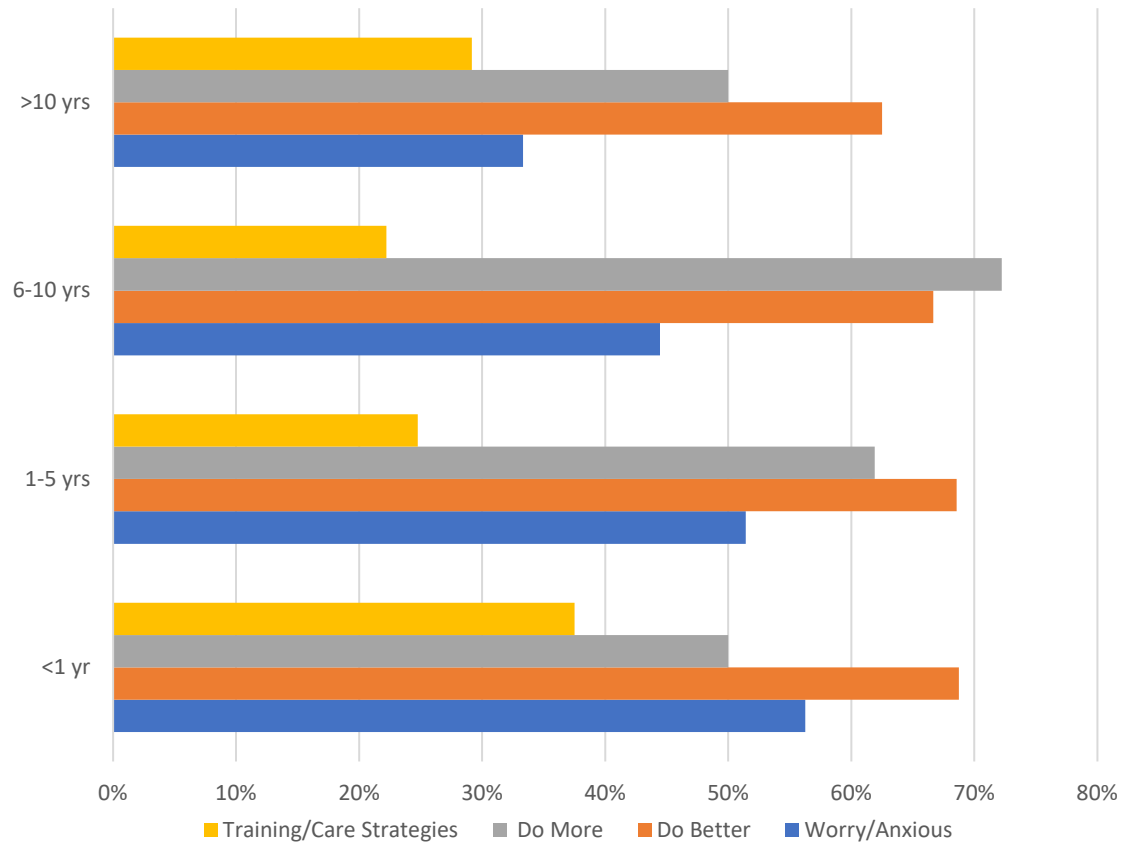
# Committed to Caregiving

64% of participants have been caregiving long-term.

## Caregiving Career

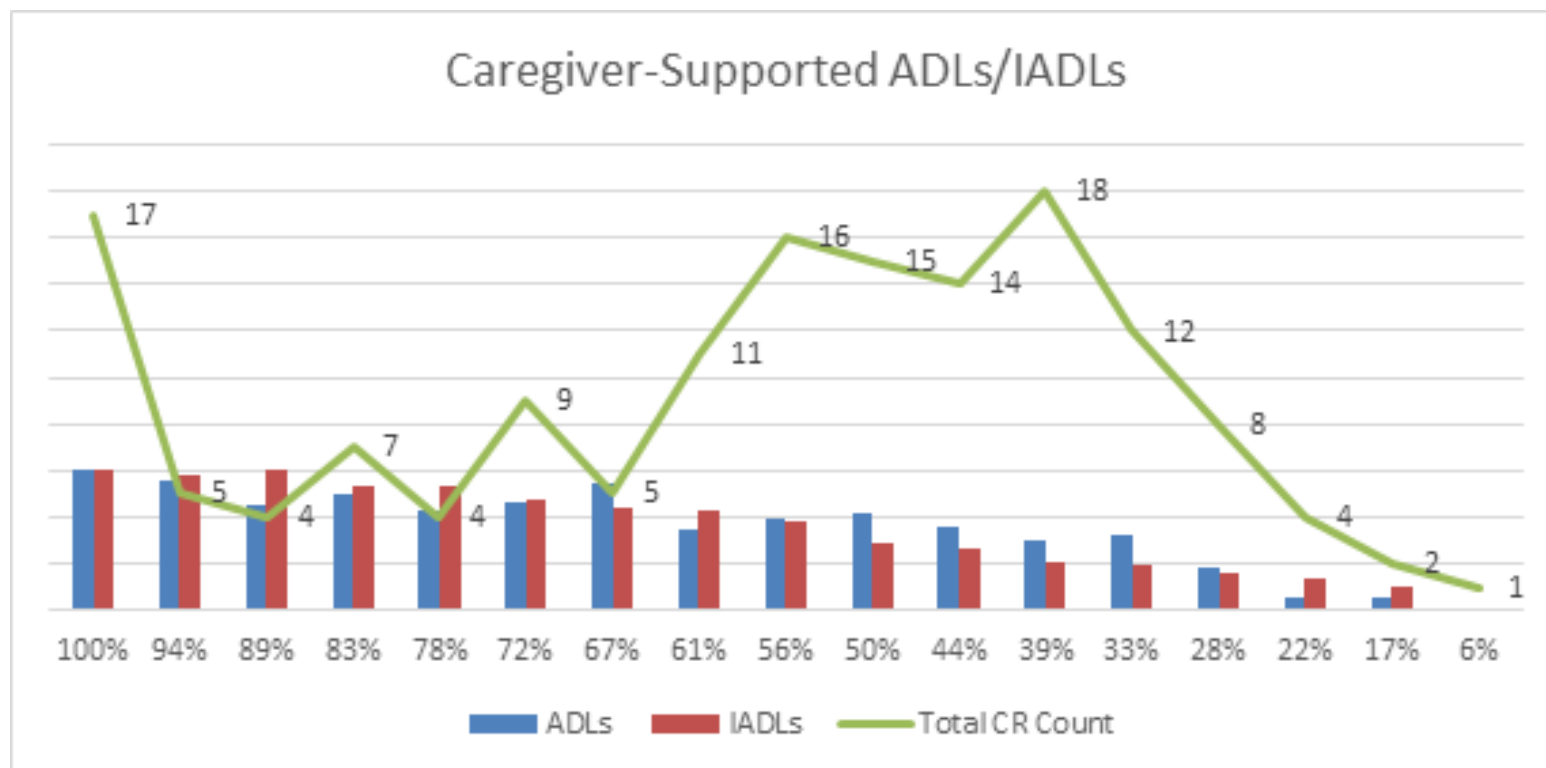


## Confidence in Role



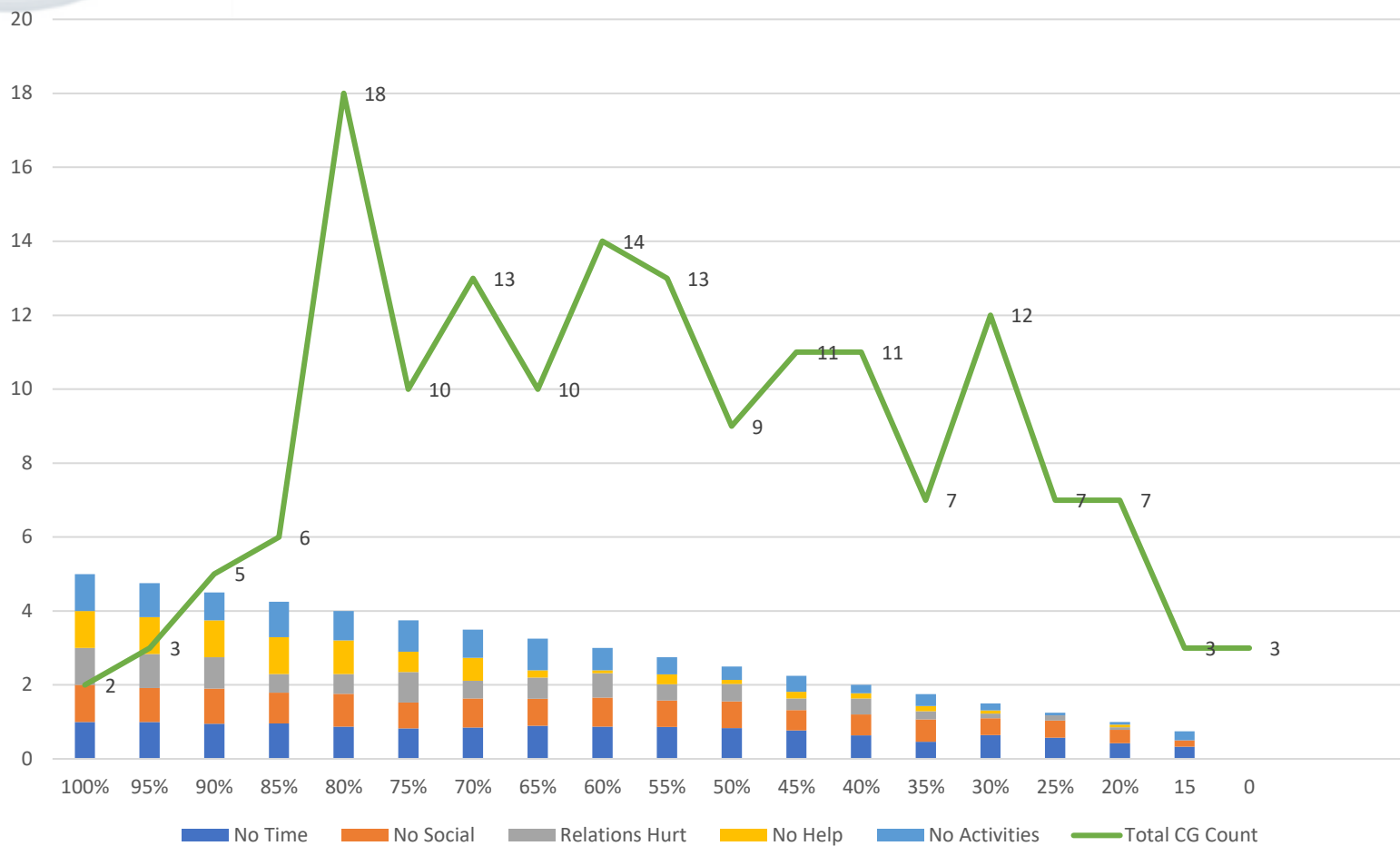


# Levels of Care



# "Longing with Sadness"

## Caregiving Burden





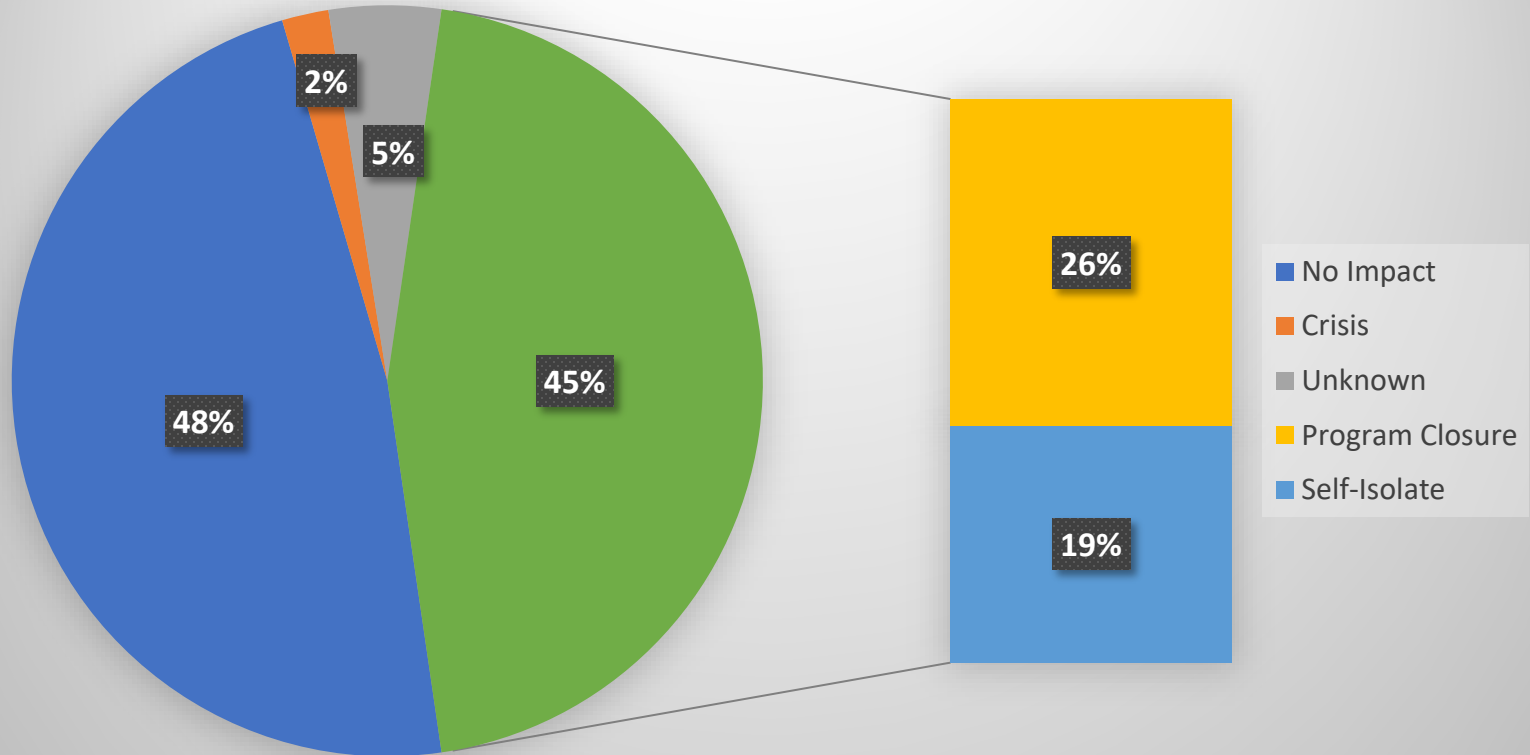
# Loneliness

**Respite creates opportunities to fight loneliness.**



# COVID-19 Impacts

Self-Directed Program Participants



# Loneliness, the Shadow Pandemic

“Loneliness grows in the gap between the social life you want and the social life you actually have.”





# Health Literacy

Capacity of  
Individuals  
to obtain,  
process, and  
understand  
basic health  
information  
and services  
needed to  
make  
appropriate  
health  
decisions.





# Contact Information

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