



PARTICIPANT HANDBOOK



**Intergenerational
Respite Care**

ENRICHING • EDUCATIONAL • ENTERTAINING

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WELCOME

Welcome to the Intergenerational Respite Care Program, hosted at Genesee Valley Central School. This program is made possible through a partnership between Ardent Solutions, Allegany County Office for the Aging, and Genesee Valley Central School. We are thankful to our funders for supporting this initiative: the Boston Foundation, the Health Foundation for Western & Central New York, the Ralph C. Wilson, Jr. Foundation, and The Philanthropic Initiative.

First and foremost, we would like to thank you for considering respite care. This is a worthwhile use of both the caregiver's and program participant's time. Older adults are supported, safe, and valued; their caregivers are given the valuable gift of personal time and a regularly scheduled, necessary break from the work of caregiving.

Please know that your Intergenerational Program Team puts you and your family at the heart of everything we do. This Program Handbook will be your guide and will:

- Provide information about what to expect during the program
- Outline key information related to the program site

Our Intergenerational Program Team is here to provide support for you and your care recipient. If you have any questions, please do not hesitate to contact us.

What is Caregiver Respite

Respite care is a service that supports caregivers by providing a short-term break from time to time to take care of their own needs. Respite care provides a safe, comfortable place or time for the participant that allows the caregiver to rest and relax, shop, go to appointments, etc.



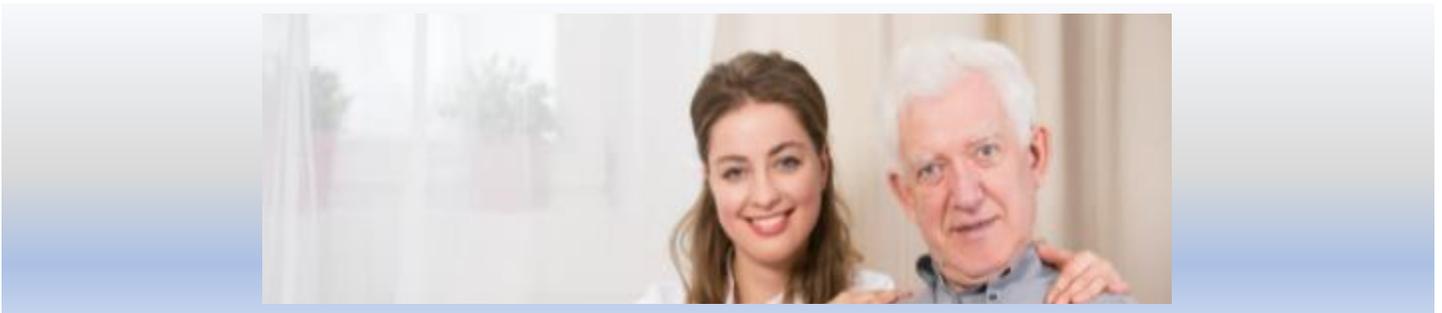
Typically, respite care is provided for someone who has an illness, disability, or someone that may need care and/or companionship for brief period of time.

What is the Intergenerational Respite Program?

Many individuals in our communities have the role of caregiving for an older adult. The role of caregiving can have a significant impact on a person's mental and physical well-being. Caregivers are at a higher risk than non-caregivers for emotional distress, depression, anxiety, social isolation, burnout, fatigue, and other negative and mental health effects. This program aims to counteract these effects by providing caregivers the opportunity to rest and take care of their own needs.

The Intergenerational Respite Care model is a new and innovative strategy to re-engage care recipients into their community. It provides an opportunity for enriching activities, engaging relationships, and educational opportunities.

This program is a social model, meaning the caregiver receives some time for themselves and the participant has the opportunity to engage with others in the school community.



Eligibility

The Intergenerational Program will follow a social respite care model for families who live in Allegany County.

Participants must be at least 50 years of age and self-sufficient with activities of daily living, such as:

- Toilet Hygiene
- Eating and Drinking
- Walking independently or with an assistive device
- Grooming

Intake Process

The Intergenerational Respite Care Program's intake process begins with a pre-screening conducted by the Allegany County Office for the Aging/NY Connects or Ardent Solutions' Intergenerational Program Coordinator.

Next, the Intergenerational Program Coordinator will schedule and meet with the caregiver and eligible participant at Genesee Valley Central School. At this point, the intake/registration process will take place. This includes, but is not limited to, the following:

- a tour of the GVCS facility
- review all intake documentation and ask clarifying questions to learn about the participants interests, capabilities, and strengths that will inform their program plan
- elicit information on medical and social history
- describe program activities and daily schedule

If both parties agree that the Intergenerational Respite Care Program will be beneficial for both the participant and the caregiver, a weekly schedule will be developed with confirmed/agreed upon respite times.

Program Hours

The Intergenerational Respite Care Program operates Mondays - Fridays from noon to 5:00 pm and will follow the Genesee Valley School District's academic calendar. A summer program may be available with adjusted hours.

All participants should arrive no earlier than 12:00 p.m. Upon arriving, please be aware that the participant must be accompanied into the building to complete the daily registration process, which includes:

- Sign-in
- Any required COVID-19 screenings and assessments, dependent upon school regulations

All participants must be picked-up no later than 5:00 pm. If you experience a delay, you must call the Program Coordinator to inform them.

School Closings and Early Dismissal

When the school building is closed due to inclement weather, emergencies, federal holidays, or vacations, the program will be closed as well. Please check the GVCS website, listen to your local radio station, or watch for school closing announcements on your television. The Program Coordinator will also reach out to notify of any cancellations.

If the school is required to close early or has a scheduled early dismissal, the program will be cancelled. Please be sure to update your emergency contact information regularly, so the Program Coordinator can reach you in such situations.

Safety

The Intergenerational Respite Care Program will follow all safety procedures as outlined in the District Emergency Operations Plan, including:

- participating in fire drills
- participating in evacuation drills
- all other emergency drills

A ratio of 1 staff member to 5 participants will be maintained at all times for safety purposes.

Program Guidelines

We are guests of the Genesee Valley Central School District (GVCS). While on the GVCS campus, our program will follow all health and safety rules outlined in the District's Code of Conduct. A complete copy of the Code of Conduct Handbook is included in your Registration Packet as part of the intake process and is also available on the GVCS website.

Program participants will contribute to the school's positive, healthy learning environment with the upmost respect for all teachers, staff, students, and volunteers.

Attendance

If the participant is unable to attend a scheduled program, please notify the Program Coordinator prior to 10:00 am.

If the participant is experiencing any signs of illness, it is important to keep him/her home as to not expose others to symptoms, including but not limited to:

- fever
- nausea or vomiting
- diarrhea or gestational issues
- upper respiratory infections
- dizziness or extreme fatigue
- sore throat or body pain

If the participant begins to show signs of illness during the program, the Program Coordinator will notify the emergency contact(s) listed.

If a participant is absent from program due to illness, they should be symptom-free for a minimum of 24 hours prior to their return.

Clothing | Personal Care Supplies | Other Belongings

Clothing should allow for comfort, warmth, and freedom of movement. The program participant should wear comfortable shoes that will allow safe walking and movement. Program activities may occur outside, so please dress appropriately for each day's weather. We encourage participants to have an extra change of clothing kept on site.

Personal care items (i.e.: pads, briefs) must also be supplied by the family if needed. When the participant's supply runs low, you will be notified.

The Intergenerational Program is not responsible for any valuable items brought and/or worn to the facility. These items should be left at home and participants are strongly encouraged to NOT wear jewelry; or to bring any cash, credit cards or other

valuables to the school.

All clothing, personal care supplies, and other belongings should be marked with the participant's name. All items will be inventoried by the Program Coordinator and will be secured in a locked cabinet.

Photo Release

Each caregiver and participant will be asked to sign a photo release form which allows Ardent Solutions, Genesee Valley Central School, and Allegany County Office for the Aging to share photos in marketing materials, reports to funders, program displays, and presentations.

Communication Plan

Daily Journal. A daily journal will be utilized to allow the Program Coordinator to provide information on program activities, reminders of upcoming programming, supply needs, and participant progress. The journals may be used to offer program feedback and communicate important information back to the Coordinator.

Quarterly Newsletter. The quarterly newsletter will keep you informed of program policies, upcoming events, and caregiver news.

Monthly Calendar. The Program Coordinator develops a monthly calendar based upon participants' interests, weather and other environmental conditions, and participant and family input.

Social Media. Ardent Solutions uses Facebook to post information and pictures from our program. You can follow us on Facebook. All newsletters will be posted on the Ardent Solutions' website at www.ardentnetwork.org.

Transition Planning

Should transition planning be needed when the program can no longer safely meet the participants' needs, the Program Coordinator will assist the caregiver in identifying additional supports and resources.

Some reasons a person may be transition:

- Participant's condition weakens and the assessed level of care can no longer be met by our program.
- Participant and/or caregiver choose alternative services, (i.e., home care, assisted living, etc.).

Your Rights

Ardent Solutions' Intergenerational Respite program is committed to providing safe and rewarding respite services to caregivers of screened and approved older adults in Allegany County. You, as the caregiver, have the following rights:

- To have individual information kept confidential
- To have your feedback heard by the Intergenerational Respite Care Program Team and used for program improvement
- To file a complaint or concern without concern for retaliation

Caregivers are encouraged to:

- Participate in the Caregiver Respite Advisory Council
- Complete all survey tools and evaluation documents
- Attend educational and support group activities coordinated through Ardent Solutions, Inc., and Allegany County Office for the Aging
- Discuss needs and accept referrals for additional services as identified.

Program Activities

Recreation plays a key role in the well-being of older adults and in enhancing their quality of life. Important benefits of recreation include improved health and fitness, socialization, sharing skills and talents, and learning new skills.



Planned activities are tailored to the participants' abilities and health conditions, but may encompass such things as arts and crafts, musical entertainment, mental stimulation games such as bingo, stretching or other gentle exercise, gardening, discussion groups (for books, films, or current events, for example), holiday and birthday celebrations, and local outings.

Each day's plan includes social mealtime, light active/exercise options, creative and recreative options, and intergenerational activities.

Nutrition

The Intergenerational Respite Care Program provides seniors with a nutritious meal through the Allegany County Office for the Aging's Meals on Wheels Program. This program will accommodate those that require special diets, along with snacks.

Medication

If participants need to take any over the counter or prescribed medication during their time at Genesee Valley, they must notify the Program Coordinator. All medications are to be kept in their original containers and will be securely locked in the Program Coordinator's office.

Food Allergies and Special Diets

Due to severe food allergies and special dietary restrictions, participants are asked not to bring any food or drinks onto the school campus. This safety precaution is important for our participants and the student body.

COVID-19 Requirements

The Intergenerational Respite Care Program will obey all COVID-19 requirements set forth by GVCS. This may be subject to change dependent upon Federal, State, Local and District requirements.



Benefits for the Caregiver

Intergenerational Respite Care:

- Allows caregivers to rest and rejuvenate so they can return to their caregiving duties refreshed
- Reduces the stress associated with caregiving
- Boosts the immune system by giving the body, mind, and spirit of the caregiver a much-needed break
- Improves the caregiver's level of patience
- Provides the caregiver with balance in their life so that they can attend to their own responsibilities and appointments
- Removes the issues of social isolation and depression that can set in for a caregiver
- Allows the caregiver to engage in his or her own recreational activities, maintain friendships, and pursue careers
- Provides opportunities for medical appointments, outings, errands, etc.
- Provides growth and development opportunities
- Prevents costly out-of-home placements



Benefits for the Program Participant

Intergenerational Respite Care:

- Provides a safe, secure environment in which to spend the day or part of the day.
- Offers enjoyable and educational activities.
- Provides appropriate physical exercise, which helps to reduce the likelihood of falls.
- Allows for meaningful social interaction that can improve both mental and physical health, and helps to prevent or delay cognitive decline.
- Offers mental and social stimulation during the day, which can improve the quality of sleep at night.
- Enhances or maintains a level of independence, keeping the participant living at home longer by relieving caregiver fatigue and delaying their escalation of dependence.
- Bolsters one's self-esteem by offering control over activities you partake in.
- Offers the chance to build new friendships and enjoy peer support.
- Allows for mutually beneficial mixed age mentor/mentee relationships to develop.

Important Contact Information

Ardent Solutions, Inc.

Intergenerational Respite Care Program Coordinator
585-610-3830

System Transformation Manager
585-610-9765

Genesee Valley Central School Welcome Desk

585-268-7900

Allegany County Office for the Aging/NY Connects

1-866-268-9390

Notes
