Catholic Social Services of Lansing/ St Vincent Home
Capital Area Interfaith Respite (CAIR) and Senior Companion Respite – From At-Risk — to Safe — to Thriving

Activities
- Assessment, counseling and education of caregiver on need for service
- Service needs of care recipient identified
- Staff recruit, train, assign, supervise and support volunteers
- Staff match identified recipient with appropriate volunteer
- Volunteers provide:
  - Respite to caregivers
  - Care to Care Recipients

Initial Outcomes
- Caregivers who have the ability to ask for help (respite) when needed
- Caregivers accept help and are able to:
  - Get out of the house
  - Pursue needs and interests

Intermediate Outcomes
- Caregivers who: Cope with tension and anxiety and continue to function effectively
  - Have hope
  - Have a sense of personal well-being

Long-term Outcomes
- *Caregivers who are emotionally healthy and able to care for their dependent loved one
- *Caregivers who are resilient
- *Care recipients who remain in their homes or the least restrictive setting with the assistance of respite care
- *Care recipients who are engaged in meaningful activity and find companionship with volunteers

Volunteers acquire skills and knowledge
- Competent volunteers who:
  - Practice good communication skills
  - Behave in an ethical, moral and professional manner
  - Provide safe and competent companionship

* = CAUW Outcome

11/10/02