

Family Caregiver Support Program



What is the Older Americans Act

- Congress passed the Older Americans Act (OAA) in 1965
- Established authority for grants to states for community planning and social services, research and development projects, and personnel training in the field of aging

Family Caregiver Support Program (FCSP)

- The National Family Caregiver Support Program (NFCSP) was established in 2000 as Title III E under the Older Americans Act, and was officially launched in February 2001. When the Older Americans Act was reauthorized in 2006, the NFCSP broadened the populations served. The Act was reauthorized in 2016, and enacted March 2020, providing further clarification as to who may receive services.

Family Caregiver Support Program (FCSP)

Program Goals:

- To provide support and resources to family caregivers that will help them successfully meet the challenges of their caregiving role.
- To deter, institutionalization when feasible, and promote continued care within the home for as long as possible.
- Provide the highest level of service possible to those providing support to their family members.

Family Caregiver Support Program (FCSP)

- Who is a Family Caregiver?

A caregiver is anyone who provides assistance to another person so that person can maintain an independent lifestyle. (Family members and other informal caregivers are the backbone of Oregon's long-term care system.)

Family Caregiver Support Program (FCSP)

What do Family Caregiver do?

“Family caregivers operate as extensions of health care systems performing complex medical and therapeutic tasks and ensuring care recipient adherence to therapeutic regimens. They operate as home-based “care coordinators” and personal advocates for care recipient.”

Family Caregiver Support Program (FCSP)

- Transportation to medical appointments
- Purchasing or organizing their medications
- Monitoring their medical condition
- Communicating with health care professionals
- Advocating on their behalf with providers or agencies
- Grocery or other shopping
- Housework
- Preparing meals, ect

Family Caregiver Support Program (FCSP)

Health Impacts:

- Ignore their own health, ie., don't go to doctor's as often as they should.
- Poor eating and exercise habits
- Clinically significant symptoms of depression, may meet the diagnostic criteria for major depression.
- Higher risk of death.

Family Caregivers Support Program (FCSP)

Type of Services

- Case Management
- Support Groups
- Counseling
- Respite Care
- Information and Assistance
- Training
- Supplemental Services



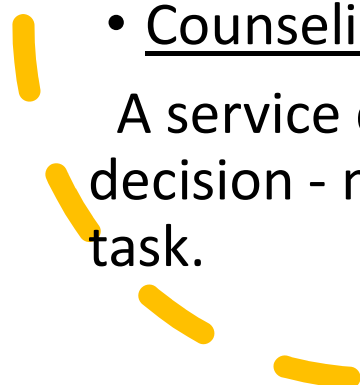
Family Caregivers Support Program (FCSP)

- Case Management –

To assess the needs - Caregiver assessment- and arrange, coordinate, and monitor the best service package possible to meet the needs of the caregiver.

- Counseling-

A service designed to support caregivers and assist them in their decision - making and problem- solving process with their caregiver task.





Family Caregivers Support Program (FCSP)

- Information and Assistance –

A service provides the individuals with current information on opportunities and services available to the individuals within their communities; assesses the barriers of the individual; links the individual to services; ensures that the individual receives services they are in need of; and services the entire community of older adults





Family Caregivers Support Program (FCSP)

- Support Groups -

A caregiver's group that discusses their experiences and concerns of one another to develop a mutual support system.





Family Caregivers Support Program (FSCP)

- Supplemental Services

Goods and services provided on a limited basis to complement the care provided by caregivers

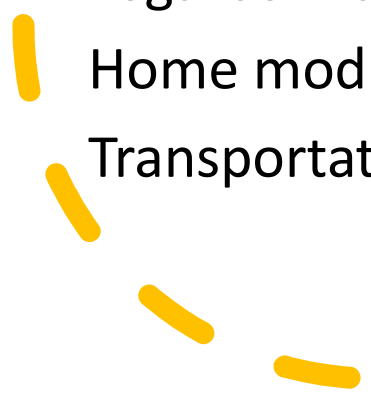
Legal services

Emergency response systems

Home modifications

Incontinence supplies

Transportation

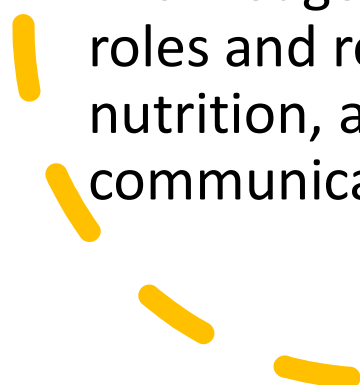




Family Caregivers Support Program (FCSP)

- Training –

A service that provides family caregivers with instruction to improve knowledge and performance of specific skills relating to their caregiving roles and responsibilities. Skills may include activities related to health, nutrition, and financial management; providing personal care; and communicating with health care providers and other family members





Family Caregivers Support Program (FCSP)

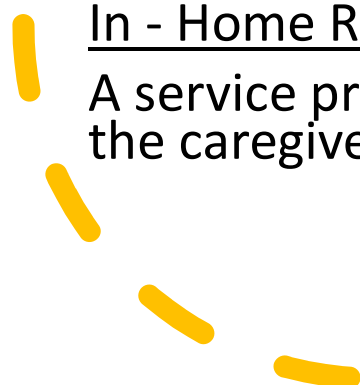
Services Provided

Respite Care

A service which offers temporary, substitute supports or living arrangements for care recipients in order to provide a brief period of relief or rest for caregivers

In - Home Respite

A service provided in the home of the caregiver or care recipient and allows the caregiver time away to do other activities.





Family Caregivers Support Program (FCSP)

Out - of - Home Respite (Day)

A respite service provided in settings other than the caregiver/care recipient's home, including adult day care, senior center or other non-residential setting (in the case of older relatives raising children, day camps), where an overnight stay does not occur.



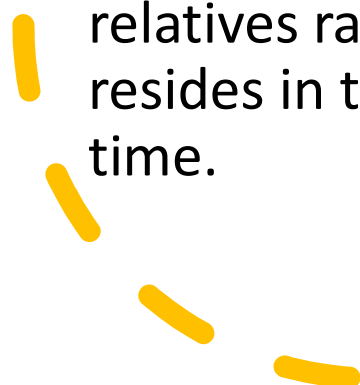


Family Caregivers Support Program (FSCP)

Services Provided

Out - of - Home Respite (Overnight)

A respite service provided in residential settings such as nursing homes, assisted living facilities, and adult foster homes (or, in the case of older relatives raising children, summer camps), in which the care receiver resides in the facility (on a temporary basis) for a full 24 hour period of time.



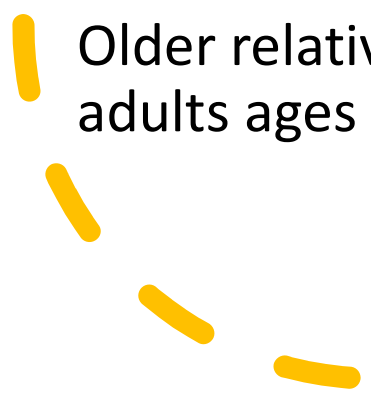


Family Caregivers Support Program (FCSP)

Eligibility for the Relative As Parents Program:

Older relatives (not parents) age 55 and older providing care to children under the age of 18; or

Older relatives, including parents, age 55 and older providing care to adults ages 18-59 with disabilities





Family Caregivers Support Program (FCSP)

Eligibility for the Caregivers for Older Adults-

Adult family members or other informal caregivers 18 and older providing care to individuals 60 years of age and older

Adult family members or other informal caregivers 18 and older providing care to individuals of any age with Alzheimer's disease and related disorders





Family Caregivers Support Program(FCSP)

Area Agencies on Aging (AAA's)

- There are 16 AAAs within the State of Oregon that provide services for unpaid Caregivers. Oregon's Family Caregiver Support Programs are centered within the Area Agencies on Aging (AAA) network to help support and empower those caring for older adults and people with disabilities.
- They provide a range of supports unique to their county that will assist family and informal caregivers to care for their loved ones at home for as long as possible

