

FAMILY CAREGIVER TRAINING IN NC

Mark Hensley, MA

NC Triad Region

AARP North Carolina Associate State Director



Objectives

- Discuss models of family caregiver training in NC
- Discuss Resources for unpaid caregivers
- Introduce topics the Task Force can discuss when identifying recommendations for incorporating family caregivers as part of serious illness care teams.

Disclaimers

- Most caregiver training and assistance programs are:
 - Disease specific
 - Age specific
 - Entitlements (ie. Limited income, military service)
 - Combined with other services (ie. Respite Care)
 - Capitated (limited amount per caregiver)
 - Employer specific (Duke, SAS)
 - Organizationally specific (Guiding Lights, Alzheimer's Association, Cooperative Ext.)

Challenges to Caregiving

- Reactive rather than Pro-active
- “The Queen of Denial” syndrome
- There are NO Normal Rockwell Portrait families
- Hope is not a plan!
- Caregiving is the hardest job to take on and often not a choice

National Family Caregiver Support Program

NC Division of Aging & Adult Services

- Federally funded – OAA
- 16 NC Area Agencies on Aging
- Services offered:
 - **Information** to caregivers about available services,
 - **Assistance** to caregivers in gaining access to the services,
 - **Individual counseling, organization of support groups, and training** to assist caregivers in the areas of health, nutrition, and financial literacy, and in making decisions and solving problems about their caregiving roles,
 - **Respite care** to enable caregivers to be temporarily relieved from their caregiving responsibilities; and
 - **Supplemental services** on a limited basis



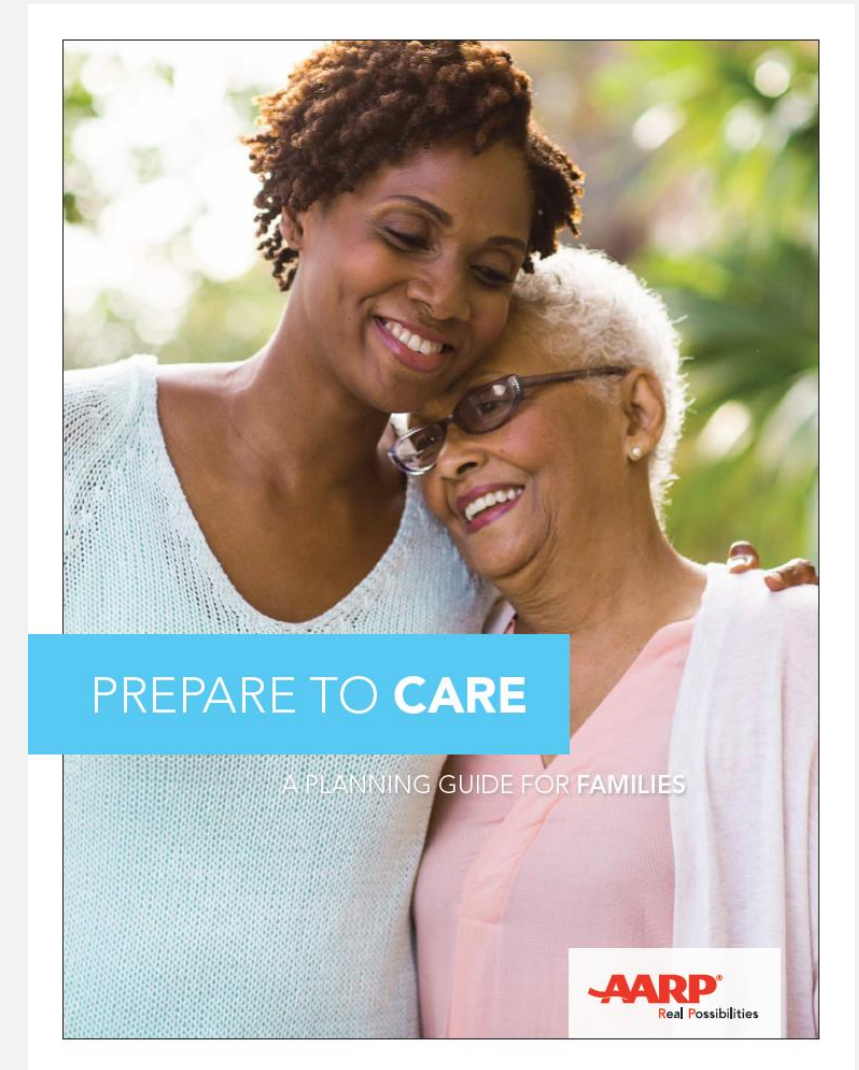
Project C.A.R.E. (Caregiver Alternatives to Running on Empty)

NC Division of Aging & Adult Services

- Offers caregivers counseling, care consultation, dementia-specific information, caregiver assessments, **caregiver education**, respite care, and connections to social support networks
- Connects available community resources in an attempt to meet unmet needs of family caregivers including local support groups, supportive services, entitlement programs and other community resources
- Partnering with each Area Agency on Aging (AAA) through its Family Caregiver Support Program for cross-referrals and co-outreach, training and education
- 100% State Funding - \$1,000,000 (NC Division of Aging & Adult Services)

AARP Prepare to Care

- Nationwide planning guide for families
- 60 minute in person training
- English, Spanish, Veteran, LGBT
- Five step planning process:
 1. Start the Conversation
 2. Form your Team
 3. Make a Plan
 4. Find Support
 5. Care for Yourself



Powerful Tools for Caregivers

- Evidence-based educational intervention.
- Six-week class for caregivers of anyone with special care needs.
- Leaders trainers provide the class.
- Typically offered at no cost to participants or for a \$30 book fee.
- Area Agencies on Aging, county aging service providers, county cooperative extension agents, and Community Care Networks often have trained class leaders.



Options Counseling

NC Division of Aging & Adult Services

- Options Counseling provides guidance to individuals as they make informed choices about long-term services and supports. Options Counseling may be helpful to individuals who:
 - Do not know how to access long-term services and supports
 - Request transition assistance from one living setting to another
 - Lack awareness of existing community resources and supports
 - Want to plan for future long-term services and supports needs

Parenting a Second Time Around (PASTA)

Cornell University

- Parenting The Second Time Around is a facilitator training for professionals working with grandparent/caregiver relatives.
- Evidence-Based Educational Intervention
- 8 workshop series (2 hour blocks)
- Topics include: child development; discipline/guidance; caring for yourself as a caregiver; rebuilding a family; living with teens; legal issues; and advocacy
- Cooperative Extension, Family Caregiver Support Programs and other Aging and Social Work Adult Educators.



Veteran Caregiver Assistance

www.va.gov

- Caregiver education and training as well as other supports.
- You'll need to apply for these benefits. To apply, fill out an Application for the Program of Comprehensive Assistance for Family Caregivers (VA Form 10-10CG)
- Contact the Caregiver Support Line at [855-260-3274](tel:855-260-3274)
- Find Your Local Caregiver Support Coordinator.
https://www.caregiver.va.gov/support/New_CSC_Page.asp#North%20Carolina

Other Considerations

- **Caregiver Support Groups** – various
- **Disease Specific Support Groups** – various
- **Memory Cafés**
- **Individual Counseling & Supports:** Disease Specific: Online Support
- **Faith-Based** – Caregiver Connect
- **Non-profit** – WellSpring, Center for Volunteer Caregiving, High Country Caregiver Foundation, familycaregivers.com

