

RESEARCH ROUNDUP

Day Respite Services



NATIONAL INNOVATION HUB • CENTRE NATIONAL D'INNOVATION

Introduction

At APPTA, we strive to find relevant and timely research that has the potential to influence policy decision making for the aging population. One way of doing this is through our Research Roundup series. Our team devotes time to reading and prioritizing academic papers and grey literature, and investigates programming and products that foster innovation related to how we care for older adults. We then summarize that information for a quick and consumable product. These periodical documents will summarize evidence based on relevant policy topics that are discussed through our ongoing stakeholder engagement.

If there are particular topics of interest you would like us to investigate, please let us know by emailing Daniel Smiley, Research & Logistics Specialist, at daniel.smiley@dal.ca.

For this roundup, we are looking at *day respite services*.

Literature Review

The role of day-respite centres in supporting people with dementia to age in place: An interpretive phenomenological study

Lole, L.; Conway, J.; Oorloff, A.; & Duffy, C.

2022, Australia

[Link to article](#)

This study aimed to understand the experiences of day-respite care workers providing care for people with dementia. The authors conducted an interpretive phenomenological analysis of the sole facility of one regional Australian town.

Thematic analysis yielded four themes: a person-centred workplace culture and strategy, embedded communication practices, provision of a safe and engaging environment, and positive staff attributes. These themes were perceived to make participants' jobs more enjoyable, as well as improve their clients' and carers' quality of life.

The report concluded that their research could be implemented throughout the wider web of dementia care. Strategies might include the careful selection and training of staff; the provision of dedicated, safe dementia-friendly wards; and routine communication with key stakeholders to ensure met-needs care. Closed access.

Why carers use adult day respite: a mixed method case study

Stirling, C.M.; Dwan, C.A; & McKenzie, A.R.

2014, Australia

[Link to article](#)

This study used mixed methods to examine caregivers' expectations and perceptions of adult day programs for respite care in Australia. Fifty respondents provided quantitative and qualitative data through an interview survey.

The authors used Maslow's hierarchy of needs in the analysis and found that carers prioritised benefits for and experiences of care-recipients when making day respite decisions. Respondents had high levels of trust in the service and perceived that the major benefits for care-recipients were around social interaction and meaningful activity with resultant improved well-being.

The study suggests carers need to trust that care-recipients will have quality experiences at day respite. This study was intended as a preliminary stage for further research and while not generalizable it does highlight key considerations in carers' use of day respite services.

Literature Review (continued)

Taking a Break: Daily Respite Effects of Adult Day Services as Objective and Subjective Time Away From Caregiving

Wylie, M.J.; Kim, K.; Liu, Y.; & Zarit, S.H.

2020, United States

[Link to article](#)

This paper investigated how objective and subjective breaks from caregiving were associated with caregivers' daily emotional well-being. Family caregivers (N = 173) whose relatives were using adult day services (ADS) at least twice a week participated in daily interviews over 8 consecutive days. Participants provided information on daily respite hours and daily affect. They also reported perceived frequency of breaks from caregiving responsibilities and primary and secondary caregiving stressors (i.e., overload and work conflict). Multilevel models were used to examine the research questions.

On average, caregivers reported 7.12 respite hours on ADS days and 1.74 respite hours on non-ADS days. Having more objective respite was associated with higher positive affect, whereas more subjective respite was associated with lower negative affect. Further, caregivers with greater work conflict experienced more benefits to their positive affect as a result of objective respite.

The influence of day care centres designed for people with dementia on family caregivers—a qualitative study

Tretteteig, S.; Vatne, S.; & Rokstad, A. M. M.

2017, Norway

[Link to article](#)

The aim of this study was to provide an extended understanding of the situation of family caregivers and to examine to what extent day care centres (DCCs) can meet their need for support and respite. The authors conducted in-depth interviews with 17 family caregivers of people with dementia attending DCCs. The data analysis was undertaken using systematic text condensation.

Caregivers experience a complex role, with added responsibilities, new tasks, and emotional and relational challenges that are expressed through distressing emotions and demands for interaction. Additionally, the caregiving role leads to positive experiences, such as acceptance and adaptation, support and help, and positive changes in the relationship. Using a DCC led to a higher quality of time spent together and easier cooperation, but it also produced some hard feelings and challenging situations.

The authors concluded that while caregivers' experiences using DCCs was generally positive, a more individualized program, in addition to flexible opening hours, would make DCCs even more effective as a respite service, positively influencing the family caregiver's motivation and ability to care and postponing the need for nursing home placement.

Literature Review (continued)

Information and Communication Technologies to Support the Provision of Respite Care Services: Scoping Review

Castro, A.R.; Brahim, L.O.; Chen, Q.; Arnaert, A.; et al.

2021, International

[Link to article](#)

This scoping review examines the use of information and communication technologies (ICTs) to improve the flexibility of respite services. The authors screened literature published between 1990 and 2021, and found 23 papers reporting on 15 programs.

ICTs supported the provision of respite care by facilitating information-sharing with families and providers, recruiting and training respite care providers, and coordinating services. Key design considerations for developing respite care ICTs were trustworthiness and participatory design methods. Implementation considerations included designing platforms that complemented existing services, assessing the appropriate timing for introducing the ICT-based services, and ensuring adequate promotion strategies to raise awareness about the services.

The authors found there is limited but promising research on the potential of ICTs to support the provision of respite care services. They felt further research should be conducted to advance the results of this review, ultimately aiming to build ICTs that can improve the quality of, and access to, respite care services.

Program Review

Adult Day Services

BC's Ministry of Health's Continuing Care Program

Est. 1979

British Columbia

The adult day care became a part of BC's Ministry of Health's Continuing Care program in 1979. Adult day services enable older adults and adults with disabilities to maintain independence in their homes. These supportive programs, conducted 1-2 days per week, offer a range of services, including personal assistance, healthcare, therapeutic activities, health education, and caregiver support. Clients participate in group social and recreational activities, nutrition programs, and counseling. To improve accessibility, some programs provide transportation. Whether connected to long-term care homes or operating independently, adult day services also provide essential respite and support for caregivers. These programs contribute to the overall well-being, health promotion, and continued community living for those they serve.

Adult Day Centres

Social Supports NB

New Brunswick

The Adult Day Centres, (some contracted by the Department of Social Development), offer essential support for individuals aged 65 and older facing dementia or related cognitive impairments, with a distinct focus on providing respite for caregivers. These centres create a safe and supervised environment, facilitating meaningful activities for participants while serving as a crucial source of relief for families and caregivers during daytime hours. The range of services varies but commonly includes supervised activities, cognitive stimulation, health monitoring, personal care such as bathing, nutritious meals, toileting assistance, health education, and valuable information. The centres that are contracted by the Department of Social Development follow the department's [Adult Day Standards](#).

These centres operate with varying hours and charge a daily fee, with potential additional costs for services like transportation. The application process involves direct contact with local centres or applying through the Long-Term Care Program, who assesses the needs of clients, plans services, and explores potential financial assistance. Prospective participants can tour the facilities, inquire about costs and available programming, and discuss scheduling options based on their needs. Overall, Adult Day Centres play a crucial role in enhancing the well-being of older adults and offering valuable respite for caregivers, addressing both the physical and emotional aspects of care.

Program Review (continued)

Day centres / Centre-based care / Community respite care

Commonwealth Home Support Programme

Est. 2015

Australia

Centre-based respite care, falling under the Commonwealth Home Support Programme in Australia, offers a valuable solution for those seeking care outside their homes. Operating during the day, typically from 10 am to 3 pm, this program encourages social interaction within a structured setting, be it at a day center, club, or residential venue. This service provides caregivers the opportunity to attend to daily activities and prioritize self-care. Simultaneously, the care recipients benefit by engaging with new people, socializing, and experiencing a change of pace. Notably, centre-based care will be delivered within the community. Designed to assist older individuals and their caregivers when needed, the care can be pre-planned for varying durations, from a few hours to several days. For individuals aged 65 and above, government-funded respite care is a potential option, with eligibility determined through an aged care assessment to ensure the right level of care is provided based on individual needs.

Day care centres

Local councils in England, Re-engage, Age UK

Est. 1948

United Kingdom

Day centres for older adults have been an integral part of social care in the UK since the National Assistance Act 1948. Day care centres provide essential respite care for caregivers. Respite care allows caregivers to take a break while someone else looks after their loved ones. Day care centres offer a supportive environment, enabling socialization and participation in various activities like tea dances, games, and arts and crafts. Some centres provide additional services like hairdressing and foot care. To access council-funded day care, a needs assessment for the cared-for person is required. Both caregivers and care recipients undergo assessments for potential council funding. Local councils and charities do subsidize some of the cost of respite care, but costs can vary greatly depending on the services required.

Family Caregiver Support Program

North Carolina Department of Health and Human Services

Est. 1970s

North Carolina, USA

Adult day care services cater to individuals aged 60 or older classified as “frail” and unable to perform two daily activities without substantial help, or those requiring significant supervision due to cognitive or mental impairments. For adult day health care, in addition to frailty criteria, attendees need medical condition monitoring, medication administration, special feeding, or other health-related services. Accessing these services involves contacting local providers listed in the [Family Caregiver Support Program Provider Directory](#). It is not suitable for independent individuals managing their care needs, and a medical examination is mandatory for program admission. These programs aim to support older individuals with daily living activities and ensure their safety and well-being.