



Family caregivers provide 80% of all long-term care in our state.

The New York State Caregiving & Respite Coalition, NYSCRC, is a membership organization committed to increasing access to respite for family caregivers and focusing attention on needs of family caregivers who provide 80% of all long-term care in our state.

Respite is planned or emergency care provided to a child or adult with special needs in order to provide temporary relief to the family caregiver of that child or adult. (Lifespan Respite Care Act of 2006)

We accomplish this by training volunteers to provide respite using the REST (Respite Education & Support Tools) model. Greater availability to respite services will give caregivers more frequent breaks while helping them better manage the physical and

emotional stresses that come with caring for an aging and/or disabled loved one.

The New York State Caregiving & Respite Coalition also speaks with a unified voice to gain the attention of policymakers for the needs of family caregivers.

NYSCRC provides information, education, training and technical assistance through a Virtual Resource Center at www.nyscrg.org/resources including:

- REST (Respite Education & Support Tools)
- Caregiver Simulation
- Share the Care™
- Mindfulness for Caregivers
- Charting the Lifecourse™
- Powerful Tools for Caregivers
- Speaker Services

NYSCRC also provides a monthly e-newsletter for all members and hosts an annual caregiving and respite conference.



New York State Caregiving & Respite Coalition
 c/o Lifespan
 1900 S. Clinton Ave.
 Rochester, NY 14618
 585-287-6393
info@lifespanrochester.org
www.nyscrg.org



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NYSCRC

New York State Caregiving & Respite Coalition



Focused on the needs of family caregivers.

Available Trainings from NYSCRC:

■ REST

REST is an evidence-based training for respite providers.

The eight-hour REST Companion course helps to prepare paid and unpaid workers at becoming effective at providing quality respite care to support caregivers who are caring for people with disabilities and health care needs across the lifespan.

REST Essentials is a four-hour program that prepares volunteers or paid respite workers to provide respite in a supervised group setting such as adult day programs or drop off respite programs.

The Train-the-Trainer course prepares individuals to conduct respite training, equipping REST Companions to provide respite service.

NYSCRC can provide any REST training.

Learn more about REST at nyscr.org/REST

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■ CAREGIVER SIMULATION

This is an interactive caregiver simulation experience for groups of 50-75 participants. This active simulation allows participants to experience a fraction of the challenges caregivers face, day in and day out. Each participant is assigned a role, tasks, dilemmas and opportunities to navigate throughout the simulation. We believe that this experience can develop empathy for caregivers, care receivers and agencies who are involved along the way.

■ MINDFULNESS FOR CAREGIVERS

Mindfulness for Caregivers is an evidence-based stress reduction strategy for increased coping and decreased reactivity to physical and emotional difficulties. MBSR sessions introduce caregivers to mindfulness practice in the

form of sitting meditation, body awareness and mindful movement.” The curriculum was developed by Dr. Elizabeth Dykens and Vanderbilt University.

■ LIFECOURSE TOOLS

Using LifeCourse Tools, NYSCRC can facilitate trainings for organizations interested in using the tools to guide caregivers. This training covers information on the importance of respite for the well-being of the family caregiver and all family members; tools for thing about and planning respite and additional resources for finding respite in the community

■ POWERFUL TOOLS FOR CAREGIVERS

Powerful Tools for Caregivers is a six-session class series designed to help family caregivers take better care of themselves while caring for a family member or friend. During the course, caregivers develop a wealth of self-care tools to: reduce personal stress; change negative self-talk; communicate their need to family members and healthcare and service providers; communicate more effectively in challenging situations; recognize the messages in their emotions, deal with difficult feeling; and make tough caregiving decisions.

NYSCRC can also provide presentations about:

- The Importance and Power of Respite Planning to be a Caregiver
- Legal Documents for Planning and Access to Community Based Services through Medicaid and Pooled Supplemental Needs Trusts
- Recruiting and Training Volunteers (for established programs)
- Caregiving Employees — How to Recognize and Support Them
- Caregiving at the End of Life

To learn more, go to www.nyscr.org



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