Idaho Caregiver Alliance/Idaho Lifespan Respite Coalition
Caregivers
The reality for many caregivers
Potential Need for Respite: 277,290 – 320,000 caregivers

- Senior Population
- Veterans
- Children
- Adults
- Children living in a grandparent-headed household
Opinions

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GUEST OPINION HEALTH CARE

Supporting family caregivers crucial to Idaho

BY STEPHANIE BENDER-KITZ

In Idaho and across the nation there is a silent army of hard-working family members and friends providing largely unnoticed but critical services. They are family caregivers, and the work they do is truly remarkable. Family caregivers are wives, husbands, daughters, sons, grandparents, friends and neighbors who perform complex medical tasks at home, coordinate services and medical appointments, take care of intimate personal needs such as bathing, dressing and feeding; and make difficult health care and legal decisions for people who cannot do these things for themselves.

They receive no training on how to provide care and few breaks from their duties. For the majority, caregiving is not their only responsibility. At least two-thirds of family caregivers are also raising a family and holding down a job. It truly is the universal occupation, and most of you reading this will provide or receive care at some point in your life.

Just consider that roughly seven of every 10 people who reach age 65 will need services and support to help them live independently. The numbers are growing and will skyrocket as our population ages, which raises the question, how will we care for them? Institutions and health care professionals play a role in helping Idahoans live independently, but family caregivers are an equally important part of the equation. According to AARP research, there are more than 61 million family caregivers providing an estimated $450 billion in unpaid care. This includes 210,000 Idahoans providing an estimated $2 billion worth of unpaid care. At kitchen tables across Idaho, real families are confronting the same question: How will we care for mom or dad, or another loved one, if something happens and they cannot care for themselves?

For the past decade, Friends in Action has been serving family caregivers in Idaho. We provide educational programs proven to help caregivers take care of themselves, manage stress and meet the challenges of living with long-term health challenges. We deliver nationally recognized in-home support and other caregiver respite options so families have the tools and support to provide care to others, but we cannot do it alone.

We are thankful for the leadership of organizations like AARP Idaho that are promoting positive social change across Idaho by recognizing and honoring family caregivers and the work they do to help their loved ones stay at home, with dignity, as they age. Through a recently launched initiative, I Heart Caregivers, caregivers now have a platform to share their story and hear from others going through the same experiences. According to AARP, the vast majority of older Idahoans want to continue to live independently and at home. Family caregivers are the ones who step up and provide the bulk of assistance to make this goal a reality. Yet they often have little if any formal training. Increasing family caregivers’ confidence and competence requires some level of training in the skills they need to provide care.

Providing care for someone can be very isolating, and too many caregivers do not know where to look for information and support.

One way to learn about these resources is to attend the 4th Annual Family Caregiver Conference in Boise on Saturday. This annual community event, hosted by Friends in Action, Boise State University and AARP Idaho, features inspiring speakers who share practical caregiving strategies; a resource expo highlighting more than 40 organizations that offer caregiving support; and opportunities for caregivers to learn from one another. To learn more about the conference and registration, go to faboise.org or call 333-1263.

We all benefit when caregivers get the support they need and deserve.

Stephanie Bender-Kitz, Ph.D., is director of Friends in Action, a program of Mountain States Group.

LETTERS TO THE EDITOR

Nuclear waste

Of all the irresponsible things this governor has done while in office, signing a contract with the As with most of the stu and irrationality in Ameri- lacle, our friends, neighbors, family members are being k., on a weekly basis nationwide.

I love Caregivers Real Possiibilites

It's a DISGRACE! Nobody's work is worth a billion dollars!
Snapshot of Community and Organizational Capacity

- Social Services
  - Infant Toddler Program
  - Children’s Mental Health Services
  - Council on Developmental Disabilities
  - State Independent Living Council and Centers for Independent Living
  - Idaho Commission on Aging/Area Agencies on Aging
  - A and D and DD waivers

- Veteran Services
  - Wounded Warrior Project
  - AmeriCorps Legacy Corps Caregiver Support

Non-profit organizations and volunteers
Idaho Caregiver Alliance

Respite Providers

Caregivers

Community Based Agencies

State Organizations

State Initiatives (SHIP, NWD)

Volunteer Organizations

Planning and Advocacy Groups
Mission

The Idaho Caregiver Alliance promotes collaboration that improves access to quality, responsive lifespan respite and other caregiver supports, advancing the well-being of caregivers across Idaho.
Goal Lifespan Respite Project

Enhance community-based supports for caregivers and recipients of care, including sustainable resource network for lifespan respite

• Progress:
  • Completed Needs and Capacity Assessment

• Enhance Regional Networks
  • Lewiston Lifespan Respite/Idaho Caregiver Summit
    July 16
  • Idaho Falls during fall 2015
Progress

- Increase Awareness and Access to Respite
  - Project with 211

- Caregiver Task Force Concurrent Resolution passed

- Integrate with other state initiatives
  - Statewide Healthcare Innovation Plan
  - No Wrong Door

- Emergency Caregiver Respite project launched
Caregiver and Capacity Assessment, 2014
Caregiver Needs Assessment

• A “snap shot”
• Identify gaps in support
• On-line survey
  • Jan – August 2014
• Target audience – unpaid caregivers
• More than 246 responses
“Snap Shot” of a Caregiver in Idaho

- Most aware (82.6%), but had not used respite (73%)
- Female (82.5%)
- 55 + years of age (58%)
- Caregiver for 4 + years (63.2%)
- Cares for one person (59.5%), most often a parent
- Provides care 24/7 (34.3%)
- Employed full time or part time (57.2%)
Snap Shot of Care Receivers

- Parent or Parent-in-law: 72
- Minor Child: 42
- Spouse or partner: 37
- Adult Child: 34
- Other relative: 15
- Friend or Neighbor: 7
- Grandparent: 2
- Other: 5

Number of Individuals
Survey said . . .

• 70% do not know where to find respite services

• If caregivers could secure respite, they would use the services once a month or more

• Previous use of respite did not meet caregiver needs
Frequently identified barriers

• Unable to locate services
• Cannot afford respite
• Concerned about an outsider providing care
• Do not qualify for respite services
• Care recipient refuses help from others
Priority Needs and Next Steps

1. Services perceived to be unavailable.
   - Promote respite services
   - Use a common language
   - Promote the value of support

2. Help caregivers overcome barriers.
   - Consumer and provider education
   - Promote quality assurance measures

3. Access points for information and services.
   - Consumer-driven access points
   - Empower caregivers to make informed decisions
Capacity Assessment

• Information collected from online resources and key informant agencies.
  • AARP’s Idaho Price Guide to Long-Term Care Insurances & Services (2013)
  • Idaho 2-1-1 Careline
  • Idaho Department of Health and Welfare
  • Idaho Federation of Families for Children’s Mental Health
  • Idaho Senior Blue Book
  • Area Agency on Aging, Area 1 – 5
  • Children’s Mental Health, Region 3 and 7
Enhanced regional networks

Caregiving in Idaho
Lifespan Respite Summit

Thursday
July 16, 2015
8:30 a.m. to 3:30 p.m.
Quality Inn
Clarkston, WA

If you serve family caregivers, if you are a family caregiver, if you care about family caregivers....

Please share your voice as we focus on synergies, strategies and solutions around caregiver respite and support across the lifespan.

Light breakfast and lunch provided.

The Summit is free, but registration is required by July 9.
To register, go to http://www.arch.memberlodge.org/event-1919522
Call 800-877-3206 for questions or further information.

Brought to you by the Idaho Caregiver Alliance - a consortium of state, regional and local governmental, private and non-profit organizations and individuals working together to improve community-based supports for family caregivers who care for people of all ages; and ARCH - the National Respite Network and Lifespan Respite Resource Center.

Many thanks to these Alliance members for their generous support —

Idaho, Blue Cross of Idaho, Care Plus, Regence, Action, Idaho State University Center for the Study of Aging, Arch, RSN, Jannus.
Increase Awareness and Access to Respite

The 2-1-1 Idaho CareLine, a free statewide community Information and Referral service, is a program of the Idaho Department of Health and Welfare. Our comprehensive database includes programs that offer free or low cost health and human services or social services, such as rental assistance, energy assistance, medical assistance, food and clothing, child care resources, emergency shelter, and more.
Caregiver Task Force

IDAHOANS ARE FAMILY CAREGIVERS

Across Idaho family caregivers give their hearts every day, helping their parents, spouses, children with disabilities and other loved ones stay at home.

- More than 300,000 Family Caregivers
- Provide 201 million hours of unpaid care annually
- Estimated at $2 billion in unpaid care annually

While they wouldn’t have it any other way, family caregiving is a huge job. They:

- Use their own money to help provide care
- Change their work schedules
- Manage medical tasks
- Help manage finances
- Help with shopping
- Aid with household chores
- Provide transportation to appointments
- Care for an older loved one
- Female
- 55 years old
- Works full or part-time

Heart-ing Family Caregivers Across Idaho

I Heart Caregivers is a new initiative from AARP to recognize the contribution and dedication of America’s silent army of family caregivers who perform a great labor of love every day: caring for aging parents, spouses, brothers, sisters, children with disabilities, aunts, uncles, friends and other loved ones so they can remain in their homes. To view stories – or share your own – visit: aarp.org/iheartcaregivers

Source: Across the States: Profiles of Long-Term Care and Independent Living, Idaho, 2012; Valuing the Invaluable 2011 Update; Understanding the Impact of Family Caregiving on Work (PPR); Idaho 2014 Needs Assessment; Boise State University, Center for the Study of Aging
WHEREAS, more than half of care recipients are under the age of 75, and
almost one-third are under the age of 50, thus indicating that caregiving
is a multigenerational issue in family life that also impacts a broad spec-
trum of individuals with chronic illnesses that necessitate family caregiv-
ing throughout the lifespan; and
WHEREAS, approximately 22,000 Idahoans are living with Alzheimer’s
disease or a related disorder, and an estimated 77,000 individuals, many
of whom are unpaid, provide caregiving responsibilities for people with
Alzheimer’s Disease or a related disorder; and
WHEREAS, to successfully address the surging population of older adults
and people with disabilities who have significant needs for long-term ser-
dvices and support, the state must develop methods that both encourage and
support individuals who assist family members and must also develop ways to
recruit and retain a qualified, responsive in-home care workforce.

NOW, THEREFORE, BE IT RESOLVED by the members of the First Regular Ses-
sion of the Sixty-third Idaho Legislature, the House of Representatives and
the Senate concurring therein, that we endorse the efforts of the Idaho Care-
giver Alliance and encourage their plans to create a task force to explore
innovative means to support uncompensated family caregivers in Idaho and to
provide information to those who may serve as a caregiver in the future.

BE IT FURTHER RESOLVED that we encourage the task force to explore poli-
cies, resources and programs available for family caregivers and make this
information available to the State Healthcare Innovation Plan leaders as a
potential resource for the medical neighborhood model.

BE IT FURTHER RESOLVED that we encourage the task force to compile an in-
vventory of the resources available to family caregivers in Idaho.

BE IT FURTHER RESOLVED that we encourage the task force to report its
findings to the Second Regular Session of the Sixty-third Idaho Legislature.
Integration with statewide initiatives
SHIP Supporting Goals

**Goal 1:** Transform primary care practices across the state into patient centered medical homes (PCMHs).

**Goal 2:** Improve care coordination through the use of electronic health records (EHRs) and health data connections among PCMHs and across the medical neighborhood.

**Goal 3:** Establish regional collaboratives to support the integration of each PCMH with the broader medical neighborhood.
SHIP Supporting Goals

**Goal 4:** Improve rural patient access to PCMH by developing virtual PCMHs.

**Goal 5:** Build a statewide data analytics system.

**Goal 6:** Align payment mechanisms across payers to transform payment methodology from volume to value.

**Goal 7:** Reduce healthcare costs.
Oversees the development of this performance driven population management system

Support practices in transformation to a PCMH

Idaho Healthcare Coalition

Provides primary care services and coordinates care across the larger medical neighborhood of specialists, hospitals, behavioral health and long-term care services and supports

PCMH and Medical Neighborhood Care Team

Improved health by receiving all primary care services through a patient-centered approach

Patient
IDAHO NO WRONG DOOR GRANT

Goal:
Establish a three year NWD strategic plan to address the gaps in access to Long Term Care Services and Support (LTSS) for Idaho seniors and people with disabilities through one No Wrong Door.

No Wrong Door Mission:
Empower people to make long term care (LTC) decisions by providing reliable resource information and person centered counseling through a network of community organizations.
Emergency Caregiver Respite
Emergency Caregiver Respite Pilot Project by the Idaho Federation of Families for Children’s Mental Health

http://idahofederation.org/respite-care-through-idaho-coalition-for-the-aging/

Emergency Caregiver Respite (ECR)

ECR is a pilot project of the Idaho Federation of Families for Children’s Mental Health (IFFCMH) in partnership with the Idaho Commission on Aging (ICOA) and Idaho Caregivers Alliance (ICA) offering respite care funds in cases of emergencies to caregivers providing 24/7 care to any person(s) of any age.

ECR funds are available to caregivers regardless of income level. Approved funding is paid directly to individual respite care providers, or agencies offering temporary respite care at residential facilities.

Caregivers are responsible for locating and contracting with their choice of respite care providers. To obtain ECR funds, caregivers must register and apply with the IFFCMH either on line, via telephone 208-433-8845, 800-905-3436 or fax 208-433-8337. To apply for ECR funds on line please click on the following link to the ECR registration/application form.

Who We Are

We are a statewide, family-driven advocacy organization. We provide support and education services to families with behavioral, emotional, and mental health needs.

Mission

To provide leadership in the field of children’s mental health by providing support, education, and advocacy to caregivers.

To ensure rights to all community-based services for all children and youth with emotional, behavioral, and mental disorders and their families.

Login

Username:

Password:

Emergency Caregiver Respite Care Application Form

Respite Care Helpful Links

Emergency Caregiver Respite Evaluation
Thank you

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