



Agenda

- ❖ What is REST?
- ❖ Minnesota customizations
- ❖ Partnership with MBA
- ❖ How can we put REST to use?
- ❖ Data and impact stories
- ❖ Questions



What is REST?

- Respite Education and Support Tools
- Designed to create a network of informal support for caregivers
- Created by Joel Thompson and Marklund
- Evidence-based
 - Find the research here: <https://www.marklund.org/wp-content/uploads/2019/05/REST-Study-PDF-version.pdf>



Course Agenda

Prepare

Respite: Definition/Value/Your Role
Crisis Intervention
Introducing the Caregiver and Care Receiver
Building Your Relationship with the Caregiver & Care Receiver

Care

Universal Precautions
Disability Awareness
Understanding Behaviors

Connect

Assistance
Activities
Feeding
Hygiene/Grooming
Confidentiality

Forms

First Visit
Leisure Interests
Coping Strategies

References

ARCH
Volunteers
Closing/Next Steps

Turn to page 1 in your participant guide

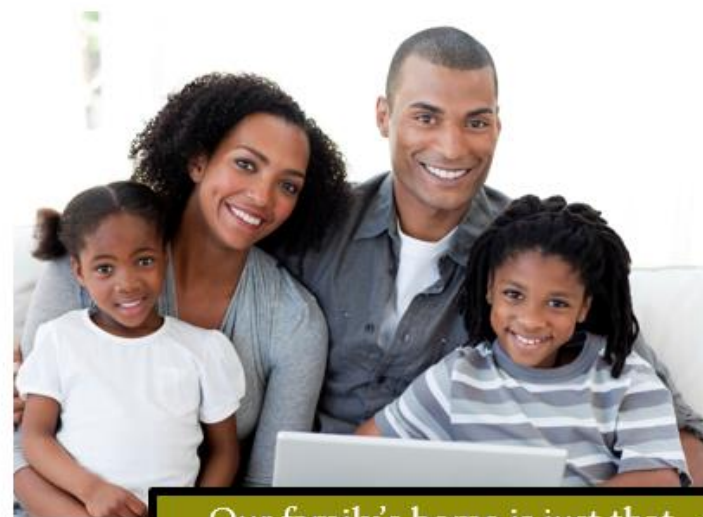




Photo by Chris Guillen Photography

Trust is often a plain old leap of faith. Understand my perspective and know that trust is not easily rendered; you may have to earn it.

IG: 145



Our family's home is just that...our home. It is where we eat, sleep, laugh, cry and simply put, it is where we live. It is an honor to be allowed into our most intimate place. Confidentiality is paramount to keeping our trust.

IG: 145

Training Courses

REST
COMPANION

TRAIN-THE-
TRAINER

MASTER
TRAINER



Customizable

- Course customizations
- Minnesota customization
- Participant driven

Write Your Personal Story



Appendix # 4: Help without Judging

ITE EDUCATION & SUPPORT TOOLS

Prepare IG 19



Minnesota Department of Human Services

Red Flags and Warning Signs

Vulnerable Adult Maltreatment

- Poor grooming, hygiene or living conditions
- Weight loss
- Confusion or memory loss
- Wandering
- Open area(s) on skin
- Incorrect medication administration
- Hospitalization due to lack of necessary care or supervision
- Home temperature or clothing type not consistent with season/Hyper or hypothermia
- Impaired thinking or reasoning
- Abuse or violence: physical, verbal, sexual
- Lack of necessary food, shelter, health care or supervision
- Caregiver disrespectful to Person, or is impaired, or is not available
- Person is not allowed to speak for him/herself
- Person is not allowed to be interviewed alone
- Person in the VA's life is controlling access and communication
- Family or friends are prohibited from visiting
- Person is being intimidated or threatened
- Phone calls, e-mails, mail or texts about lotteries, contests, home repairs, money requests
- Wire transfers, money orders, checks to a person, lotteries, contests, charities etc.
- Unpaid bills, despite adequate resources
- Checks written to "cash", ATM withdrawals which person can't explain or understand
- Person unaware of their income, assets, expenditures, or debts
- Eviction or foreclosure notice, shut off notice for utilities
- Person offers improbable explanations for financial transactions
- Credit card debt does not correspond to purchases or property owned by person
- Home repairs made which appear unnecessary or poorly completed
- Buying, reloading Green Dot or other prepaid cards for others
- Income, assets, real estate, personal property is liquidated, re-titled or gifted

DHS Adult Protection Policy 8-16

An equal opportunity and veteran-friendly employer

CARDS and ANSWERS for

MINNESOTA UNDERSTANDING BEHAVIORS ACTIVITY FOR OLDER ADULTS

Refer to the Minnesota Understanding Behaviors for Older Adults handout for possible strategies for these situations.

Ruth is a 95 year-old grandmother with Alzheimer's disease who has always loved to exercise. She spends her day walking around the house, happily going from one room to another. She refuses to take a break from this activity, even for meals. As a result, Ruth is losing weight.

What could you do?

ANSWERS:

Walk with Ruth and offer her finger foods while she is walking
Try walking with Ruth outside of the house to get some light exposure and perhaps tire her out a bit. Offer lunch when you return home.

Robert is a 75 year-old man with vascular dementia. He loves to play card games and listen to music. One day, while you are playing cards together, Robert becomes very angry and accuses you of cheating.

How do you respond?

ANSWERS:

Keep calm, smile.
Say, "I must have made a mistake".
Try apologizing, even if you have done nothing wrong.
Ask for advice or help.
Say you are tired, and suggest you pick up the game tomorrow.
Distract with another activity or food.



Minnesota as a Leader in REST



Customization

Financial support

Leader in REST



REST in Practice

- Family friends
- Neighbors
- Volunteers
- Faith organizations
- Home health aides, CNA's
- Hospice and Palliative Care
- Colleges and Universities



REST by Numbers

Since inception in 2013, over 500 trainers in 29 states and Canada

5 national trainers

Over 50 trainers here in MN, 3 master trainers, and 1 national trainer

LSS has 4 trainers, 2 master trainers, and 1 national trainer

**By the
Numbers**
1 2 3 4 5 6 7 8 9



REST by Numbers

LSS-Specific

- About 97% of individuals that have done the REST Companion training with LSS have been able to score 80% or higher on the Core Competency Review
- 95% of participants reported feeling more confident in their ability to provide respite



How can REST help?



Testimonials from individuals that completed training



**Lutheran
Social Service**
of Minnesota

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Questions?
Comments?



