

NC Department of Health and Human Services

# Community – Based Services and Supports for Older Adults and their Family Caregivers

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# Objectives:

- **Who are family caregivers**
- **How are caregivers impacted**
- **Caregiver supports**
- **Identify obstacles to finding help**
- **Other community resources**

# Family Caregiving

- Care and supervision beyond that of a spouse, partner, daughter, son, friend, etc.
- Assist with instrumental activities of daily living
- Assist with activities of daily living
- Perform medical or nursing tasks
  - Medications
  - Help with assistive devices for mobility
  - Food preparation – special diets
  - Wound care
  - Use of meters/monitors
  - Use of incontinence supplies, equipment
  - Operate medical equipment



# Who are family caregivers?

## Genworth Beyond Dollars study

- 1200 qualified individuals
- 50% female / 50% male
- Typical an adult child aged between 25-54 with an average age of 47
- 60% married
- 51% providing care for a parent
  - 34% for mother
  - 17% for father
- 30% caring for a spouse
- 8% for a grandparent
- 8% for a sibling or child
- 63% care recipients were women

SOURCE: Genworth Beyond Dollars 2018: How caregiving impacts families, communities and society.

# How are caregivers impacted?

- **46% say caregiving (long term) negatively affects their health and well-being**
- **50% reported having less time for spouse/partner, their children and themselves**
- **53% reported feeling a high level of stress**
- **52% did not feel qualified to provide physical care**
- **70% reported purchasing items for their loved one's daily living**
- **61% help cover the cost of professional care in the home**
- **70% missed time from work**
- **62% believe they lost income (estimate 1/3 of annual income)**
- **Reported out-of-pocket expenses increased by 29% since 2013**
- **70% of caregiving out of necessity (financial need)**

SOURCE: Genworth Beyond Dollars 2018: How caregiving impacts families, communities and society.

# Support Services for Caregivers of Older Adults

- **Project C.A.R.E. (Caregiver Alternatives to Running on Empty)**
- **Family Caregiver Support Program**
- **Lifespan Respite Voucher Project**
- **Home and Community Care Block Grant**
- **PACE (Program for All-Inclusive Care for the Elderly)**
- **Medicaid – Community Alternatives Program – Disabled Adults (CAP/DA)**

# Project C.A.R.E.

## *Caregivers Alternatives to Running on Empty*

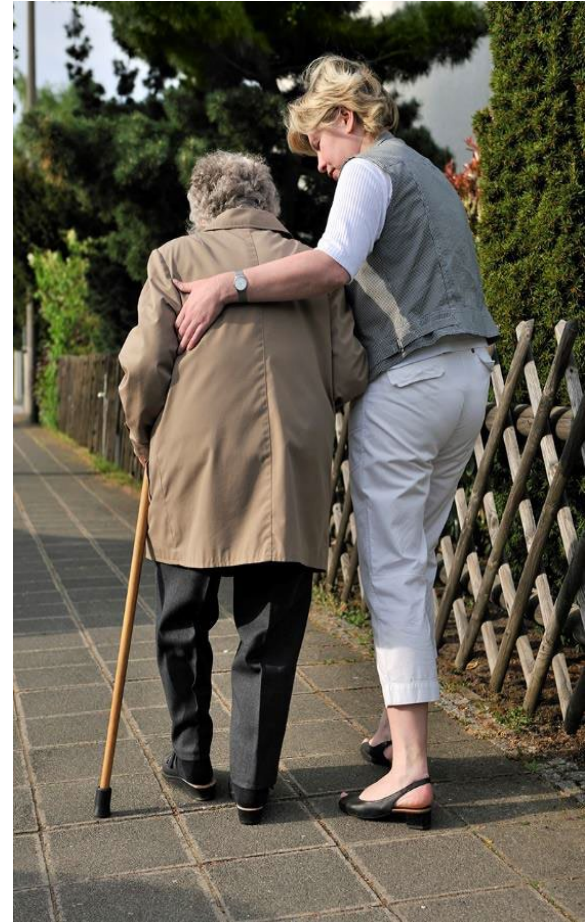
### The basics:

- Only state funded program supporting unpaid caregivers of persons living with Alzheimer's dementia or other related dementia(s)
- Utilizes a care consultation model providing information and referral services, dementia-specific education, caregiver assessment and care planning
- A respite voucher of \$500 (up to 3 vouchers per SFY) is awarded to case management caregivers who both need respite and lack financial resources



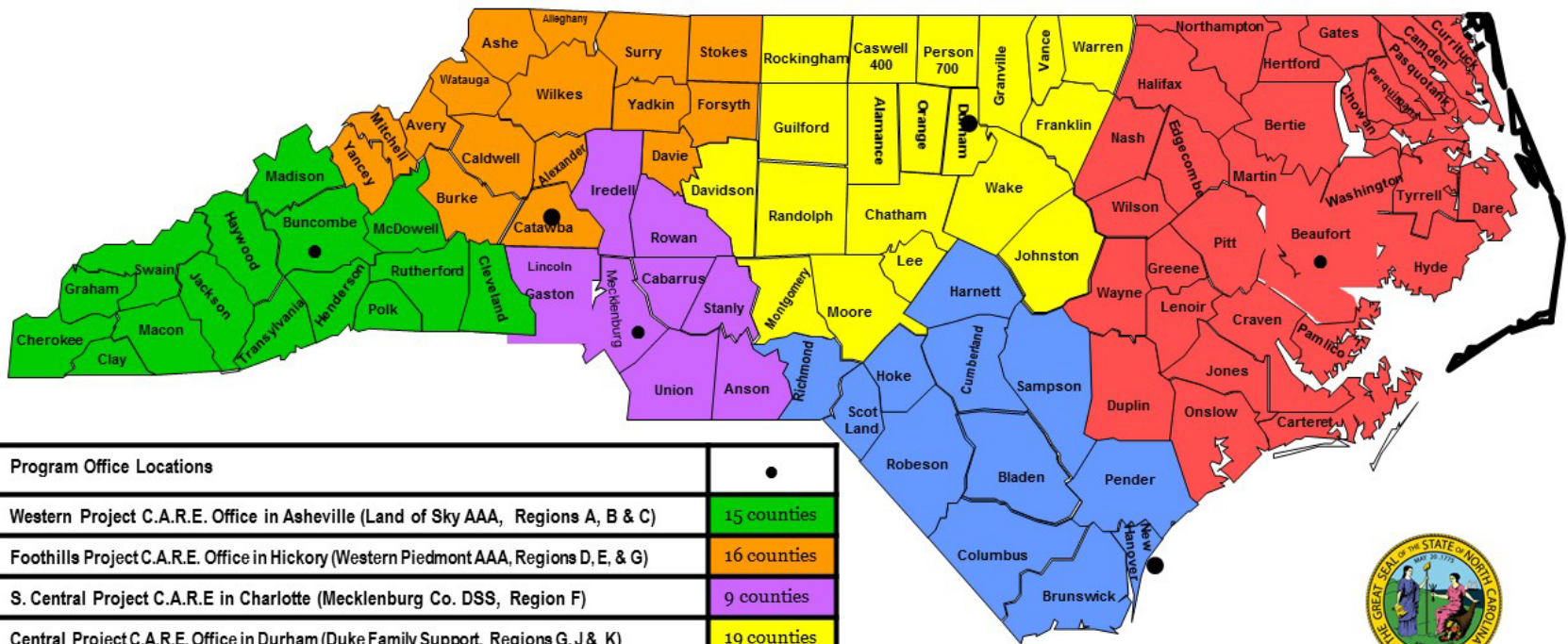
# Core Components of Project C.A.R.E.

- **Dementia-specific focus**
- **Family consultant role**
- **Consumer-directed services**
- **Flexibility**
- **Community network building**
- **Comprehensive support**
- **Public /private partnerships**





# Dementia-trained family consultants (6 FTE) and the Area Agencies on Aging (AAA) they collaborate within North Carolina



Program Office Locations	
Western Project C.A.R.E. Office in Asheville (Land of Sky AAA, Regions A, B & C)	15 counties
Foothills Project C.A.R.E. Office in Hickory (Western Piedmont AAA, Regions D, E, & G)	16 counties
S. Central Project C.A.R.E in Charlotte (Mecklenburg Co. DSS, Region F)	9 counties
Central Project C.A.R.E. Office in Durham (Duke Family Support, Regions G, J & K)	19 counties
S. Eastern Project C.A.R.E. Office in Wilmington (Cape Fear AAA, Regions M, N, & O)	12 counties
N. Eastern Project C.A.R.E. Office in Washington (Mid-East AAA, Regions L, P, Q, R)	29 counties



NC Division of Aging and Adult Services  
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# Family Caregiver Support Program (FCSP)

**Offers a range of services to support family caregivers:**

- **Information to caregivers about available services.**
- **Assistance to caregivers in gaining access to the services.**
- **Individual counseling, support groups and training to assist caregivers in the areas of health, nutrition and financial literacy.**
- **Respite care to enable caregivers to be temporarily relieved from their caregiving responsibilities.**
- **Supplemental services on a limited basis.**

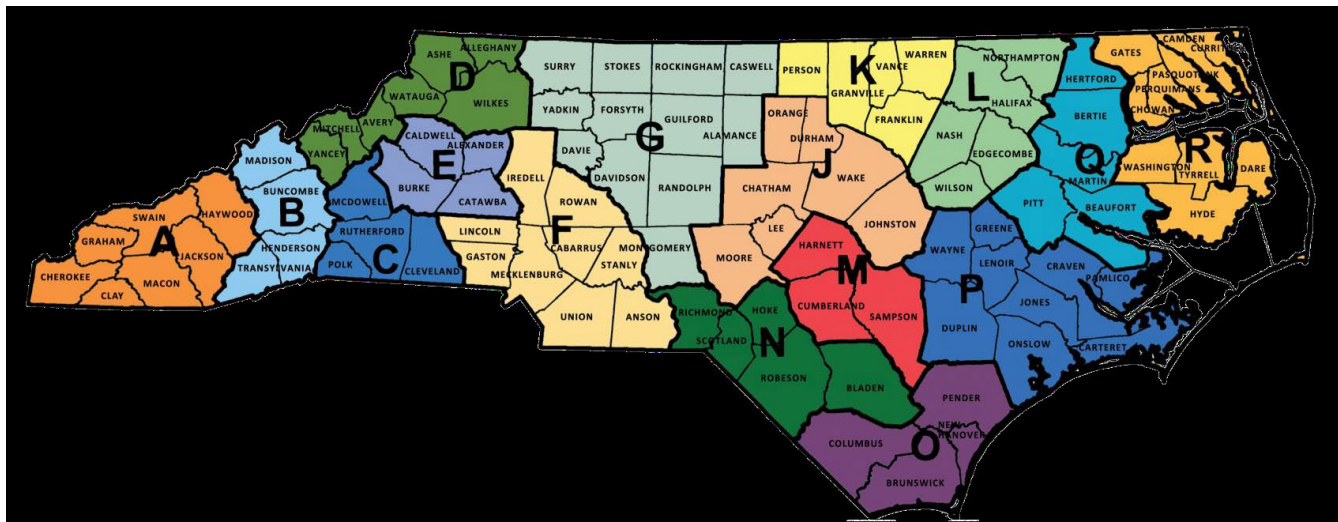
# Family Caregiver Support Program

## Eligibility:

- **A caregiver of any age providing care for an older adult age 60 or older or someone providing care for a person with Alzheimer's disease or related brain disorder.**
- **An older relative caregiver, (1) age 55 or older, and (2) lives with, is the informal provider of in-home and community care to, and is the primary caregiver for, a child or an individual with a disability.**

# NC Family Caregiver Support Program (FCSP)

- Administered through 16 regional Area agencies on Aging
- Specific services vary by county.
- Services can work in conjunction with other state and community based services to provide a coordinated set of supports.



# NC Lifespan Respite Program

- **Application-based program that reimburses eligible family caregivers caring for individuals of any age for up to \$500 in respite care services, annually.**
- **Funding is limited and applications are accepted only when funds are available.**
- **Applicants must be referred to the program by a local professional organization who completes the online application on behalf of the family caregiver.**



# NC Lifespan Respite Program

## Eligibility

- Caregiver must 18 years and older and providing unpaid care for an individual of any age.
- Care recipient is generally not eligible for, and not currently receiving services from, other programs, such as CAP or CAP/DA.
- Successful applicants are generally not eligible for other available respite programs.
- Priority is given to:
  - Those with the greatest social and economic needs
  - Those who have not received a break within 6 months of submitting the application
  - Families who have no other ongoing in-home assistance
- Applicants must be able to use voucher funds within 90 days.

# Lifespan Respite Voucher Application

- Family caregiver is referred to the program by a professional organization (referring agency).
- Referring agency completes online application form on behalf of the family caregiver.
- Application is administered by the High Country Area Agency on Aging (HCAAA).
- *For additional information on the North Carolina Lifespan Respite Program, contact Pat Guarnieri at 828-265-5434 ext. 139 or [pquarnieri@regiond.org](mailto:pquarnieri@regiond.org)*

# Older Americans Act: NC Home and Community Block Grant

- **Provides community-based services to older adults age 60 years or older and their family caregivers**
- **Priority will be given to older individuals with greatest social and economic need and to older individuals providing care to individuals with severe disabilities**



# Home and Community Block Grant

- **County aging advisory committee decides how funds will be spent on services for older adults.**
- **Types of services:**
  - **Nutrition, congregate and home delivered meals**
  - **In-home aide services**
  - **Transportation**
  - **Adult Day/Adult Day Health**
  - **Information and options counseling**
  - **Housing and home improvement**
  - **Group respite**
  - **Care management**
  - **Institutional respite**

# Caregiver Obstacles to Finding help

- Denial
- Guilt
- Feared loss of independence
- Feared loss of dignity
- Financial cost
- Lack of emotional support
- Lack of resources
- Caregiver stress
- Depression
- Familial role: “ it’s my responsibility as a ...”

# Other Types of Resources and Services

- **Informational**
- **Educational**
- **Direct care**
- **Assistive devices and technology**
- **Support groups**
- **Research**
- **Financial support**
- **Advocacy**



# Informational Resources / Services

- **Area Agencies on Aging**
- **Information and Referral service ( 2-1-1, SocialServe.org, etc.)**
- **Internet search**
- **BenefitsCheckUp.org**
- **Disease specific (Alzheimer's Association, Parkinson's Association, ALS Association, etc.)**
- **Medicare.gov**
- **NC DOI: Seniors' Health Insurance Information Program (SHIIP) 800-443-9354**
- **Social Security ([www.ssa.gov](http://www.ssa.gov))**
- **VA Caregiver Support (1-855-260-3274)**

# Summary

- **Family caregivers provide most of the help**
- **Caregiving can greatly impact one's quality of life**
- **NC caregiver supports and community based services and supports vary across the state**
- **Public funding for direct services is limited**
- **Contact local county agency or Area Agency on Aging if you have questions about services**