



Nevada Lifespan Respite Care Coalition
Community for Respite Meeting

November 18, 2022

Time: 9:00 a.m.- 10:00 a.m.

Microsoft Teams meeting

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 263 799 157 887

Passcode: uPPDxt

[Download Teams](#) | [Join on the web](#)

Or call in (audio only)

[+1 775-321-6111,582872522#](tel:+17753216111582872522) United States, Reno

Phone Conference ID: 582 872 522#

Thank you for planning to attend this Teams meeting.

Vision:

Adequate Respite Care for All

Mission:

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.

9-9:15 a.m.

1) Introductions and Check-In:

- **What is the most prized possession you own (besides family)?**
- **Please put your information in the Chat box.**

9:15-9:45 a.m.

2) Challenging Questions/Discussion – Strategies to Support Family & Professional Caregivers: How do we address the heavy reliance on family caregivers' care & support and shortages of direct care workers most effectively? Changing how we do things is difficult to accomplish but what steps should we take to begin?

Suggested Strategies:

- Person- and family-centered approaches – it is important that family caregivers themselves, not the needs of systems or providers, remain the focal point. The methods used to undertake person-centered planning may vary but the resulting service plan is co-created with the goal of helping the person and their family caregiver achieve their unique vision for a meaningful care plan.
- Trauma and its impact – the experience of trauma in the lives of caregivers and the people they support has an impact on the caregiving journey and needs to be proactively addressed. These experiences intersect with caregiving in multiple ways, and can include nightmares, irritability, sudden outbursts of anger, anxiety, depression, hypervigilance, reluctance to receive medical care, and if they have experienced trauma at the hands of their care recipient, it can add further complexity to the family caregiving experience.
- Diversity, equity, inclusion, and accessibility – caregivers who represent unserved, underserved, and/or marginalized communities frequently experience greater physical, emotional, and financial challenges associated with caregiving. The individuals providing support may not think of themselves as caregivers

or may be reluctant to ask for assistance. They may feel discrimination and are distrustful of service providers, making them less likely to seek assistance until they “reach a point of crisis.”

- The direct care workforce – the wellbeing of professional caregivers directly influences the ability of family caregivers to provide long-term support. This workforce includes people identified by a range of different job titles including personal care attendants, home health aides, job coaches, direct support professionals, residential workers and others who provide similar supports. While titles, required skills, and responsibilities differ, all direct care workers should have access to quality jobs with adequate training and support, compensation, have a voice in their working environment, an opportunity for growth through a career ladder or lattice, and broad recognition of their value in the long-term supports system. Pay and benefits alone are not sufficient to solve the direct care workforce problems.

9:45-10:00 a.m.

3) NLRCC Board Update

- Next Board Meeting November 7th, 2022, 9am – 3pm, agenda and meeting link [Home \(nv.gov\)](https://www.nv.gov)
- Next Community for Respite Meeting is Friday, November 18th from 9am-10am, agenda TBD.

4) Group Updates

Thank you for coming!

Guiding Principles and Agreements

What conditions must be met for you to fully participate?

For individual participation:

- Everyone has a voice.
- Everyone is encouraged to participate.
- Stay on topic or focus.
- Identify yourself as we communicate during virtual and telephone meetings.
- All questions are legitimate—there is no such thing as a stupid question.
- Trust and a safe space are critical to our ability to take risks.
- Everything that is shared in the room stays in the room.
- Listen for understanding: encourage perspective-taking—even if we don’t agree, we need to listen and learn from others’ experiences.

Overall considerations:

- Honor individual time constraints and limitations based on their organizational affiliations and commitments.
- Maintain a structure that is self-organizing and regulating—insure, in addition to the facilitation, there is a chair to manage NLRCC meetings.