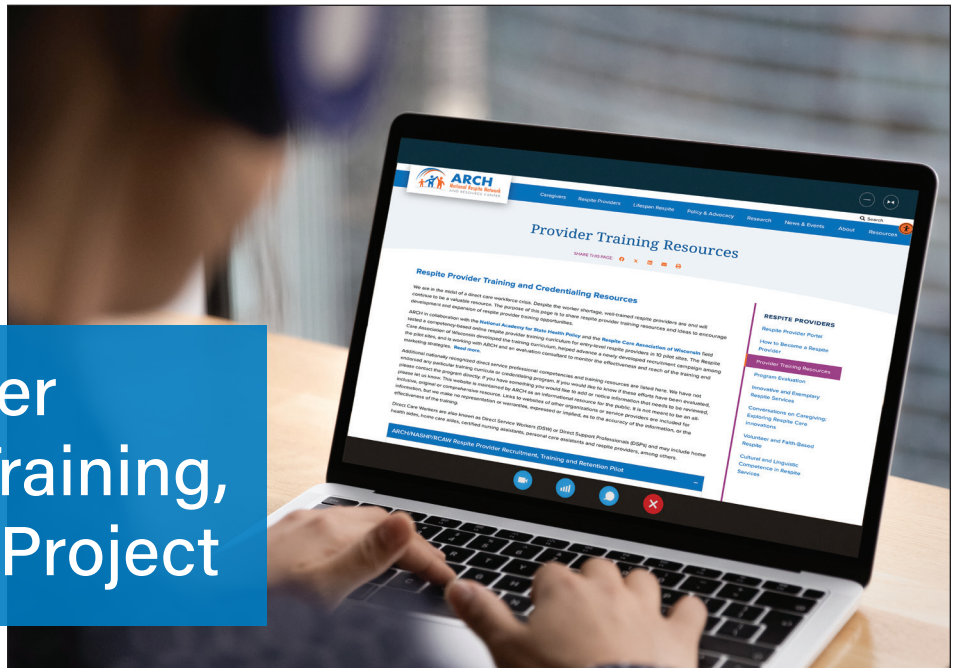


National
Respite Care



Provider Training™

Respite Provider Recruitment, Training, and Retention Project



The Respite Provider Recruitment, Training and Retention Project was funded by the Administration for Community Living. Through this initiative, the ARCH National Respite Network and Resource Center (ARCH), in collaboration with the National Academy for State Health Policy (NASHP) and the Respite Care Association of Wisconsin (RCAW), field-tested a competency-based online respite provider training curriculum for entry-level respite providers in 10 pilot sites. The RCAW developed the training curriculum, helped advance a newly developed recruitment campaign among the pilot sites, and worked with ARCH and an evaluation consultant to monitor the effectiveness and reach of the training and marketing strategies.

To learn more about the project and the field test, visit the ARCH website at bit.ly/NRCPT or scan the QR code.



RESPITE CARE PROFESSIONAL CORE COMPETENCIES

As a part of the project, ARCH convened an Expert Workgroup that created recommendations for Respite Care Professional Core Competencies. Members of the Expert Workgroup conducted an extensive review of existing core competencies and evidence-based frameworks developed by national and state organizations, governmental entities, and universities in training curricula for direct support professionals. The workgroup then identified core competencies specific for respite providers.

Learn more about the core competencies at archrespite.org/library/respite-professional-core-competencies or scan the QR code.





NATIONAL RESPITE CARE PROVIDER TRAINING™ (NRCPT)

The National Respite Care Provider Training™ (NRCPT) was developed to meet the Respite Care Professional Core Competencies. The NRCPT is an entry-level respite provider training curriculum. It is suitable for individuals who have never provided respite before, along with individuals who are currently respite providers. The 10 courses within the NRCPT align with the core competencies and include:

- 101: What is Respite?
- 102: Disability Basics for Respite Providers
- 103: Client Care for Respite Providers
- 104: Medication Awareness for Respite Providers
- 105: Safety Procedures for Respite Providers
- 106: Caring for Challenging Moments
- 107: Health, Wellness, and Respite Activities
- 108: Professional Ethics and Interpersonal Skills
- 109: Meeting the Caregiver and Care Recipient
- 110: Next Steps in Becoming a Respite Provider

PILOT PROJECT

During the pilot project in 2022, the NRCPT and state-specific trainings were developed and made available at no cost to learners. States represented in the pilot included: Arkansas, Illinois, Kansas, Montana, Massachusetts, New Mexico, New York, Nevada, South Carolina, and Wisconsin.

For more information and to take the FREE NRCPT or state-specific trainings, visit respitecarewi.talentlms.com.

FREE REPLICATION TOOLKIT

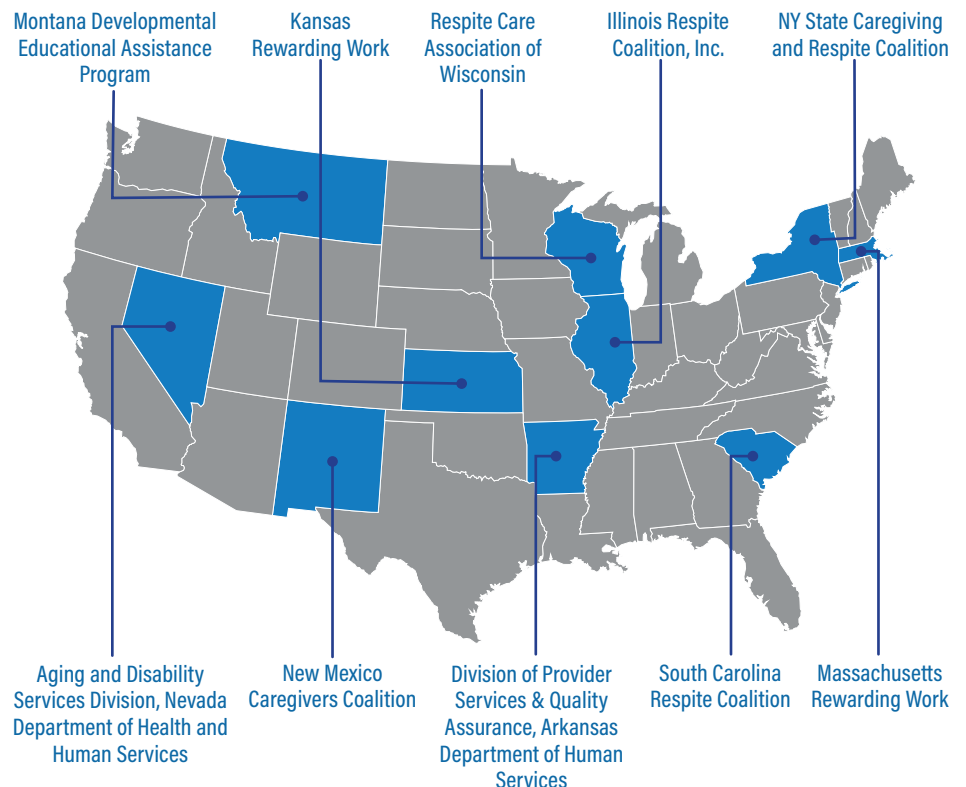
States or community-based entities that are interested in implementing the NRCPT or in developing their own state-specific training are encouraged to utilize the NRCPT Replication Toolkit.

To request access to the toolkit, complete the form at bit.ly/ReplicationToolkitRequest or scan the QR code.



For more information, please email info@respiteprovidertraining.com.

PILOT SITES



PROJECT EVALUATION

The pilot project was evaluated using a multi-layered approach that involved individual learner, agency, and overall project data collection.

Individual Learner Evaluation

Learners were evaluated using surveys that were built into the online course.

- ✓ Intro Survey
 - Demographic questions
 - Respite experience questions
 - Competency-based confidence questions
- ✓ Pre/Post Test
 - Scenario-based questions aligned with course objectives and core competencies
- ✓ Post-Course Completion Survey
 - Competency-based confidence questions
 - Likelihood of providing respite care in the next 6 months
 - Potential barriers to providing respite care
 - General course evaluation (Satisfaction and overall learning)

Additionally, surveys were emailed to learners six months after completing the training and if they did not access the course for more than 30 days.

- ✓ 6-Month Follow-Up Survey
 - Are you currently providing respite care?
 - How well did the training prepare you to provide respite care?
- ✓ Inactive Survey
 - Why did you not complete the course?

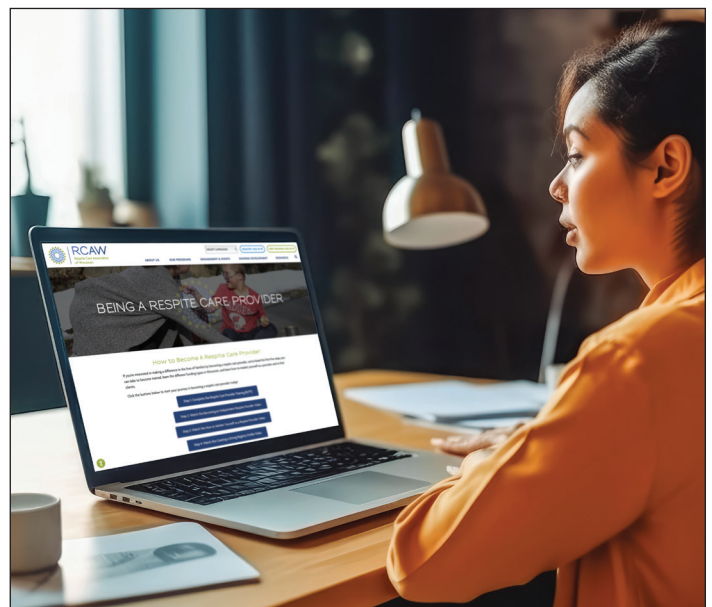
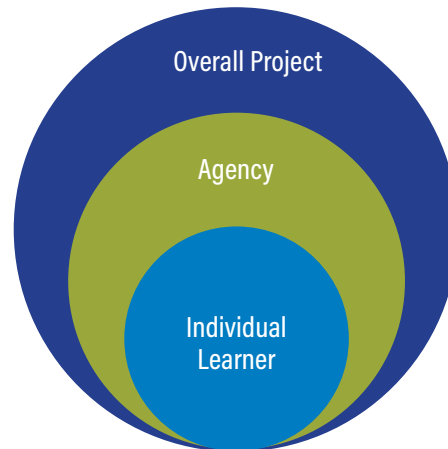
Agency Evaluation

Agencies worked with the evaluation consultant to identify and monitor progress related to marketing, recruitment, and training goals. Agency data was collected at:

- ✓ Baseline
- ✓ 6 Months
- ✓ 12 Months (end of pilot)

Overall Project Evaluation

We used the RE-AIM Framework to help guide our overall project evaluation.



KEY EVALUATION RESULTS

Between January 7 and December 31, 2022, a total of 2,277 learners registered and 559 completed the NRCPT.

- ✓ Most learners were new to respite (62%), lived in small towns (40%) or rural communities (23%), identified as White (62%) or Black (24%), and indicated they are very likely (70%) to provide respite in the next 6 months.
- ✓ Learner knowledge related to core competencies improved after completing the training (average pre-test score of 66% → average post-test score of 75%).
- ✓ Learners took an average of 3 attempts to get 100% on the post-test.
- ✓ Overall, learners reported improved confidence across the 10 core competencies; however, a few learners reported feeling less confidence after completing the course.

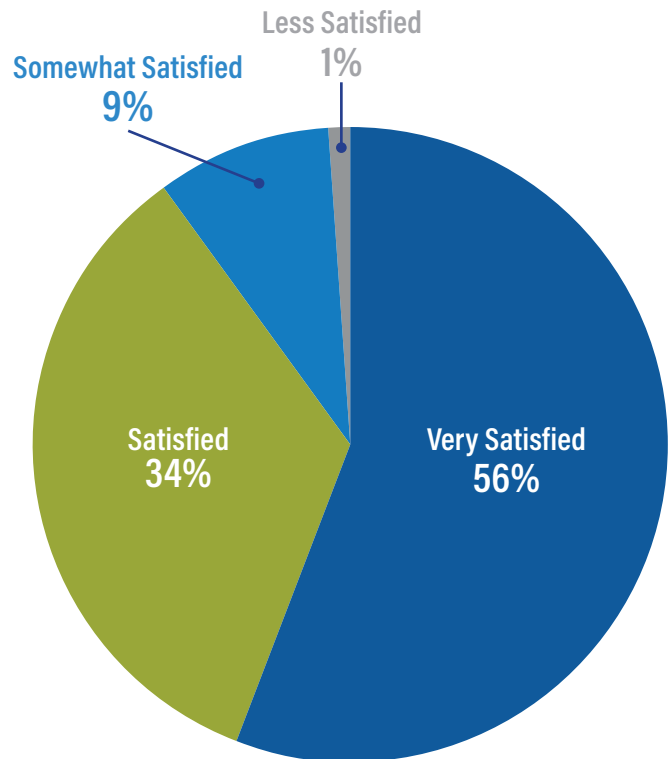
Agencies were most successful when they:

- ✓ Had dedicated staff time to work on marketing and engagement strategies on an ongoing basis
- ✓ Established and maintained strong relationships with key partners
- ✓ Had a provider registry or a way to connect learners to opportunities to provide respite



OVERALL, HOW SATISFIED ARE YOU WITH THE RESPITE CARE PROVIDER TRAINING?

(n=559 Learners)



“The most important thing that I have learned was to stay calm during any situation and to be professional. Make sure that I know what the care recipients’ needs and wants. Develop a relationship with the care recipient so that they will be comfortable enough to trust me. I will have to make sure that I have all safety rules and company rules in order to keep the care recipient safe at all cost.”

- Testimonial from a learner who completed the course evaluation



ARCH
National Respite Network
AND RESOURCE CENTER
archrespite.org



NASHP
NATIONAL ACADEMY
FOR STATE HEALTH POLICY
nashp.org



RCAW
Respite Care Association
of Wisconsin
respitecarewi.org

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