Luke 6:38 Foundation

“Give and it shall be given unto you.”

Respite Ministry Proposal

First United Methodist Church

Montgomery, Alabama

Introduction

While a week ago we did not know that the Luke 6:38 Foundation existed, there is no adequate way to express how aptly and strongly Luke 6:38 applies to the First United Methodists Church Respite Ministry. Respite is a bridge on which those handicapped by memory loss can come out of the dark shadows of life in which they live into the light and a renewed sense of well-being. That is a tremendous gift for so many and the need is so great. In return, the participants give so much to the leaders, volunteers, church and community in the joy of renewed life.

The question was asked in the beginning of ministry, “What needs to happen in a community that is not likely to happen in case a church does not do it?” A summary of the history and the program description of the Respite Ministry is attached. The Respite budget is 150K a year. The overhead is low because there are no paid workers other than director, program director and 120 total volunteers. The program runs off 15 trained volunteers daily (4 days a week) for 50 weeks a year at an estimated 12K hours of unpaid labor!

The need for further development, expansion and replication is great. Thus, it is with a grateful heart, mind and spirit that we make the following three initial, short term and summary proposals to the Luke 6:38 Foundation for its consideration.

**Proposal I: Statewide Networking of Respite Model $60,000**

As we have grown into a partnership with UAB Memory Center personnel and received referrals from them, we jointly realized the need to form a statewide network of support for families living with memory loss. We believe the most effective way to accomplish this is by expanding our Respite Model replication efforts beyond the River Region, to include all of Alabama.

The volunteer-based Respite Ministry at FUMC Montgomery model has been successfully replicated at Auburn, Dothan, and Birmingham churches. The UAB Department of Neurology Memory Disorders clinic serves patients from all over the state of Alabama and beyond the state borders. By combining our efforts and skill sets, and with the award of this requested grant amount, we believe we can expand the network to three additional Alabama sites within the first year after grant award.

The care partner of a person with memory loss experiences levels of fatigue and distress that eventually leaves both persons feeling mentally, physically, emotionally and even spiritually bankrupt. The Respite Ministry is an intervention to prevent such a level of exhaustion and restores a sense of purpose and meaning to the lives of both the patient and their caregiver. It improves the quality of life for the patient, the primary care giver and even for the extended family, by seeing joy and meaning return to the day of the person with dementia. Such a service assists families in being able to care for their loved one in the home for a longer time, often without the need for hired in-home care givers.

The sense of purpose and belonging that one can achieve through joining a Respite program is beyond what the care partner can accomplish alone at home, no matter how much they love, and how much time they devote to care giving. A Team approach to Respite includes several sub-teams simultaneously preparing an activity, performing an activity, cleaning up from previous activity, preparing meals so there is a seamless flow from one activity to another throughout the day. One person cannot accomplish this at home for a sustained period, nor is it realistic to attempt to do so. The care team in effect is serving as an external source of motivation and initiative for the person who is memory impaired, and since the volunteers rotate, participating once or twice monthly, they bring fresh energy and enthusiasm daily which a sole care giver in the home cannot possibly provide.

The Respite Model we propose to replicate will include:

* Education and information for memory loss professionals
* A nurse practitioner from UAB will provide outreach education for community medical providers in targeted areas to sustain program growth.
* Identification of needed and feasible sites by senior pastor and Respite director
* Plan for developing and sustaining Respite programs
* Volunteer Training Manual must be developed by Director, see attached outline for publication
* Education, Information and Training videos
* Scheduled conference calls with senior pastors and Respite directors
* On-site program development
* Standards for measurement and evaluation
* By year three, addition of telemedicine to Respite sites so UAB could be integrally involved in support groups and offer patients the ability to have medical visits without driving to Birmingham.

**UAB Partnership Breakdown of Proposed $60,000 Cost**

 Seed Money for Statewide Network $30,000

We are proposing three $10,000 grants that would be applied to director’s salary in identified cities across state. If the lead church can match these funds, there will be a nice part-time salary for first year director. Churches will not receive grant if there is no match. Once operational, a revenue stream will develop that could support the ministry expense after the first year. For example, 2 days a week, with 10 paying clients for 50 weeks out of the year would produce 30K in revenue.

Our Director and Assistant Director will assist as follows:

* Identify three churches across the state that could afford to match the proposed 10K grant money for first year director.
* Help interview potential directors. It is critical to find a dynamic leader with multiple skill set
* Develop the director’s business plan, marketing plan and community outreach for sustainability

Director of First Methodist Project Management Responsibilities $15,000

* Develop uniform Respite manual for all start up programs from the attached proposed outline
* Site visits for organizational meetings of the city, scheduled four-hour trainings for the initial pool of volunteers
* Scheduled weekly conference calls with potential director
* Applying the seed money grant
* Developing a uniform training DVD that would be shared state wide for all volunteers
* Developing with UAB standards and uniform measuring tools to capture the progress of all participants and care partners
* Travel, added work days, cost of temporary staff for coverage during Director absence through the year, supplies

Development of measuring tools of care-partner and participant progress through the Respite Ministry experience by UAB Neurology team member $15,000

* Communication with local neurology and doctor’s offices across the state on the importance of Respite and how to prescribe the program as treatment
* It is of great importance the medical community understands the program. Their referrals are what will sustain the program.
* Begin a plan for telemedicine from Respite sites in the different cities where Respite centers are located. Telemedicine refers to the use of telecommunication equipment for clinical health visits at a distance. For the care giver, this would be a great advantage rather than driving to Birmingham from outlying communities. Transportation of a person with dementia to appointments is challenging, time consuming, very stressful and often requires the assistance of a second person, especially as the dementia progresses. Offering telemedicine through the Respite Centers would be an additional outreach service for the community of care givers throughout the state and would offer the ability for UAB to further participate in support group meetings.
* Travel, anticipated as bimonthly trips within the state, added work days, and supplies

**Proposal II: Addition of “Opening Minds through Art” Program $25,000**

The “Opening Minds through Art” program is a research-based program that uses art to add value to dementia-related programs. Having just completed the nationally recognized training program, our Director and Assistant Director are excited about the prospect of bringing this program to our Respite Ministry. The beauty of the program is it helps change a city’s culture by partnering the students from local schools with adults living with memory loss.

The “Opening Minds through Art” program will pair approximately 80 local high school seniors with 80 people living with Alzheimer’s for the fall and spring semester of the school year in designing complex art together through a proven method that guarantees success. The volunteer students will complete an intense dementia and art training for one Saturday of the semester and then take part in 10, one-hour art sessions with the Respite artists. Professional art shows at the end of the program will be advertised.

Anticipated costs to run this program for two consecutive semesters (two programs of 40 participants each semester) include training 80 students, start- up supplies, part-time coordinator and cost of four separate art shows after completion of 10- week program. These costs total $25,000.

It will be the only program in the southeast of its nature which is trying to blend the generations and reduce the stigma of Alzheimer’s. Once successful, we intend to add this to the replication package of the Respite Ministry so other cities will have this model.

**Proposal III: Scholarship Program $25,000**

Currently the Respite Ministry accepts participants who are not able to financially pay for participation in the program. In the spirit of serving the least of these, we believe this is a valued and valuable component of the program.

* There has never been anyone turned away from the Respite Ministry due to financial reasons.
* The Respite Ministry charges $30.00 for the four-hour day averaging close to $7.00 an hour. An average cost with a participant coming 3 days a week for 50 weeks is **$4500** a year. Roughly 40 percent of the 52 active participants are on full or partial scholarship.

We appreciate this opportunity to submit these proposals, and are grateful for your awareness of our program, and your willingness to consider these new ways to expand our program.