



# Caregiving for Caregivers: Connecting Minnesota Nice to Minnesota Policy

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# Who is a Caregiver?

A caregiver is someone who provides informal support and care to an individual



# How to join

## Web



- 1
- 2

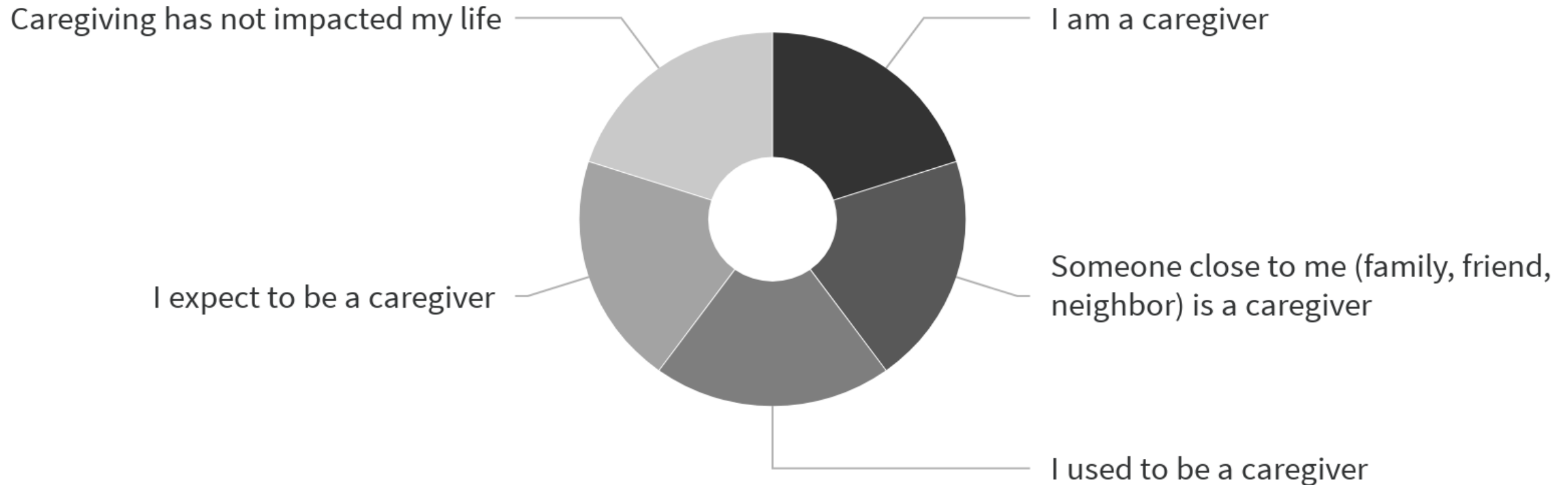
## Text



- 1
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# How has caregiving impacted your life?

- I am a caregiver **A**
- Someone close to me (family, f... **B**
- I used to be a caregiver **C**
- I expect to be a caregiver **D**
- Caregiving has not impacted my... **E**



# National Family Caregiver Support Program

- Program of the Older Americans Act of 1965, established in 2000
- Provides 5 core categories of services:
  - Information Services
  - Access Assistance
  - Caregiver Counseling
  - Respite
  - Supplemental Services

# Eligible Participants

An adult (18+) family member or another individual, i.e. friend or neighbor, who is an informal provider of in-home and community care to:

- An individual age 60 or older; or
- An individual, regardless of age, with Alzheimer's disease or a related disorder with neurological and organic brain dysfunction.

## Eligible Participants Cont.

An older relative caregiver (55+) (parent, grandparent, or other relative by blood, marriage or adoption) who lives with and is the primary caregiver for:

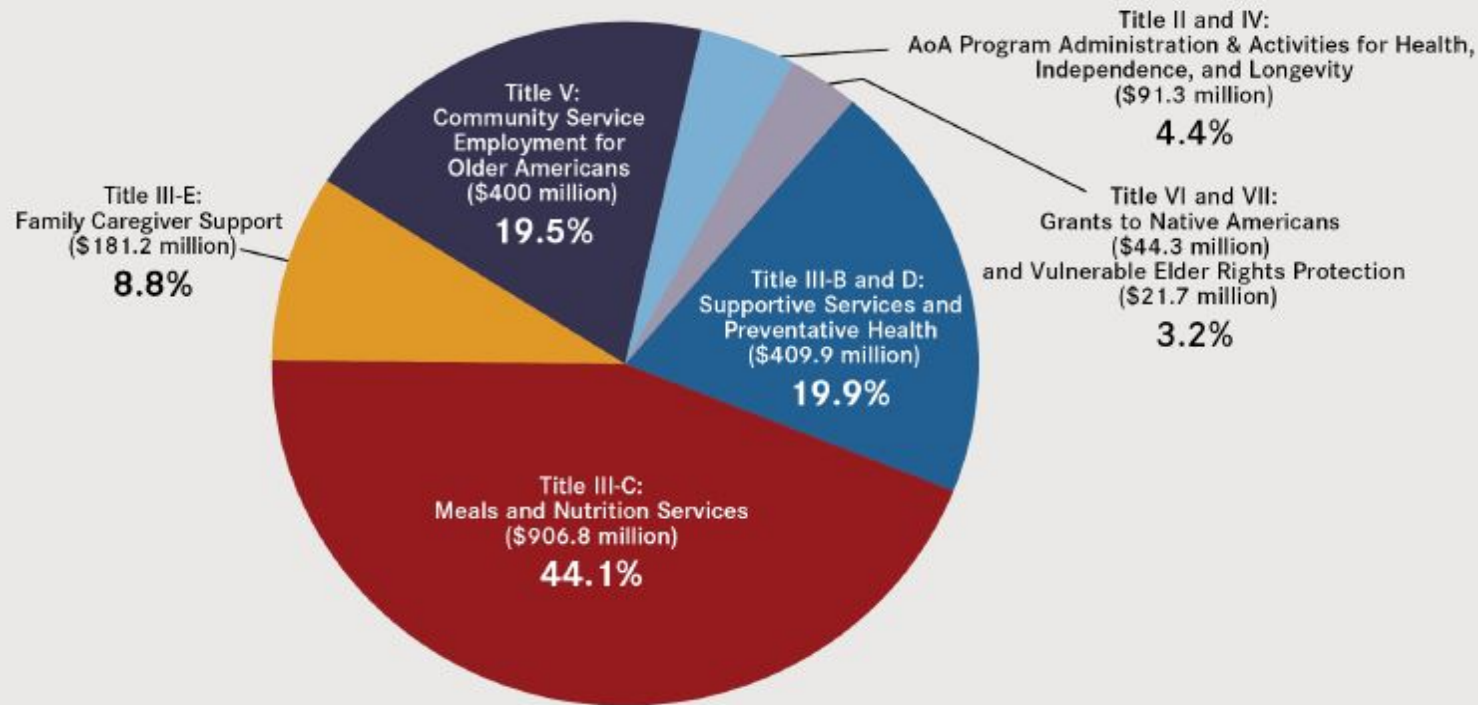
- An individual with a disability\*, aged 19-59; or
- A child under the age of 18 (cannot be the parent)

\*An individual with a disability as defined in section 3 of the Americans with Disabilities Act of 1990 (42 U.S.C. 12102)



# Funding

**Older Americans Act, FY 2019 Discretionary Budget Authority, by Program** (funding as a percentage of total OAA funding, \$2.055 billion)



Fiscal Year	Dollar Amount
FY 2013	\$145,586,000
FY 2014	\$145,586,000
FY 2015	\$145,586,000
FY 2016	\$150,586,000

*Source: Colello, Kirsten J. and Napili, Angela Older Americans Act: Overview and Funding. Congressional Research Service Report for Congress, R43414, November 14, 2018.*

*Notes: i) In FY 2016, funding for Senior Medicare Patrol formerly under Title II was transferred to Centers for Medicare & Medicaid Services, Health Care Fraud and Abuse Control appropriations; ii) of the \$181.2 million appropriated to Title III-E, \$300,000 is appropriated to establish a federal advisory committee for Recognize, Assist, Include, Support, and Engage (RAISE) Family Caregivers Act implementation and \$300,000 for the Supporting Grandparents Raising Grandchildren Act; iii) Alzheimer's disease programs consolidated in 2018 to form the Alzheimer's Disease Program under Title IV; and iv) sums may not total due to rounding.*



# Information Services

A service that provides information about available resources and services statewide



Brought to you by the Minnesota Board on Aging  
and Area Agencies on Aging

# Access Assistance

A service that assists caregivers in accessing available services and resources including:

- Providing clients with information on available services
- Linking clients to resources and opportunities in their communities
- Establishing follow-up procedures

# Caregiver Counseling

A service that assists caregivers in making decision and solving problems related to their caregiving role, this includes:

- Individual or Family Counseling
- Coaching or Consulting
- Support Groups
- Caregiver Education and Training

# Respite

A service that offers temporary care, supervision or support to a care recipient in order to provide a break or relief to the caregiver

- In-home
- Out-of-home
- Facility-based

# What would you use respite services for?

# Supplemental Services

A service provided to ease the burden of care or to complement the care provided by caregivers. Supplemental services can include:

- Home modification
- Transportation
- Technology



# Service Examples



# Self-Directed

A service that is directly chosen and purchased by an individual, these are purchased using a budget allocation to meet identified caregiver needs

- Primary funds for paying workers
- Purchase agency-based and vendor services and goods

# AARP: A Day in the Life of a Caregiver



The audio in this video contains uplifting music and small clips of conversations that happen during caregiving

# Minnesota Caregivers

- Average age between 45-64
- 70% female, 30% male
- 85% caring for a family member
- Nearly two-thirds are employed
- 1 in 5 live in the same household
- 1 in 7 provide 21 or more hours of care per week
- 12% report their own health as fair/poor

# Importance of Caregivers

- Estimated 700,000 Minnesotans are caregiving for an older adult or an adult with a disability
- For every 1% decline in family caregiving in Minnesota, it costs the public sector an additional \$30 million per year

# Presence of a Family Caregiver

- Improves medical compliance
- Reduces length of stay in hospital and hospital readmissions
- Prevents unnecessary ER and other doctor visits
- Prevents (or delays) premature nursing home placement
- Improves quality of life



# Caregiver Challenges

- Self-identifying as a caregiver
- Lack of understanding of care receiver's chronic condition/disease
- Knowledge of community resources
- Ability to match services and resources with needs and goals
- Communication
- Self-talk/self awareness
- Mental health
- Asking/accepting help
- Work/life balance

# Biggest Challenges in Assisting Caregivers

- Frequently do not identify as a caregiver
- Focus on taking care of others
- Believe they do not have time to seek help
- Feel they cannot leave the care receiver
- May be embarrassed if they experience a sense of burden
- Worry that others will criticize them

# REACH

- Resources for Enhancing Alzheimer's Caregiver Health
- Designed to reduce Caregiver burden and depression
- Improves Caregivers' ability to provide self-care

REACH Intervention consists of:

- 4 core sessions
- Caregiver risk assessment

# REST

- The Respite Education Support & Tools program
- Includes multiple training levels
- Since 2016 Minnesota has..
  - Gained almost 50 REST Trainers
  - Trained over 400 REST Companions
  - Gained 4 REST Master Trainers
  - Trained 1 REST Regional Trainer

# Thank You!

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