

CAREGIVER WELLNESS INITIATIVE

*Supporting the total wellbeing of family caregivers
statewide*



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What is CWI?

To further support the total wellbeing of unpaid, full-time family caregivers statewide, Alabama Lifespan Respite has established the Caregiver Wellness Initiative (CWI) to provide funds specifically for free mental health counseling to caregivers currently enrolled with any Alabama Lifespan Respite reimbursement program.

Why is it needed?

The intent of the CWI is to decrease caregiver stress, anxiety, fatigue, and burnout, resulting in an increase of overall caregiver wellness (physical, mental, and emotional), as well as possibly helping to prevent premature out-of-home placement of the care recipient.

How do caregivers learn about it?

CWI has been shared via direct mail, email, website, social media, respite education opportunities, and through agency partners to caregivers currently enrolled with any ALR reimbursement program and new applicants.

How is it funded?

Alabama Lifespan Respite's CWI is grant-funded by the Administration on Community Living/Administration on Aging Federal Lifespan Respite, The Daniel Foundation of Alabama, and the Venturi Brighter Day Employee Fund.

How does the program work?

- Upon receipt of application, eligible caregivers will receive at least one CWI stipend (3 counseling sessions per stipend) per calendar year to be used with a licensed mental health provider in Alabama.
- Alabama Lifespan Respite maintains a statewide list of available, licensed mental health providers who are familiar with caregiver and disability-related mental health issues as part of this initiative. Caregivers may choose a provider from this list or choose any licensed mental health provider in Alabama (in-person or via Telehealth) who accepts direct payment for services rendered.
- Alabama Lifespan Respite will pay the mental health provider directly up to the awarded stipend amount for services rendered to the caregiver.
- Caregivers will be asked to complete anonymous pre/post counseling surveys to help Alabama Lifespan Respite determine the effectiveness of the program.
- Caregivers who express a need may also be eligible to receive technology to access therapy via Telehealth.
- Learn more at <https://alabamarespite.org/caregiver-wellness-initiative/>