

AoA Older Americans Month 2008 Program Champion



Project: Family Directed Respite Program

Organization: Tennessee Respite Coalition

Project Description:

Family Directed Respite (FDR) is a program provided by the Tennessee Respite Coalition through the Alzheimer's Disease Demonstration Grants to the States received by the Tennessee Commission on Aging and Disability from the Administration on Aging. The FDR program is a voucher variation of the cash and counseling approach to services. It provides and arranges for family directed respite care for persons with Alzheimer's disease and their caregivers cooperatively with the National Family Caregiver Support Program in the Middle Tennessee Nashville area, West Tennessee Memphis area, Northwest Tennessee area, Upper East Tennessee Johnson City area, and Middle Eastern Tennessee Upper Cumberland area. The FDR program targets rural areas and minority populations.

Through the FDR program, the caregiver is allotted reimbursement up to \$100 per month to pay for respite services. The caregiver has the choice of who they want to provide the respite care, whether it is a family member/friend or an agency, as well as choosing the type of respite to be provided. In partnership with the National Family Caregiver Support Programs in the Middle Tennessee Nashville Area Agency on Aging and Disability, in-home dementia education/training is offered to those caregivers who receive family directed respite care. Each caregiver also receives the educational book, [Aging and Caring: What Families Need to Know](#), which offers an extra support mechanism for families. This resource provides information and resources on many topics useful to caregivers including caring for loved ones diagnosed with dementia. The program provides services to approximately 150 families.

The FDR program offers families the preferred control and flexibility needed to make decisions regarding the type of respite service, choice of respite provider, frequency and duration of respite care. The FDR program has shown to offer a form of empowerment to the caregiver in their decision making role as well as providing an option for care that assists them in caring for their loved one at home thus avoiding or delaying institutionalization.

For more information visit www.tnrespite.org or contact Kelly Tipler at 615-269-8687 or Toll Free: 1-888-579-3754 or via e-mail at tnrespite@yahoo.com