



## ***The North Carolina Family Caregiver Support Program (FCSP)***

- ▶ Part of the National Family Caregiver Support Program (NFCSP) begun in 2001. Authorized by the Older Americans Act Amendments of 2000. All states administer the NFCSP and adhere to the general guidelines.
- ▶ In North Carolina, each Area Agency on Aging has a Family Caregiver Support Program resource specialist. Services are offered through a network of providers. The Division of Aging and Adult Services serves as the state lead for the NFCSP.
- ▶ The Family Caregiver Support Program is flexible within the program's five service components. Regional Area Agencies on Aging select funding levels, services, providers, and caregiver education/support programs.
- ▶ The Family Caregiver Support Program is one of three services for caregivers managed by the Division of Aging and Adult Services. Project C.A.R.E. and the NC Lifespan Respite Project are also managed by DAAS and supported with multiple partnerships across the state.

### **Who is Eligible for FCSP Services?**

- Client is the Caregiver
- Eligible family caregivers are:
  - A person of any age providing unpaid care for an older adult age 60 or older OR providing care for a person with Alzheimer's Disease or related brain disorder
  - A relative caregiver (who is not the birth or adoptive parent), age 55 or older, living with and raising a relative child age 18 and under or an adult with a disability

### **Service Areas**

Program designed to provide five basic services to unpaid caregivers to enable them to more adequately fulfill their role as family caregivers.

- Information to caregivers about available services
- Assistance to caregivers in gaining access to 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 *(limited funds available)* **\*Note Additional Eligibility Requirements**
- Supplemental services, on a limited basis, to complement the care provided by caregivers **\* Note Additional Eligibility Requirements**



## **North Carolina Family Caregiver Support Program Resource Specialists**

<b>Region</b>	<b>Area Agency on Aging</b>  <b><i>Counties Served</i></b>	<b>Family Caregiver Specialist</b>
A	Southwestern Commission 125 Bonnie Lane Sylva, NC 28779  <i>Cherokee, Clay, Graham, Haywood, Jackson, Macon, Swain</i>	Cindy Miles 828-586-1962, ext. 218 <a href="mailto:cindy@regiona.org">cindy@regiona.org</a>
B	Land-of-Sky Regional Council 339 New Leicester Highway, Suite 140 Asheville, NC 28806  <i>Buncombe, Henderson, Madison, Transylvania</i>	Carol McLimans 828-251-6622, ext 119 <a href="mailto:carol@landofsky.org">carol@landofsky.org</a>
C	Isothermal Planning & Development Commission P.O. Box 841 Rutherfordton, NC 28139  <i>Cleveland, McDowell, Polk, Rutherford</i>	Michelle Templin 828-287-2281, ext. 1258 <a href="mailto:mtemplin@regionc.org">mtemplin@regionc.org</a>
D	High Country Area Agency on Aging 468 New Market Boulevard Boone, NC 28607  <i>Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, Yancey</i>	Brenda Reece 828-265-5434, ext. 128 <a href="mailto:breece@regiond.org">breece@regiond.org</a>
E	Western Piedmont Council of Governments 1880 2 <sup>nd</sup> Avenue NW Hickory, NC 28603  <i>Alexander, Burke, Caldwell, Catawba</i>	Mary Mitchell 828-485-4256, ext. 256 <a href="mailto:Mary.mitchell@wpcog.org">Mary.mitchell@wpcog.org</a>
F	Centralina Council of Governments 525 North Tryon Street, 12 <sup>th</sup> Floor Charlotte, NC 28202  <i>Anson, Cabarrus, Gaston, Iredell, Lincoln, Mecklenburg, Rowan, Stanly, Union</i>	Elisa Gregorich 704-348-2426 <a href="mailto:egregorich@centralina.org">egregorich@centralina.org</a>

G	<p>Piedmont Triad Council of Governments 1398 Carrollton Crossing Drive Kernersville, NC 27284</p> <p><i>Alamance, Caswell, Davidson, Guilford, Montgomery, Randolph, Rockingham, Davie, Forsyth, Stokes, Surry, Yadkin</i></p>	<p>Teresa Jackson 336-904-0300 <a href="mailto:tjackson@ptrc.org">tjackson@ptrc.org</a></p>
J	<p>Triangle J Council of Governments 4307 Emperor Blvd., Suite 110 Durham, NC 27703</p> <p><i>Chatham, Durham, Johnston, Lee, Moore, Orange, Wake</i></p>	<p>Ellison Jones 919-558-9391 <a href="mailto:ejones@tjco.org">ejones@tjco.org</a></p>
K	<p>Kerr Tar Regional COG 1724 Graham Avenue P.O. Box 709 Henderson, NC 27536</p> <p><i>Granville, Franklin, Vance, Warren, Person</i></p>	<p>Melissa Catlett 252-436-2040 <a href="mailto:mjones@kerrtarco.org">mjones@kerrtarco.org</a></p>
L	<p>Upper Coastal Plain Council of Governments 121 W. Nash Street P.O. Box 9 Wilson, NC 27894</p> <p><i>Edgecombe, Halifax, Nash, Northampton, Wilson</i></p>	<p>Kim Emory 252-234-5960 <a href="mailto:Kim.emory@ucpcog.org">Kim.emory@ucpcog.org</a></p>
M	<p>Mid-Carolina Council of Governments P.O. Drawer 1510 Fayetteville, NC 28302</p> <p><i>Cumberland, Harnett, Sampson</i></p>	<p>Barbara White 910-323-4191, ext. 28 <a href="mailto:bwhite@mccog.org">bwhite@mccog.org</a></p>
N	<p>Lumber River Council of Governments 30 CJ Walker Road, COMtech Park Pembroke, NC 28372</p> <p><i>Bladen, Hoke, Richmond, Robeson, Scotland</i></p>	<p>Anne Oglesby 910-618-5533, ext. 3006 <a href="mailto:aco@lumberriverco.org">aco@lumberriverco.org</a></p>
O	<p>Cape Fear Council of Governments 1480 Harbour Drive Wilmington, NC 28401</p> <p><i>Brunswick, Columbus, New Hanover, Pender</i></p>	<p>Holly Pilson 910-395-4553, ext. 204 <a href="mailto:Hpilson@capefearco.org">Hpilson@capefearco.org</a></p>

P	<p>Eastern Carolina Council 233 Middle Street P.O. Box 1717 New Bern, NC 28563</p> <p><i>Carteret, Craven, Duplin, Greene, Jones, Lenoir, Onslow, Pamlico, Wayne</i></p>	<p>January Brown 252-638-3185, ext. 3011 <a href="mailto:jbrown@eccog.org">jbrown@eccog.org</a></p>
Q	<p>Mid-East Commission 1385 John Small Avenue Washington, NC 27889</p> <p><i>Beaufort, Bertie, Hertford, Martin, Pitt</i></p>	<p>Laura Jett 252-974-1837 <a href="mailto:ljett@mideastcom.org">ljett@mideastcom.org</a></p>
R	<p>Albemarle Commission 512 South Church Street P.O. Box 646 Hertford, NC 27944</p> <p><i>Camden, Chowan, Currituck, Dare, Gates, Hyde, Pasquotank, Perquimans, Tyrell, Washington</i></p>	<p>Lynne Raisor 252-426-5753, ext. 232 <a href="mailto:lraisor@albemarlecommission.org">lraisor@albemarlecommission.org</a></p>

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