

Idaho Caregiver Needs and Respite Capacity Report, 2014

Prepared for the
Idaho Caregiver Alliance

*... advancing the well-being of caregivers by promoting collaboration
that improves access to quality, responsive support services across the state*

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Table of Contents

Executive Summary	3
Introduction	5
Methods	5
Results	7
Caregiver Demographic Characteristics	7
Caregiver Employment	8
Care Recipient Characteristics	10
Respite Awareness	11
Delivery of Respite Message	11
Perceived Benefits of Respite Use	12
Perceived Barriers to Respite Use	12
Anticipated Use of Respite if Available	13
Patterns of Respite Use	15
Characteristics of Respite Users and Non-Users	15
Discussion and Summary	16
Appendix A	19
Appendix B	25

Executive Summary

Prepared for the Idaho Caregiver Alliance (formerly the Idaho Lifespan Respite Coalition)

In 2014 the Idaho Caregiver Alliance (ICA) conducted a statewide assessment to describe the demographic characteristics and needs of primary caregivers and identify available respite services. Respite or a “time-out” provides a caregiver with a short-term break from the constant responsibilities of caring for a dependent child or adult and can extend the caregivers ability to provide home-based care. This in turn, can enhance the quality of life for both the caregiver and care recipient and reduce costs associated with facility-based care. For example, in 2012, the number of unpaid caregiving hours in Idaho was approximately 8.5 million hours and valued at \$1,037,881,136.¹

The assessment provides a snapshot of caregivers and the individuals they care for, experiences associated with caregiving, and what role respite support may play in the lives of caregivers. This information will be used to identify priority needs and as a baseline for planning and evaluation.

The caregiver assessment findings reported in this document are based on a web-based survey distributed to primary caregivers through email distribution lists and web-sites maintained by organizations providing services to caregivers and/or recipients of care. In addition, the survey and/or postcards announcing the survey were distributed at events designed for caregivers, individuals receiving care, and/or representatives from organizations who may have contact with caregivers.

The capacity assessment of available respite providers was conducted using a mixed methods strategy of a review of online resources and solicitation of information about resources from key informant agencies. The findings were organized by region of the State and coded by whether the provider was listed in the Idaho 2-1-1 Careline database and the availability of respite services.

Portrait of an Idaho Caregiver

The caregiver survey was completed by 261 individuals. The majority of participants were female (82.5%), over the age of 55 (58%), and had been care for one individual for more than 21 hours per week (69.7%) for more than four years (63.2%). Approximately two-thirds of the respondents were employed on either a full- or part-time basis and an additional 10% were looking for employment. Almost all (96%) of the participants had access the internet in their homes.

The most common relationships between caregiver and care recipient were minor or adult child (35.5%) and parent or parent-in-law (33.6%). Only 27% of respondents indicated they had used respite services in the past six months with use more common among younger caregivers and those providing care for a longer period of time. Of the caregivers who had not previously used

¹ Across the States: Profiles of Long-Term Care and Independent Living, Idaho, 2012). Across the States: Profiles of Long-Term Care and Independent Living, Idaho, 2012

respite, 77% stated they would use the support once a month or more. The most frequently identified barriers noted by those who had not used respite were: 1) locating and paying for services; 2) concerns related to an outsider caring for their loved one; and 3) the person they provided care for would refuse help from others. When asked where they would look for information about respite the most common responses were the internet, friends and/or family, or a health care provider.

Identified Priority Needs and Future Action

Caregivers would use respite services if available in their community. Based on the findings from this survey, caregivers know the benefits of respite (i.e. rejuvenate, do tasks and chores, attend to needs of other family members) although 69.5% did not know where to find respite services and 57.7% indicated they would need assistance with making arrangements for respite.

- Future action should focus on effectively promoting respite and other supports to caregivers.
- Use a common language for caregiver supports – make it easy for consumers to understand the “who, what, and how” of respite.

Caregivers need assistance overcoming commonly perceived barriers. In addition to needing information about available respite services, caregivers need assistance with overcoming common barriers. Securing quality respite providers, having an “outsider” come into a person’s home, and cost/financing are top-ranking barriers to caregivers.

- Caregivers need to be empowered to make informed decisions about providers and the type of services needed.
- Consumer and respite provider education is a priority. Respite providers need to be supported in their efforts to provide quality services.
- Future actions should focus on promoting standards of care and development of effective consumer-focused feedback mechanisms.

Access points for information and services are needed. Caregivers who had used respite received information from a variety of sources including case managers, social workers, friends and family, or by word of mouth. For caregivers who had not received respite information, they identified internet, friends and/or family, or a health care provider as preferred sources for information.

- Future actions should focus on consumer-driven access points where caregivers can obtain the information they need regarding respite services.
- Health care providers were identified as a preferred source of information. Access to information through this “trusted” source should be expanded.

Many caregivers in Idaho are full-time or part-time employees. Two-thirds of Idaho caregivers are employed (outside the home) in full-time (37%) or part-time (20%) positions or looking for employment (10%). The impact of caregiving on work ranges from using vacation/sick leave, to reducing hours, to leaving paid employment.

- Engagement of employers and policy makers in efforts to champion the need for and access to sustainable, high quality services for caregivers is imperative.

Previous respite use did not meet the needs of most caregivers. Of the caregivers reporting the use of respite services, nearly two-thirds (61.7%) indicated services did not cover their needs.

- Further exploration of the unmet needs of caregivers who have used respite services is warranted.

Introduction

Caregiver respite or the ability to have some “time away” from the responsibility of providing care is not always easily accessible. The diversity of caregivers and those receiving care, availability of services, ability to pay and/or access to funding, and geographical differences make it difficult to establish a statewide comprehensive picture of respite services and those who need those services.

The purpose of this project was two-fold; first, to begin to document the need for respite services and secondly, to identify the available respite services in Idaho. These efforts serve as initial statewide assessments and provide a baseline for continued evaluation of need, preferences, availability and gaps in respite support in Idaho. By identifying needs and the difference between needs and available services, these findings will serve as a basis for future program and policy development.

This report is a component of the scope of work of the Idaho Caregiver Alliance (formerly known as the Idaho Lifespan Respite Coalition). The mission of the Idaho Caregiver Alliance (ICA) is to “advance the well-being of caregivers by promoting collaboration that improves access to quality, responsive lifespan support services across the state”. The work of the coalition is guided by representatives from state and local governmental and non-profit agencies and individuals involved in caregiving. Oversight of the Alliance is provided by the Idaho Commission on Aging with funding from a three-year grant from the Administration for Community Living.

Methods

A work group, consisting of members from the Idaho Caregiver Alliance, was formed to develop data collection strategies for the needs and capacity assessments. This section of the report includes a description of strategies used for the caregiver needs and respite service assessment process.

Caregiver Needs Assessment Survey

An on-line survey was designed to provide information on the characteristics of unpaid caregivers and care recipients, awareness of and need for respite services, barriers and patterns of use of respite, and impact of caregiving on employment or career, see Appendix A for survey. The survey was based on assessment tools used in other states and the following caregiver assessments conducted in Idaho:

- Idaho Commission on Aging Needs Assessment Survey (2012)

- Idaho Needs Assessment: Alzheimer’s Disease and Related Dementias (2012)
- Respite Care Needs Assessment (2002)

Caregivers residing in Idaho who do not receive compensation for the services they provide were the population of interest for the survey. Due to the diverse nature of the lifespan caregiver population and lack of an established database of caregivers, a purposive recruitment strategy was used. This strategy included the distribution of a web address for the on-line survey to informal caregivers through email distribution lists and web-sites maintained by organizations providing services to caregivers and/or recipients of care. In addition, the survey and/or postcards promoting the survey were distributed at events designed for caregivers, individuals receiving care, and/or representatives from organizations who may have contact with caregivers, see Table 1. All data collection procedures were approved by the Boise State University Institutional Review Board, approval #199-SB14-002.

Table 1. Survey Distribution Strategies

<i>Websites used to host link to survey</i>	
Center for the Study of Aging, Boise State University	Justice Alliance for Vulnerable Adults
Homewatch Caregivers of Southwest Idaho	Idaho Department of Health and Welfare
Idaho 2-1-1 Careline	Idaho Council on Developmental Disabilities
Idaho Commission on Aging	Southwestern Idaho Area Agency on Aging
State Independent Living Council	
<i>Conferences used to distribute survey recruitment cards</i>	
Caregiver Conference, 1/ 2014	Strengthening Families Training Institute, 3/2014
Wrightslaw Conference, 4/2014	
<i>Events used to distribute survey recruitment cards</i>	
Foster Parent Training Event, 3, 21014	Autism Awareness Walk/Run, 4, 2014
Multiple Sclerosis Walk, 4/2014	

The online Caregiver Needs Assessment survey was available from January 10 - August 15, 2014. Data analysis and compilation of the report were performed by staff with the Center for the Study of Aging. All analyses were conducted using SPSS v. 20.

Respite Provider Assessment

The assessment of available respite providers was conducted using a mixed methods strategy of the review of online resources and solicitation of resources from key informant agencies. The online information sources used to identify available respite providers included:

- AARP’s Idaho Price Guide to Long-Term Care Insurances & Services (2013)
- Idaho 2-1-1 Careline
- Idaho Department of Health and Welfare
- Idaho Federation of Families for Children’s Mental Health
- Idaho Senior Blue Book

In addition to a web-based search, key informant agencies, identified by members of the Idaho Caregiver Alliance, were contacted and asked to provide information about respite providers. The following agencies responded with region-specific provider information:

- Area Agency on Aging, Area 1
- Area Agency on Aging, Area 2
- Area Agency on Aging, Area 3
- Area Agency on Aging, Area 4
- Area Agency on Aging, Area 5
- Children’s Mental Health, Region 3
- Children’s Mental Health, Region 7

The findings were organized by region of the State and coded by whether the provider was listed in the Idaho 2-1-1 Careline database and identified the delivery of services specific to respite. The resulting catalog of respite providers reflects an assessment of capacity as of August 2014 (Appendix B).

Results

Between January 10 to August 15, 2014, 261 surveys were started, with an approximate drop-out rate of 11%. Three-fourths (75.1%) of the respondents completed 60% or more of the survey. Approximately one-third (34.6%) of the surveys were completed by individuals participating in a caregiver conference.

Caregiver Demographic Data and Characteristics

The typical Idaho caregiver is female (82.5%), 55 years of age or older (58%), has internet access in their home (96.3%), provides care for more than 21 hours per week (69.7%), has been providing care for four years or more (63.2%), and provides care for one individual (59.5%), see Table 2.

The most common relationships between caregiver and care recipient were minor or adult child (35.5%) and parent or parent-in-law (33.6%). Based on postal zip codes, 21% and 79% of respondents were found to reside in rural and metropolitan areas, respectively. Zip codes of cities with a population of 32,000 or greater, and those within the greater Boise/Treasure Valley area were classified as metropolitan.

Table 2. General Caregiver Demographics

<i>Caregiver Demographics</i>		
<i>Characteristic</i>	<i>n</i>	<i>%</i>
Gender	211	
Male	37	17.5
Female	174	82.5
Age (mean=55.58, range=24-87)	200	
54 years of age or less	84	42.0

<i>Caregiver Demographics</i>		
55 years of age or more	116	58.0
Residence	202	
Metropolitan	160	79.2
Rural	42	20.8
Years Providing Care	223	
Less than 1 year	25	11.2
1-3 years	57	25.6
4-6 years	42	18.8
More than 6 years	99	44.4
Number of Current Care Recipients	215	
None	5	2.3
One individual	128	59.5
More than one individual	82	38.1
Care Recipient Relationship to Caregiver	214	
Parent or Parent-in-law	72	33.6
Minor Child	42	19.6
Spouse or partner	37	17.3
Adult Child	34	15.9
Other relative	15	7.0
Friend or Neighbor	7	3.3
Other (group home individual, local agencies such as Friends in Action and Legacy Corp.)	5	2.3
Grandparent	2	0.9
Hours per Week Providing Care	201	
Zero	5	2.5
1-20 hours per week	56	27.9
21-100 hours per week	52	25.9
101-167 hours per week	19	9.5
168 hours per week	69	34.3
Regular Internet Access	215	
Yes	207	96.3
No	8	3.7

Caregiver Employment

Two-thirds of Idaho caregivers are employed either full-time (37%) or part-time (20%). The following graphics describe the employment status of Idaho caregivers (Figure 1) and the potential effects of caregiving on employment (Table 3).

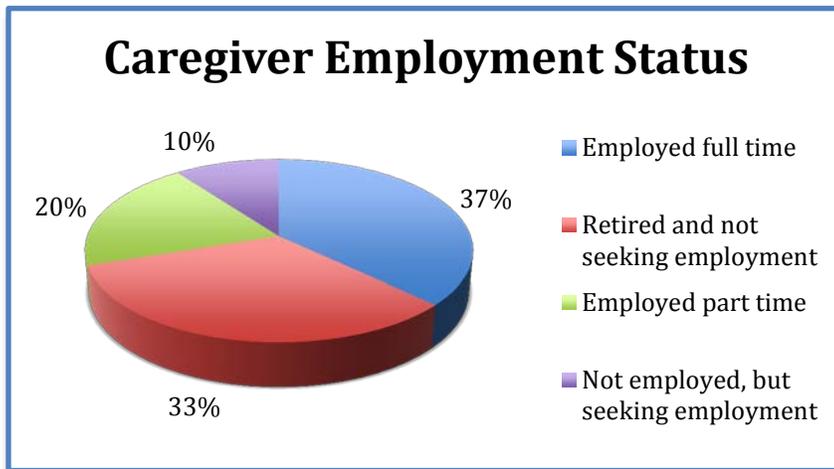


Figure 1. Employment Status

Providing care for an individual may influence a caregiver’s schedule and affect employment practices. While 40 survey respondents indicated that caregiving had no impact on employment, the majority of those in the workforce identified one or more impact on career. The most frequently cited impacts of caregiving were using vacation time or sick leave to provide care, arriving to work late or leaving early, and having to arrange for flexible work hours.

Table 3. Affects of Caregiving on Employment

<i>Affects of Caregiving on Employment</i>	
<i>Caregiving has affected my employment or career in the following ways: (check all that apply)</i>	<i>n</i>
I used vacation time to provide care	61
I arrived late or left work early	60
I used sick leave to provide care	58
I arranged for flexible work hours	56
Caregiving had no impact on my employment or career	40
I changed from full-time to part-time work or reduced my work hours	37
I considered taking early retirement or leaving the labor force	37
I used Family and Medical Leave to provide care	30
I took a leave of absence to provide care	27
I took a less demanding job	25
I quit work, I cannot work, or I choose not work	18
I declined a promotion	16
I quit school to provide care	2
Other (identified below)	14

The following qualitative comments illuminate some of challenges experienced by caregivers who are in the workforce or would like to work.

- “Laid off at work became a CFH [certified family home] to care for my brother and daughter.”

- “I have stayed at a job for almost 4 years because of the flexibility of schedule. However, I have no benefits and have not received an increase in pay for 3 years.”
- “Employment is out of the question given our circumstances, so the result is...I cannot work outside the home.”
- “I very much desire to go back and finish my education (2 yrs left for BA) and find employment to help contribute to our income.”

Care Recipient Characteristics

In addition to caregiver characteristics, information about the individual receiving care was gathered. Care recipient ages ranged from 21 months to 102 years of age, with an average age of 57.9 years. Approximately half (51%) of the care recipients were 65 years of age or older, see Figure 2.

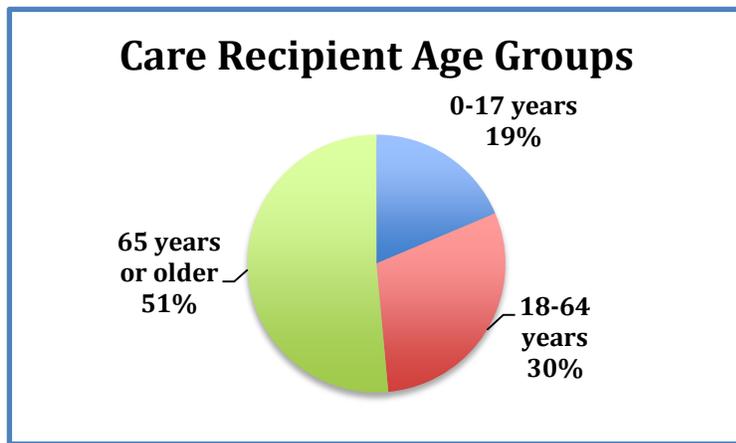


Figure 2. Age of Care Recipient

The primary condition of the care recipients varied, with intellectual, cognitive, or developmental disabilities (38.2%) and chronic health conditions (25.6%) as the top-ranking conditions. Originally entered in the “other” category, 30 responses were redistributed as either an intellectual, cognitive, or developmental disability, chronic health condition, or general aging, see Figure 3.

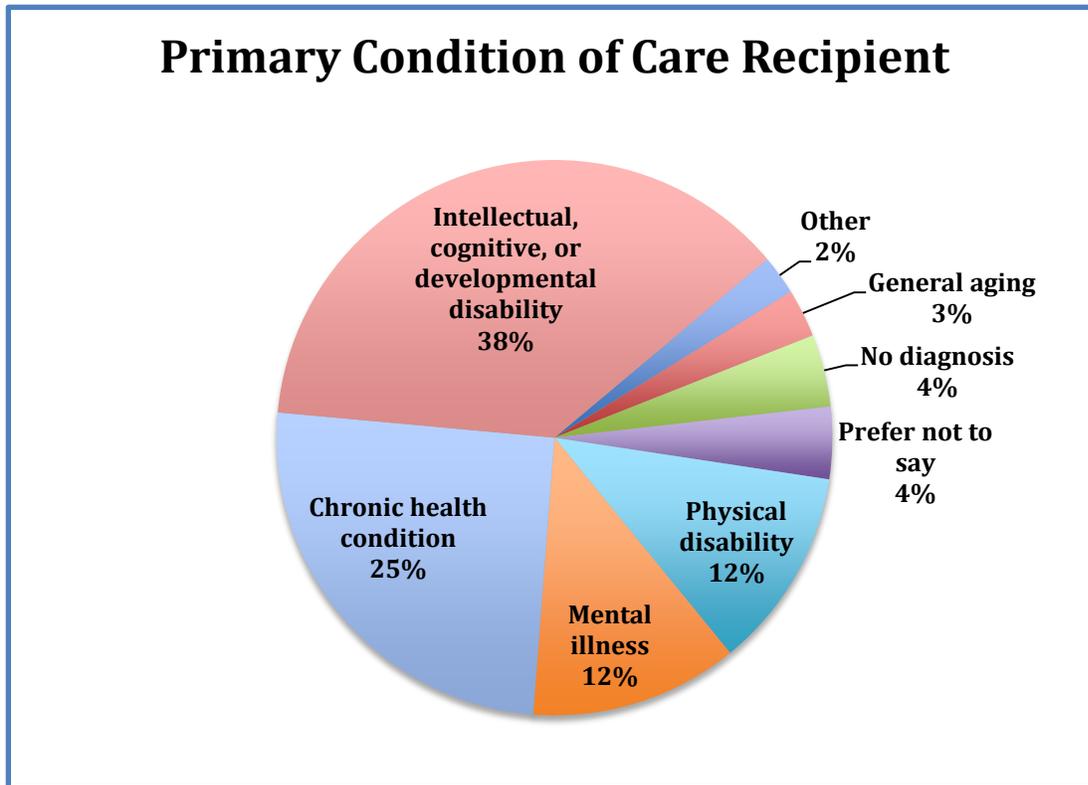


Figure 3. Primary Condition of Care Recipient

Respite Awareness

Knowledge of the definition of respite and awareness of services are key components to understanding the needs of Idaho caregivers. Almost all of the respondents knew what respite was (98.2%) and believed it would be beneficial for them (85.9%).

Respondents were asked a series of questions related to respite use. Nearly half (44.4%) of the caregivers were unsure if respite services were available in their community, just over two-thirds (69.5%) did not know where to find respite services, and nearly three-quarters (73.1%) would need assistance securing respite resources (Table 4).

One-third of the respondents stated indicated they did not need or were not sure of the need for respite services. Further examination of these respondents revealed that 84.5% had not used respite services in the past and nearly half (48.4%) had been providing care for three years or less. In addition, those providing fewer hours of care or providing care for older individuals and being older themselves were more likely to indicate they did not need or were unsure of need for respite.

Table 4. General Caregiver Need for and an Awareness of Respite

<i>General Awareness of Respite</i>			
	Yes	No	Not Sure

	<i>n</i>	%	<i>n</i>	%	<i>n</i>	%
I understand what respite is.	232	98.3	0	0.0	4	1.7
I need respite.	150	67.0	50	22.3	24	10.7
I can benefit from respite.	195	85.9	18	7.9	14	6.2
Respite services are available in my community.	105	45.3	24	10.3	103	44.4
I know where to find respite services in my community.	70	30.6	84	36.7	75	32.8
If I wanted to arrange for respite, I would need assistance.	131	57.7	61	26.9	35	15.4

Delivery of Respite Messages

All survey participants were asked if they had ever received information regarding respite services in their community. Nearly one-third (31.4%) of the respondents answered in the affirmative, with 68.6% reporting they had not received information.

The caregivers who had received respite information were asked how they learned about the services. The three most frequently cited methods were; 1) from a case manager or social worker, 2) friend, family member, or word of mouth, and 3) from a social service agency. Other methods of locating respite information were a booth at a fair or conference, personal research, and employment within the health care field.

Those caregivers indicating they had not received information were asked where they would look for respite materials. The most frequently identified methods were the internet, friends or family members, word of mouth, or through a health care provider. Other routes of gaining information included the Chamber of Commerce, local nursing home staff, and caregiving seminars.

Perceived Benefits of Respite Use

One outcome of using respite services is that it allows the caregiver a break from providing care and “frees up” time for other endeavors. All survey participants were asked to identify perceived benefits of respite (Table 5). The most frequently identified benefits of respite were time for the caregiver to rejuvenate, run errands, attend personally enjoyable events, give other family members a break, and help reduce caregiver stress and burnout.

Table 5. Perceived Benefits of Respite

<i>Perceived Benefits of Respite</i>	
<i>I feel respite would benefit me in the following ways (check all that apply):</i>	<i>n</i>
Time for me to rejuvenate, catch up on sleep, or go on vacation	193
Time for me to run errands	137
Time for me to attend events I like (sports, arts, music, or worship)	131
Time to give family members a break	123
Time for me to seek help for caregiver stress and burnout	122

Time for me to build relationships with family members	120
Time for me to pursue hobbies	117
Time for me to go to my own doctor appointments	117
Time to take care of unplanned events or emergency situation	101
Time for me to learn about caregiving techniques and skills	85
Time for me to pursue educational goals	57
Other (all of the above, none of the above, to go to work, for household tasks/chores, exercise, to care for my own family, when the caregiver is ill)	17
I'm not sure of the benefits of respite	5

Perceived Barriers to Respite Use

The respondents who had not used respite (73% of sample) were asked to identify why they had not used respite services. The three top-ranking answers were: 1) not knowing where to find respite services, 2) inability to afford respite services, and 3) concerns about an outsider caring for their loved one (Table 6). Other responses included unfamiliarity with respite, not being able to find a qualified caregiver, difficulty in obtaining the service, and it not being available when needed.

Some caregivers indicated they had not sought respite services because they were able to care for their loved one without assistance and/or had enough help and did not need respite services.

Table 6. Barriers to Seeking Respite

<i>Barriers to Seeking Respite</i>	
<i>I have not used or sought respite services because: (check all that apply)</i>	<i>n</i>
I do not know where to find respite services.	69
I cannot afford respite services.	68
I am concerned about outsiders caring for my loved one(s).	45
I think I do not qualify for respite services.	42
The person I care for refuses help from others.	38
I have no family or friends to ask for help.	31
I am able to provide care to my loved one without assistance.	31
I have enough help and do not need respite services.	28
I am embarrassed to ask for help.	23
I cannot find qualified people or agencies who provide respite.	23
Respite service is too difficult to obtain.	22
Respite service is not available when I need it.	13
Other (no need for respite, did not know about respite, care recipient passed, another person has custody, in assisted living facility, I am a respite provider)	18

Anticipated Use of Respite if Available

Respondents indicating they had not used respite services were asked how often they would use respite if they could receive it. Figure 4 shows the responses from the caregivers. Just over three-fourths of the respondents stated they would use respite, if the service were available, for caregiver support outside of emergencies.

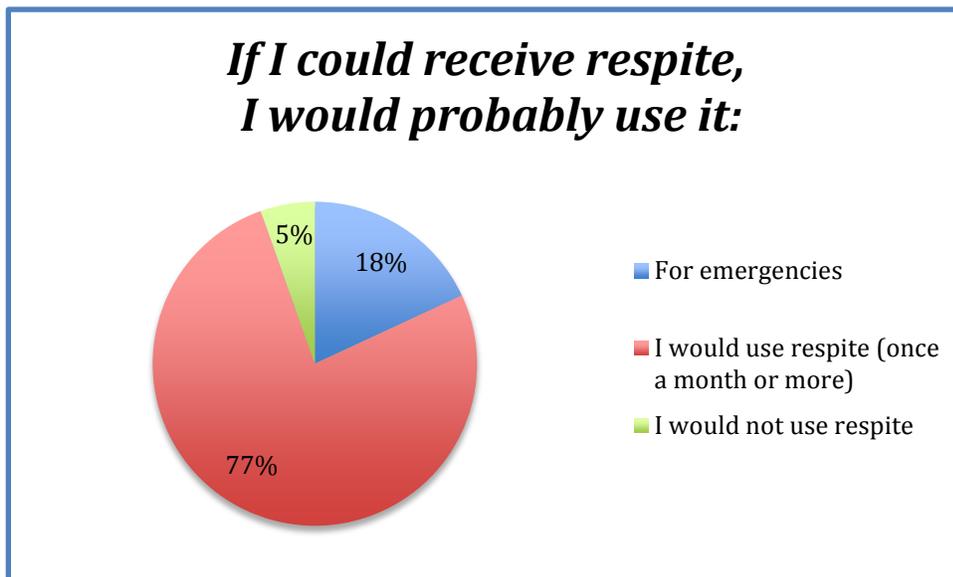


Figure 4. Potential Use of Respite

Patterns of Respite Use

Approximately one-fourth (27%) of the respondents indicated they had used respite services in the past six months with 49.2% reporting they had been able to secure respite services when needed. The majority of respite providers were either family members or paid staff from an agency with 68.9% of the providers receiving some form of payment for the service (Table 7).

Caregivers using respite were also asked if the amount of service received met their needs. Of the 60 respondents, nearly two-thirds (61.7%) had not received adequate respite services.

Table 7. Characteristics of Caregivers who had used Respite Services

<i>Demographics of Caregivers Using Respite Services</i>		
<i>Characteristic</i>	<i>n</i>	<i>%</i>
How often have you received respite in the past 6 months?	62	
I have not received any respite services	14	22.6
Once a month or less often	16	25.8
1-2 times per month	7	11.3
3 or more times per month	25	40.3
The amount of respite received in the past 6 months has met respite needs.	60	
Yes	23	38.3
No	37	61.7
I have been able to get respite when I needed it.	61	
Yes	30	49.2
No	24	39.3
Not sure	7	11.5
In general, who has provided you with respite? (check all that apply)		
Family member	33	
Paid staff from an agency	29	
Friend or neighbor	14	
Volunteer	7	
Other (paid individual, private caregiver, staff from a Developmental Center)	7	
Did the person(s) who provided respite receive financial payment?	61	
Yes	42	68.9
No	17	27.9
Not sure	2	3.3
Source of the financial payment	43	
My own money	13	30.2
A community social service agency	6	14.0
A government agency	17	39.5
An insurance policy	1	2.3
Other (family member, care recipient's money)	6	14.0

Demographics of Caregivers Using Respite Services

Estimated total amount I paid for respite in the last six months	26	
Under \$500	13	50.0
\$550 to \$1,499	3	11.5
\$1,500 to \$2,999	2	7.7
\$3,000 to \$4,999	1	3.8
\$5,000 and over	4	15.4
Not sure	3	11.5
Why did you seek respite? (check all that apply)		
To attend to my own personal needs	47	
To relieve emotional stress/prevent burnout	44	
To help me continue to provide care	29	
To do tasks/chores	26	
To attend to the needs of other family members	22	
To take care of an urgent or emergency situation	17	
To be able to work	16	
To participate in caregiver support group/training or self-care classes	15	
Other (to provide a variety of visitors for care recipient, to fill in time gaps in care)	2	

Characteristics of Respite Users and Non-Users

An analysis of characteristics of respondents reporting the use of respite in the past 6 months and those that had not used respite was conducted. This included a comparison of factors such as the age, gender, and employment status of the caregiver; years providing care; and the age of the care recipient. The characteristics of the respondents who had used respite were similar to non-users with the exception of age with respite users being younger ($\chi^2 = 5.521$, $p=0.02$) than non-users.

Use of respite was also explored based on location of residence (Table 8). Similar patterns of use were found between caregivers living in metropolitan and rural areas although while not statistically significant, the use of respite was more frequent among respondents living in rural.

Table 8. Respite Use by Location

	<i>Have you used respite?</i>			
	Yes		No	
	n	%	n	%
Metropolitan	44	28	116	73
Rural	14	33	28	67

Summary and Identification of Priority Needs and Future Action

The outcome of the needs assessment survey shows that caregivers in Idaho understand the benefits of receiving a break from providing care. The desire for respite services is present among the population, and caregivers resoundingly state their need of it. Caregivers need assistance in overcoming certain barriers to obtain respite services.

Limitations of the study are primarily related to the relatively low number of respondents. The lack of common access points to individuals engaged in unpaid caregiving hampered distribution efforts and as the survey was electronic, caregivers who did not have access to the internet may have been underrepresented in the survey.

This effort serves as an initial statewide assessment and provides a baseline for continued evaluation of need, preferences, availability and gaps in respite support in Idaho. The findings provide valuable insight to the Idaho Caregiver Alliance and other organizations and illuminate priority needs and future actions.

Identified Priority Needs and Future Action

Caregivers would use respite services if available in their community. Based on the findings from this survey, caregivers know the benefits of respite (i.e. rejuvenate, do tasks and chores, attend to needs of other family members) although 69.5% did not know where to find respite services and 57.7% indicated they would need assistance with making arrangements for respite.

- Future action should focus on effectively promoting respite and other supports to caregivers.
- Use a common language for caregiver supports – make it easy for consumers to understand the “who, what, and how” of respite.

Caregivers need assistance overcoming commonly perceived barriers. In addition to needing information about available respite services, caregivers need assistance with overcoming common barriers. Securing quality respite providers, having an “outsider” come into a person’s home, and cost/financing are top-ranking barriers to caregivers.

- Caregivers need to be empowered to make informed decisions about providers and the type of services needed.
- Consumer and respite provider education is a priority. Respite providers need to be supported in their efforts to provide quality services.
- Future actions should focus on promoting standards of care and development of effective consumer-focused feedback mechanisms.

Access points for information and services are needed. Caregivers who had used respite received information from a variety of sources including case managers, social workers, friends and family, or by word of mouth. For caregivers who had not received respite information, they identified internet, friends and/or family, or a health care provider as preferred sources for information.

- Future actions should focus on consumer-driven access points where caregivers can obtain the information they need regarding respite services.

- Health care providers were identified as a preferred source of information. Access to information through this “trusted” source should be expanded.

Many caregivers in Idaho are full-time or part-time employees. Two-thirds of Idaho caregivers are employed (outside the home) in full-time (37%) or part-time (20%) positions or looking for employment (10%). The impact of caregiving on work ranges from using vacation/sick leave, to reducing hours, to leaving paid employment.

- Engagement of employers and policy makers in efforts to champion the need for and access to sustainable, high quality services for caregivers is imperative.

Previous respite use did not meet the needs of most caregivers. Of the caregivers reporting the use of respite services, nearly two-thirds (61.7%) indicated services did not cover their needs.

- Further exploration of the unmet needs of caregivers who have used respite services is warranted.

Appendix A - Caregiver Survey

Idaho Lifespan Respite Needs Assessment Survey

We invite you to take our survey! The Idaho Commission on Aging has received a three-year grant from the Administration for Community Living to enhance the support available to people who care for others. A first step in this project is to conduct a statewide survey of informal (unpaid) caregivers.

If you are an informal (unpaid) caregiver we encourage YOU to complete this survey. If you know of other informal caregivers we encourage you to send this survey to them (a message and link to the survey has been included at the end of the survey for this purpose).

The information you provide will be used to guide the actions of the Idaho Lifespan Respite Coalition as it works to enhance the network of support available to people who care for others. This survey will take an estimated 10 minutes to complete. Please complete the survey only once.

Your responses will not affect any services or benefits you receive because we will not know who answered this questionnaire. You are not required to complete this survey and you do not need to answer any question you don't want to answer.

Your individual responses are anonymous and confidential. Responses will only be reported after they are combined with the responses from everyone who took the survey.

Please read each question carefully. If you have any questions please contact Sarah Toevs, Center for the Study of Aging (208-426-2452, stoevs@boisestate.edu) or Pam Catt-Oliason, Commission on Aging (208-577-2852, Pam.Catt-Oliason@aging.idaho.gov).

If you have questions about your rights as a research participant, you may contact the Boise State University Institutional Review Board (IRB), which is concerned with the protection of volunteers in research projects. You may reach the board office by calling [\(208\) 426-5401](tel:2084265401) or emailing humansubjects@boisestate.edu.

Thank you.

Members of the Idaho Lifespan Respite Coalition

Please read the definition of respite below and answer the questions that follow.

Respite simply means having some “time away” from the responsibility of providing care. It is an opportunity for you to have a break from providing care while someone else helps the person you care for. That “someone else” can be a family member, friend, acquaintance, volunteer, or a paid worker. Respite can be provided in-home, or in different places out-of-the-home. You can receive respite from a few hours a month to several days and/or nights a week. The benefits of respite include reduced feelings of stress and improved well-being. Respite can also benefit the care receiver's well-being and quality of care.

1. Before you read the definition above, did you know what respite was?

- Yes
- No

2. I feel respite would benefit me in the following ways (please check all that apply):

- Time for me to rejuvenate, catch up on sleep, or go on vacation
- Time for me to build relationships with family members
- Time for me to attend events I like (sports, arts, music, or worship)
- Time for me to run errands
- Time for me to go to my own doctor appointments
- Time for me to pursue educational goals
- Time for me to pursue hobbies
- Time for me to learn about caregiving techniques and skills
- Time for me to seek help for caregiver stress and burnout (attend self-care classes, join a support group, talk with a counselor)
- Time to give family members a break
- Time to take care of unplanned events or emergency situations
- Other (please specify)
- I'm not sure of the benefits of respite

3. Please select the response that best describes your opinion on the following statements about respite.

	Yes	No	Not Sure
I understand what respite is.			
I need respite.			
I can benefit from respite.			
Respite services (volunteer or paid) are available in my community.			
I know where to find respite services in my community.			
If I wanted to arrange for respite, I would need assistance.			

4. Have you ever received information about respite services in your community?

___ Yes ___ No <skip to # 6>

5. How did you learn about respite services? (Check all that apply)

- Friend, family, or word of mouth
- Member of my church or religious group
- Health care provider
- Case Manager, Service Coordinator, or Social Worker

- My child's school
- Idaho's 211 Careline
- Social Service Agency (Area Aging on Aging, Center for Independent Living)
- Internet
- Newspaper article or pamphlet
- Other (please specify)
- I don't remember.
- I have never received information about respite services.

<skip to # 7>

6. If you wanted information about respite services in your community where would you look? (Check all that apply)

- Friend, family, or word of mouth
- Member of my church or religious group
- Health care provider
- Case Manager, Service Coordinator, or Social Worker
- My child's school
- Idaho's 211 Careline
- Social Service Agency (Area Aging on Aging, Centers for Independent Living)
- Internet
- Newspaper article or pamphlet
- Other (please specify)
- I don't know.
- I have never tried to find information about respite services.

7. Have you used respite?

___ Yes ___ No <skip to # 16>

8. Why did you seek respite? (Check all that apply.)

- To be able to work
- To relieve emotional stress/prevent burnout
- To attend to the needs of other family members
- To attend to my own personal needs (social/business/recreation/medical)
- To help me continue to provide care
- To do tasks/chores
- To take care of an urgent/emergency situation
- To participate in caregiver support group/training or self-care classes

Other (please specify)

9. How often have you received respite in the past 6 months?

- I have not received any respite services.
- Once a month or less often
- 1 to 2 times per month
- 3 or more times per month

10. The amount of respite I received in the past 6 months has met my respite needs.

- Yes
- No
- Not sure

11. I have been able to get respite when I needed it.

- Yes
- No
- Not sure

12. In general, who has provided you with respite? (Check all that apply.)

- Family member
- Friend/neighbor
- Volunteer
- Paid staff from an agency
- Other (please describe)

13. Did the person(s) who provided you respite receive financial payment?

- Yes
- No
- Not sure

<Respondents who select “No” and “Not sure” will skip to # 18>

14. What was the source of that financial payment?

- My own money
- A community social service agency
- A government agency (federal, state or local)
- An insurance policy
- Other (please describe)

<Respondents who select “My own money” will go to # 15. All others will skip to # 18>

15. I estimate the total amount I paid for respite in the last six months as:

- Under \$500
- \$500 to \$1,499
- \$1,500 to \$2,999
- \$3,000 to \$4,999
- \$5,000 and over
- Not sure

<Respondents answering this question will go to # 18>

16. I have not used or sought respite services because: (Check all that apply.)

- I am able to provide care to my loved one without assistance.
- I have enough help and do not need respite services.
- I have no family or friends to ask for help.
- I am embarrassed to ask for help.
- The person I care for refuses help from others.
- I am concerned about outsiders caring for my loved one(s).
- I do not know where to find respite services.
- I cannot afford respite services.
- I think I do not qualify for respite services.
- Respite service is too difficult to obtain.
- I cannot find qualified people or agencies who provide respite.
- Respite service is not available when I need it.
- Other (please describe)

17. If I could receive respite, I would probably use it:

- For emergencies
- Once a month or less
- 1-2 times a month
- 3 or more times a month
- I would not use respite

18. I am currently:

- Employed full time
- Employed part time
- Not employed, but seeking work
- Retired and not seeking work

19. Caregiving has affected my employment or career in the following ways. (Check all that apply.)

- Caregiving had no impact on my employment or career
- I arrived late or left work early
- I used sick leave to provide care
- I used vacation time to provide care
- I used Family and Medical Leave to provide care
- I arranged for flexible work hours
- I changed from full-time to part-time work or reduced my work hours
- I took a leave of absence to provide care
- I took a less demanding job
- I declined a promotion
- I considered taking early retirement or leaving the labor force
- Other (please describe)

20. How long have you been providing care?

- Less than one year
- 1-3 years
- 4-6 years
- more than 6 years

21. How many family members or friends do you provide care for? _____

If you provide care or assistance for more than one person, please think about the person for whom you provide the most care and answer the following questions for that person.

22. What age is the person you care for? (Enter a whole number, e.g. 45) _____

23. The person I care for is a:

- spouse or partner
- parent or parent-in-law
- adult child
- Minor child
- Grandparent
- Other relative
- Friend or neighbor
- other: _____

24. What is the primary condition of the person you care for?

- Intellectual, cognitive, or developmental disability
- Physical disability
- Mental Illness
- Chronic health condition
- No diagnosis
- Other (please describe)
- I prefer not to say.

25. How many hours per week do you provide care for this person? _____

26. Do you have regular access to the Internet?

- Yes, I have regular access to the Internet at home, work or another place.
- No, I do not have regular access to the Internet.

27. What is the ZIP Code of your home address? _____

28. What year were you born? _____

29. What is your gender?

- Female
- Male

Please provide additional feedback. _____

Thank you for completing this survey. Please help us in getting this survey to other caregivers by sending them the following message and survey link. (This can be done by copying and pasting the message and link in to an email message.)

Greetings from members of the Idaho Lifespan Respite Coalition. The Idaho Commission on Aging has received a three-year grant from the Administration for Community Living to enhance the support available to people who care for others. The purpose of this message is to invite you to participate in a statewide survey of informal (unpaid) caregivers, see below for link to survey. The survey is designed to gather information about the needs of caregivers and the results will be used to guide the actions of the Coalition.

Your responses will not affect any services or benefits you receive because we will not know who answered this questionnaire. Your responses are anonymous and confidential and you do not need to answer any question you don't want to answer.

If you have any questions please contact Dr Sarah Toevs, Center for the Study of Aging (208-426-2452, stoevs@boisestate.edu) or Pam Catt-Oliason, Commission on Aging (208-577-2852, Pam.Catt-Oliason@aging.idaho.gov)

Appendix B

The following key explains the color-coding system for the list of respite providers:

- **YELLOW** = company or organization not listed on Idaho 2-1-1 Careline
- **TEAL** = company or organization listed on Idaho 2-1-1 Careline, but not associated with respite specifically
- NO COLOR = listed as a respite provider on Idaho 2-1-1 Careline

<i>District 1 – Boundary, Bonner, Kootenai, Benewah, and Shoshone Counties</i>			
Organization	Website/Contact Number	Services	Notes
AAging Better In-Home Care	208-777-0308 866-464-2344	In-Home Respite	Post Falls 5 northern counties
A Better Personal Care	choskins@pcareinc.com	In-Home Respite	
ACE Elder Care	208-267-1481	Adult Day Care & Facility Respite	Bonnors Ferry Boundary County
Addus HealthCare	208-667-2309 www.addus.com	In-Home Respite	Coeur d’Alene 5 northern counties
Aging and Long Term Care of Eastern Washington – Spokane	www.altcew.org		
All Valley Home Care	208-664-2764 www.allvalleyhomecare.com	In-Home Respite	Coeur d’Alene 5 northern counties
Alzheimer’s Association	www.alz.org/inlandnorthwest		
Area Agency on Aging of North Idaho	208-667-3179 www.aaani.org	Adult Respite	Coeur d’Alene 5 northern counties
August Home Health	208-664-0858 800-664-0838	In-Home Respite	Coeur d’Alene 5 northern counties
Bennett House	208-651-9060 www.bennethouse.org	Adult Day Care	Coeur d’Alene 5 northern counties
Bestland of Coeur d’Alene	208-665-1600	Adult In-Home Respite	
The Bridge Assisted Living at Sandpoint	208-263-1524 www.thebridgeatsandpoint.com	Facility Respite	Bonner County
Bristol Heights Assisted Living	208-661-6173 www.bristolheightscda.com	Adult Day Care & Facility Respite	Coeur d’Alene Kootenai
Boundary County Nursing	208-267-4847	Adult Day Care &	Bonnors Ferry

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District 1 – Boundary, Bonner, Kootenai, Benewah, and Shoshone Counties

Home	www.bcch.org	Facility Respite	Boundary County
Children’s Village	208-667-1189 www.thechildrensvillage.org	Children’s Respite	Coeur d’Alene Greater Northwest
Comfort Keepers	208-765-9511	In-Home Respite	Coeur d’Alene 5 northern counties
Community Restorium	208-267-2453 www.boundarycountyid.org	Adult Day Care	Bonnors Ferry Boundary County
Coeur d’Alene Health Care & Rehabilitation	208-664-8128	Facility Respite	Coeur d’Alene Kootenai County
The Courtyard	208-765-9264 www.courtyardsatcoeurdalene.com	Facility Respite	Coeur d’Alene Kootenai County
Creekside Inn	208-665-2444 www.koelschseniorcommunities.com	Adult Day Care & Facility Respite	Coeur d’Alene 5 northern counties
DayBreak Center	208-265-8127	Adult Day Care	Sandpoint Bonner County
Developmental Disabilities Program, H & W	healthandwelfare.idaho.gov		
Emeritus at Coeur d’Alene	208-765-4352 www.emeritus.com	Facility Respite	Coeur d’Alene Kootenai County
Evergreen Assisted Living	208-265-2354 www.evergreenhealthcare.com	Facility Respite	Sandpoint Bonner County
Good Samaritan Silver Wood Village Assisted Living	208-556-1147 www.good-sam.com	Facility Respite	Silverton Shoshone County
Guardian Angel Homes	208-777-7797 www.guardianangelhomes.com	Facility Respite	Post Falls 5 northern counties
Hayden Valley Assisted Living	208-762-9292	Facility Respite	Hayden Kootenai County
Hayden View Cottage LLC	Aspensprings.us/Hayden_View_Cottage.html		
Hearthstone Village	208-255-4849 www.hearthstonevillage.net	Facility Respite	Kootenai Bonner County
Hearthstone Village Post Falls	208-777-4179 www.hearthstonevillage.net	Facility Respite	Post Falls Kootenai County
Hospice House	208-772-7994 www.honi.org	Facility Respite End-of-Life	Coeur d’Alene 5 northern counties

District 1 – Boundary, Bonner, Kootenai, Benewah, and Shoshone Counties

Home Instead Senior Care	208-415-0366 www.homeinstead.com/764	In-Home Respite	Coeur d'Alene Kootenai, Bonner, Boundary Counties
Huckleberry Retirement Homes II	208-255-7248	Facility Respite	Sandpoint Bonner County
Huckleberry Retirement Homes IV	208-255-5333	Facility Respite	Sandpoint Bonner County
Ivy Court	208-667-6486 www.extendedcare.com	Facility Respite	Coeur d'Alene Kootenai County
Kindred Nursing & Rehab Center – Mountain Valley	208-784-1283	Facility Respite	Kellogg 5 northern counties
Kootenai Health Senior Care Program	208-625-5354 www.kh.org	Adult Day Care	Coeur d'Alene Kootenai County
LaCrosse Health & Rehabilitation Center	208-664-2185 www.lacrosse-skillednursing.com	Facility Respite	Coeur d'Alene Kootenai County
Legends Park Assisted Living Community	208-666-9900 www.prestigecare.com	Facility Respite	Coeur d'Alene Kootenai County
Life Care of Coeur d'Alene	208-762-1122 www.lcca.com	Facility Respite	Coeur d'Alene Kootenai County
Life Care of Post Falls	208-777-0318 www.lcca.com	Facility Respite	Post Falls Kootenai County
Life Care of Sandpoint	208-265-9299 www.lcca.com	Facility Respite	Sandpoint Bonner County
Living Springs	208-773-6145 www.livingspringshome.com	Facility Respite	Post Falls Kootenai County
The Lodge at Fairway Forest & Riverside Harbor	208-457-3403 www.lodgeliving.net	Adult Day Care & Facility Respite	Post Falls Kootenai County
Loving Care & More	208-752-1019	In-Home Respite	Silverton 5 northern counties
Luther Park At Sandpoint, LLC	www.luther-park.org		
Mental Health Services, H & W	healthandwelfare.idaho.gov		
North Idaho Children's Mental Health	Nicmh.com		

District 1 – Boundary, Bonner, Kootenai, Benewah, and Shoshone Counties

North Star Assisted Living	208-765-5505 www.stellarliving.com	Facility Respite	Coeur d'Alene Kootenai County
Pacifica Senior Living – Coeur d'Alene	208-665-2100 www.pacificiacoeurdalene.com	Facility Respite	Coeur d'Alene Kootenai County
Pacifica Senior Living	208-556-1147 www.pacificaseniorliving.com	Facility Respite	Pinehurst Shoshone County
Panhandle Home Health, Senior Companion Respite Program	208-415-5177 www.panhandlehomehealth.org	In-Home Adult Respite	Hayden 5 northern counties
The Renaissance at Coeur d'Alene Assisted Living	208-664-6116 www.assistedlivingcda.com	Facility Respite	Coeur d'Alene Kootenai County
ResCare Home Care	208-665-5579 888-390-6730 www.rescare.com	In-Home Respite	Coeur d'Alene 5 northern counties
Rose Terrace Cottages	208-665-0580 www.ros Terrace.org	Adult Day Care & Facility Respite	Coeur d'Alene Kootenai County
Rose Terrace Country Homes	208-623-6154 www.ros Terrace.org	Adult Day Care & Facility Respite	Spirit Lake Kootenai County
Sandpoint Assisted Living	208-265-2354 www.sandpointassistedliving.com	Facility Respite	Sandpoint Bonner County
Sylvan House	www.alcco.com		
Tesh, Inc.	208-765-5105 www.teshinc.com	Day Care Respite School age on up	Coeur d'Alene 5 northern counties
Valley Vista Care Center of Sandpoint	208-265-4514 www.valleyvista.org	Facility Respite	Sandpoint Bonner County
Veterans Affairs Medical Center	509-434-7000		Spokane, Washington
Visiting Angels of Coeur d'Alene	www.visitingangels.com/coeurdalene		
Wellspring Meadows	208-762-9001 www.wellspringmeadows.com	Adult Day Care, In-Home & Facility Respite	5 northern counties

District 2 – Latah, Clearwater, Nez Perce, Lewis, and Idaho Counties

Organization	Website/Contact Number	Services	Notes
Addus HealthCare	www.addus.com	Adult Day Health	
Alternative Nursing Services	208-746-5487 or 208-746-3050	Adult Day Health	Nez Perce County
Area Agency on Aging of North Idaho	208-798-4197 www.aaani.org	Adult Respite	Lewiston and Region
Circles of Caring Adult Day Health Foundation Inc.	208-883-6483 www.circlesofcaring.org	Adult Day Health	Latah County
Compassionate Care	208-476-3714	Adult Respite	Clearwater County
Developmental Disabilities Program, H & W	healthandwelfare.idaho.gov		
Devin's Home Care	208-983-1237	Adult Respite	Grangeville and Surrounding Area
Mental Health Services, Adult and Children, Lewiston	208-799-4440 healthandwelfare.idaho.gov	Children's Respite	Lewiston
Mental Health Services, Adult and Children, Moscow	208-882-0562 healthandwelfare.idaho.gov	Children's Respite	Moscow
Seubert's Quality Home Care	208-743-1818 800-597-6620	Adult Respite	5 North Idaho Counties
Sundance Services	208-983-0041	Adult Respite	Grangeville
Wedgewood Terrace	208-743-4545	Adult Day Health	Lewiston

District 3 – Adams, Washington, Payette, Gem, Canyon, and Owyhee Counties

Organization	Website/Contact Number	Services	Notes
24-7 Idaho Home Care	208-908-6080 services@247idahomecare.com	Respite	In-home or facility
Addus HealthCare	www.addus.com	Adult Day Health	
Advocates for Inclusion			
Area Agency on Aging, Caldwell	208-908-4990 seniors.idahocog.com	Respite	Caldwell and Region
Assisting Angels	208-344-7979	Respite	Nights and weekends, no holidays
A Tender Heart	208-442-2978	Respite	
Care at Home	208-642-1838, 208-453-2659	Respite	
CCOA	208-459-0063	Respite	
Developmental Disabilities Program, H & W	healthandwelfare.idaho.gov		
Havenwood	208-327-1011	Respite	
Horizon Healthcare	208-884-5051		
Idaho Federation of Families for Children's Mental Health	Idahofederation.org 208-433-8845	Referrals to Respite Care providers	
Johnson, Edrie	208-602-8157	Respite	Caldwell
Mental Health Services, Adult and Children, Caldwell	For children's respite care contact Jose Valle at 208-459-0092 healthandwelfare.idaho.gov	Children's Respite	Caldwell
Mental Health Services, Adult and Children, Payette	208-642-6416 healthandwelfare.idaho.gov	Children's Respite	Payette

MultiCare Home Health & Personal Care Services	www.multicareinc.com	Respite	
Sara Care of Boise	208-375-2273	Adult Day Health	Serves District 3
Villegas, Cecilia	208-275-9753	Respite	Caldwell
WICAP	208-549-2066	Respite	
WITCO (Western Idaho Training Co.)	208-454-3051	Adult In-Home Respite	

District 4 – Ada, Valley, Boise, and Elmore Counties

Organization	Website/Contact Number	Services	Notes
A & R Case Management	www.arcasemanagement.com	Adult Day Health (mentally disabled), respite care (children)	At facility for adults, in home or at facility for children
A Place for Mom	208-344-1375	Adult Respite	Boise
A Tender Heart Home Care	www.atenderheart.net	Respite	
Addus Health Care	www.addus.com	Adult Day Health	
Area Agency on Aging, Boise	208-908-4990 seniors.idahocog.com	Respite	Boise and region
Ashley Manor	208-376-7298	Adult Day Health	
Assisting Angels Home Care – Boise, Emmett, Mt Home, Nampa	assistingangels.biz	Respite	In home
Assisting Hands Home Care	www.assistinghands.com	Respite, companion services	In home services, Seniors
Brightstar	www.brightstarcare.com/boise	Respite Care	
Children and Families Service Program, H & W	healthandwelfare.idaho.gov		
Comfort Keepers	comfortkeepers.com	Respite	Seniors
Community Partnerships of Idaho	www.mycpid.com		
The Cottages of Boise	www.assistedlivingidaho.com	Respite, Adult Day Health	At facility
Developmental Disabilities Program, H & W	healthandwelfare.idaho.gov		
Dillon, Christine	208-639-1663	Respite	
Everyday Angels Home Health Care	www.everydayangelshomehealth.com	Respite	Private pay and Medicaid
Frazier, Robin	208-866-1035	Respite	Boise
Friends in Action	208-333-1363	Adult Respite	Senior Advocacy, Boise

District 4 – Ada, Valley, Boise, and Elmore Counties

Havenwood Caregiver Services	havenwoodhomecare.com	Respite	In home, Boise and Treasure Valley (Nampa phone number)
Hays Shelter Home	208-322-6687	Respite	Boise
Henderson, Dan and Mary	208-866-8782	Respite	Eagle
Home Instead Senior Care	www.homeinstead.com	Respite	In home, Seniors
Idaho Commission on Aging	208-334-3833	Adult Respite	Boise
Idaho Federation of Families	208-433-8845	Respite resources	Boise
Kiser, Jana	208-287-1038	Respite	Meridian
Mental Health Services, Adult and Child	208-334-0808 healthandwelfare.idaho.gov	Children's Respite	Boise
Mental Health Services, Adult and Child	208-587-9061 healthandwelfare.idaho.gov	Children's Respite	Mt. Home
MultiCare Home Health & Personal Care Services	www.multicareinc.com	Respite	
Phillips, Amanda	208-515-6497	Respite	Meridian
Progressive Nursing Staff prn, Inc.	www.progressivenursingprn.com	Respite	Specialists in vent, trach, wound, quad care and and IV infusion for ALL AGES, incl. infants
Shepherd's Home	www.shephers-home.org		
Synergy Home Care	www.synergyhomecare.com	Respite	
Vida Inc, Senior Resource	www.vidasenorresource.com	Respite Grants	Compiles resource information
Visiting Angels	www.visitingangels.com	Respite	

District 5 – Camas, Blaine, Gooding, Lincoln, Jerome, Minidoka, Twin Falls, and Cassia Counties

Organization	Website/Contact Number	Services	Notes
A Caring Hand	208-736-4903	Respite	Twin Falls, Jerome and Gooding Counties
A-1 Home Care	208-404-7524	Respite	Gooding County, cities of Twin Falls, Burley and Jerome
Accomplishments In-Home Services	208-324-8409	Respite	Cassia, Gooding, Jerome, Lincoln, Minidoka and Twin Falls Counties
Addus HealthCare	208-733-9100 www.addus.com	Adult Day Health	Cassia, Gooding, Jerome, Lincoln, Minidoka and Twin Falls Counties
Alliance Home Health & Hospice	208-733-2234	Respite	Gooding, Jerome, Lincoln and Twin Falls Counties
Alpine Manor I	208-734-1794	Adult Day Health Facility Respite	Twin Falls
Alpine Manor II	208-423-5417	Adult Day Health Facility Respite	Twin Falls
An Angel's Touch In-Home Care	208-324-5605	Respite	Gooding, Jerome and Twin Falls Counties
Applegate Retirement Center	208-543-4020 www.applegateassistedliving.com	Adult Day Health Facility Respite	Buhl
Area Agency on Aging, Twin Falls & Burley offices	208-736-2122 officeonaging.csi.edu	Respite	Blaine, Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka and Twin Falls Counties
Ashley Manor – Buttercup Trail	208-423-5971 www.ashleycares.com	Adult Day Health Facility Respite	Kimberly
Ashley Manor – Lincoln	208-423-5971 www.ashleycares.com	Adult Day Health Facility Respite	Jerome
Assisting Angel's	208-733-2550	Respite	Jerome, Lincoln, Minidoka and Twin Falls Counties
Autumn Haven, Inc	208-436-3200	Adult Day Health Facility Respite	Rupert
Birchwood Retirement Estates	208-734-4445	Adult Day Health Facility Respite	Twin Falls
Blaine County Senior Connection	208-788-3468	Respite	Blaine & Camas Counties

District 5 – Camas, Blaine, Gooding, Lincoln, Jerome, Minidoka, Twin Falls, and Cassia Counties

Bridgeview Estates	208-736-3933 www.lcca.com/bridgeview	Facility Respite	Twin Falls
Cedar Draw Living Center	208-326-3342	Adult Day Health Facility Respite	Twin Falls
Cenoma House	208-735-9796 cenomahouse.com	Adult Day Health Facility Respite	Twin Falls
Chardonnay Assisted Living	208-736-4808 www.chardonnaytwinfalls.com	Adult Day Health Facility Respite	Twin Falls
Children and Family Services Program	208-678-0974 healthandwelfare.idaho.gov	Children’s Respite	Burley
Comfort Keepers	208-733-8988	Respite	Cassia, Jerome, Minidoka and Twin Falls Counties
Country Cottage Assisted Living	208-736-1856	Facility Respite (disabilities)	Twin Falls
Country Living	208-326-6560 www.countrylivingretirementhomes.com	Adult Day Health Facility Respite	Twin Falls, Jerome, Gooding, Blaine, Lincoln Counties
Creekside Care Center	208-324-4941	Adult Day Health Facility Respite	Jerome
DeSano Place Suites	208-934-4623 www.desanoplace.com	Adult Day Health Facility Respite	Gooding
DeSano Place LLC	208-886-7665 www.desanoplace.com	Adult Day Health Facility Respite	Shoshone
DeSano Village	208-595-1589	Adult Day Health Facility Respite	Jerome
Desert Rose Retirement	208-734-1866	Adult Day Health Facility Respite	Twin Falls
Developmental Disabilities Program, H & W	healthandwelfare.idaho.gov		
Devine Living Centers at Curry Retirement Estates	208-734-0626	Adult Day Health Facility Respite	Twin Falls
Encompass Home Health	208-733-8600	Respite	Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka and Twin Falls Counties

District 5 – Camas, Blaine, Gooding, Lincoln, Jerome, Minidoka, Twin Falls, and Cassia Counties

Havenwood Home Care	208-358-4772	Respite	Blaine, Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka and Twin Falls Counties
Heritage/Woodstone Retirement	208-733-9064 heritagewoodstone.com	Adult Day Health Facility Respite	Twin Falls
Highland Estates	208-678-4411 www.highlandretirement.com	Adult Day Health Facility Respite	Cassia & Minidoka Counties
Interfaith Volunteer Caregivers	Ivcmagicvalley.com	Homemaker services	
Jewel's Home Care	208-733-6849 www.jewelshomecare.com	Respite	Blaine, Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka and Twin Falls Counties
Julie's Premier Home Care	208-280-0327	Respite	Cassia, Gooding, Jerome, Lincoln, Minidoka and Twin Falls Counties
Koehn, Nancy	208-406-6268	Respite	Buhl
Living Independent Network Corporation (LINC)	208-733-1712 www.lincidaho.org	Respite	Blaine, Camas, Cassia, Elmore, Gooding, Jerome, Lincoln, Minidoka and Twin Falls Counties
Loving Hands	208-734-3001	Respite	Jerome and Twin Falls Counties
Mental Health Services, Adult and Children	208-677-5390 healthandwelfare.idaho.gov	Children's Respite	Burley
Mental Health Services, Adult and Children	208-736-2177 healthandwelfare.idaho.gov	Children's Respite	Twin Falls
Minidoka Memorial Home Health	208-436-9019	Respite	Cassia and Minidoka Counties
MJ Home Care	208-420-6202	Respite	Jerome and Twin Falls Counties
Personal Connections	208-543-8222	Respite	Buhl and Castleford
Rosetta Assisted Living - Hiland	208-677-5451 www.rosettahomes.com	Facility Respite	Burley
Rosetta Assisted Living – Eastridge	208-734-9422 www.rosettahomes.com	Adult Day Health Facility Respite	Twin Falls
Safe Haven Homes of Bellevue	208-788-9698 www.safehavenhealthcare.org	Adult Day Health Facility Respite	Bellevue

District 5 – Camas, Blaine, Gooding, Lincoln, Jerome, Minidoka, Twin Falls, and Cassia Counties

Safe Haven Homes of Burley	208-678-2955 www.safehavenhealthcare.org	Adult Day Health Facility Respite	Burley
Safe Haven Homes of Wendell	208-536-6623 www.safehavenhealthcare.org	Adult Day Health Facility Respite	Wendell
Senior Companion Program	208-736-2122 flewis@ooa.csi.edu	Adult Respite	Blaine, Camas, Cassia, Gooding, Jerome, Lincoln, Minidoka and Twin Falls Counties
Stonebridge Assisted Living	208-837-4153	Adult Day Health Facility Respite	Gooding
Tasks Unlimited	208-733-0497	Respite	Cassia (partial), Minidoka and Twin Falls Counties
Visions Home Care	208-732-8100	Respite	Gooding, Jerome and Twin Falls Counties
Vista Assisted Living Community	208-436-3332	Adult Day Health Facility Respite	Rupert
Warren House	208-677-8212 www.alcco.com	Facility Respite	Burley
Willowbrook Assisted Living	208-736-3727 www.willowbrookassistedliving.com	Adult Day Health Facility Respite	Twin Falls
Woodland Retirement Estates	208-543-9050	Adult Day Health Facility Respite	Buhl
Wynwood at Twin Falls	208-735-0700	Facility Respite	Twin Falls
Zions In-Home Health Care	208-319-4587	Respite	Gooding, Jerome and Twin Falls Counties

District 6 – Butte, Bingham, Power, Bannock, Caribou, Oneida, Franklin, and Bear Lake Counties

Organization	Website/Contact Number	Services	Notes
Area Agency on Aging of Pocatello	208-233-4032 x 16 www.sicog.org	Respite	Pocatello and region
Bear Lake Home Care	208-847-4454 www.blmhospital.com/elderly-services/home-health	Adult Respite	Montpelier
Bingham Memorial Extended Care	208-785-4100 www.binghammemorial.org	Adult Day Health	Bingham County
Caring Hearts	208-269-7150 caringheartsassist.com	Adult Respite	Bannock, Bingham, Caribou, Power
Children and Family Services Program	208-785-5826 healthandwelfare.idaho.gov	Children's Respite	Blackfoot
Dawn Enterprises, Inc.	208-785-5890 healthandwelfare.idaho.gov	Adult Day Health	Bingham County
Developmental Disabilities Program, H & W			
Developmental Options, Inc.	208-233-6833 developmentaloptions.com	Adult Day Health	Bannock & Bingham County
Franklin County Medical Center/PCS	208-852-1937 www.fcmc.org	Adult Day Health	Franklin County
Friends and Family	208-244-4136 www.homecaresoutheastidaho.net	Adult Respite	Bannock, Bingham, Power
Heartworks Connection	208-782-1088	Adult Respite	Bannock, Bingham, Caribou, Oneida, Power
Helping Hands	208-232-2009 www.helpinghandshomehealth.net	Adult Respite	Bannock, Bingham, Caribou, Franklin
Home Helpers	208-406-2380 homehelpershomecare.com	Adult Respite	Bannock, Bear Lake, Bingham, Power
Mental Health Services, Adult and Children	208-785-5871 healthandwelfare.idaho.gov	Children's Respite	Blackfoot
Mental Health Services, Adult and Children	208-234-7900 healthandwelfare.idaho.gov	Children's Respite	Pocatello
Mental Health Services, Adult and Children	208-852-0634 healthandwelfare.idaho.gov	Children's Respite	Preston
Miner, Steve	208-406-6268	Respite	Pocatello

District 6 – Butte, Bingham, Power, Bannock, Caribou, Oneida, Franklin, and Bear Lake Counties

Oneida County Hospital Home Care	208-766-1054 www.oneidahospital.com	Adult Day Health	Oneida County
SE Idaho Developmental Center	208-782-1301	Adult Day Health	All Counties

District 7 – Duster, Lemhi, Clark, Fremont, Jefferson, Madisen, Teton, and Bonneville Counties

Organization	Website/Contact Number	Services	Notes
Affiliates, Inc. dba The Adventure Center	208-403-6420 theadventurecenter.org	Adult Day Health	Bonneville, Butte, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, Teton Counties
Area Agency on Aging/EICAP	208-522-5391 www.eicap.org	Respite	Idaho Falls and region
Catanese, Debbi	208-881-9212	Respite	Idaho Falls
Children With Disabilities Foundation	208-520-823	Children’s Respite	Idaho Falls
Developmental Disabilities Program, H & W	healthandwelfare.idaho.gov		
Joshua D. Smith Foundation	208-403-6420	Adult Day Health	Bonneville, Butte, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, Teton Counties
Mental Health Services, H & W	healthandwelfare.idaho.gov		
Northfork Developmental Services	208- 624-7781	Adult Day Health	Bonneville, Butte, Clark, Custer, Fremont, Jefferson, Lemhi, Madison, Teton Counties
Villarreal, Robin	208-552-2115	Respite	Idaho Falls
Wilcox, Darcie	804-731-4214	Respite	Rexberg
Wright, Melanie	208-201-8167	Respite	Idaho Falls