

Caregiver Support

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Powerful Tools for Caregivers

National Family Caregiver Program

- Information to caregiver about available services
- Assistance to caregivers in gaining access to the services
- Individual counseling, organization of support groups, and caregiver training
- Respite care
- Supplemental services (on a limited basis)

NH Family Caregiver Support Program

- Title III-E
 - Respite
 - Supplemental
- Alzheimer's Disease and Related Disorders
 - Respite

Eligible Program Participants

- **ADRD**

- Adult family members or other informal caregivers 18 years of age or older, providing care to a person with Alzheimer's disease or a related dementia may be served regardless of the age of the person with dementia
- The care recipient can no longer follow through after cuing
- They must live under the same roof

- **Title III-E**

- Adult family members or other informal caregivers 18 years or older providing care to an individual 60 years of age and older
 - The care recipient requires assistance with at least two ADL's
- Grandparents and other relative caregivers 55 years of age or older providing care to children (under 18 years of age) may receive services
- Grandparents or relative caregivers, or parent providing care for adult children with a disability who are over 18 years of age
 - Caregiver must be 55 years and older
 - Priority is given to caregivers providing care for an adult with severe disabilities.

Caregivers For Individuals with Alzheimer's Disease or Related Disorders (ADRD)

- The informal caregiver (**18+ years of age**) is personally providing the day-to-day 24/7 care of an individual **of any age** who is diagnosed with a cognitive or mental impairment, such as Alzheimer's disease or other type or irreversible dementia that requires that they can no longer follow through after cueing.

Title III E

- The aging individual they are caring for (the care recipient) must require assistance with at least two activities of daily living (ADLs):
 - Bathing
 - Dressing
 - Self-feeding
 - Transfers
 - Walking/Mobility
 - Toilet use

Grandparents/Relative Caregivers (Age 55 or Older)

- Grandparents or other relatives who are eligible for respite through the NH Family Caregiver Program Title III-E must meet the following requirements:
 - The caregiver must be a grandparent or step-grandparent of a child, or a relative of the child by blood, marriage or adoption.
 - Live full time with the child/children
 - Grandparents and other relative caregivers 55 years of age or older providing care to children (under the age of 18) may receive services in the absence of a parent
- Grandparent or relative caregivers, or parent providing care for adult children with a disability who is over 18 years of age
 - Caregivers must be 55 years or older
 - Priority is given to caregivers providing care for an adult with severe disabilities.

NH Family Caregiver Support Program Funding Examples

- In-Home Respite
 - A family member, friend or relative (who does not live in the same household) hired by an agency or the FMS provider agency
 - Personal Care
 - Homemaking, Light Housekeeping
 - Companion to sit with care receiver
- Adult Day
- A facility for short-term respite
- Impromptu Respite
 - Emergency situation
 - Can only be 10% of the caregiver's overall budget

NH Family Caregiver Support Program Funding Examples

Respite Funds

For Grandparent/Relative Caregiver

- **In-home Respite**
 - A family member, friend, or relative (who does not live in the same household) hired under an agency or FMS provider
 - Agency
 - Babysitting
 - Homemaking, Light Housekeeping
- **Other Respite**
 - Day Camp
 - Summer Camp
 - After School Activities

NH Family Caregiver Support Program Funding Examples

Supplement Funds

- Chores (heavy cleaning)
 - Snowplowing
 - Yardwork for safety reasons
- Transportation related expenses (no car repairs or maintenance)
- Health related service supplies (incontinence supplies, gloves, nutritional supplement such as Ensure)
- Home modification/repairs, assistive equipment

Allocations

- If eligible for ADRD, would use ADRD (\$1500 on respite, no supplemental)
- Title III-E grant dollars cannot exceed a total of \$2000 /maximum of \$1000 on supplemental
- Each grantee has a different situation and may choose to utilize all respite dollars, all supplemental dollars, or a combination of both
- Grandparents can only receive \$500 per fiscal year for a clothing allowance.

CARES Act/COVID Funds

- These funds are to assist caregivers with situations which have been impacted from the COVID-19 pandemic. Even though these funds are associated with the Federal Title III E Program, these funds must be used for items which would **not** be considered as coverable under the traditional Title III E grant.
- As with any grant money, once the funds become depleted, the caregiver would be responsible for the cost of whatever service may have been covered if the service is to continue.

Examples of CARES Act for Older Adults

- A monitoring system as the aging adult is no longer able to go to Adult Day
- Arts and Craft supplies (such as coloring books) - as the aging adult is home all the time and is easily agitated (used to go to day program, or used to have services in the home, someone used to come over to take the adult out, etc. but now not able to due to COVID)
- Music (Spotify, etc.) – to help for calming as the care recipient is home all the time (versus being taken out, due to COVID) and gets agitated easily, etc.
- Food – as finances have affected due to COVID (maybe ate at day program, maybe friends came over and brought food, etc. – due to COVID it has changed) – can include the delivery cost, also
- Technology – the help the caregiver with telehealth, caregiver support, etc. (tablet, laptop, etc.)

Examples of CARES Act \$\$ for Grandparents

- Food – If finances have been directly affected by the Covid-19 pandemic or there will be an increase in spending therefore limiting available money. Such as children would have been attending summer camp and receiving meals at the camp. Grandchildren will not be attending camps therefore grandparents now have the additional cost of meals. (can include the delivery cost, also)
- Recreation items – the grandchildren would have been attending some type of program such as the boys/girls club. Grandchildren will now be home full time and grandparents looking for some outdoor equipment such as basketball hoops, other sports items, roller skates, life jackets (if the child has grown out of them) etc.
- Age Requirement - Consideration will be given for a grandparent who is under the age of 55 but not to exceed more than 4 years under the set age limit. Additional circumstances must also exist related to the COVID-19 pandemic

Process

- If a caregiver is looking for resources, they can contact ServiceLink
- If they mention they are a caregiver or they are screen as a caregiver, and interested in speaking to a Caregiver Specialist, they will be referred to one.
- The Caregiver Specialist would set up a time to connect with the caregiver to provide some referrals as needed, explain the respite and supplemental, and see what the caregiver is eligible for.
- The Caregiver Specialist would set up a budget based on the needs and desires of the caregiver.
- All necessary paperwork needs to signed off by the caregiver
- If the caregiver has any questions, they can call SL/Caregiver Specialist for answers/clarification, etc.

ServiceLink Sites

Belknap County (Laconia) – 528-6945 (fax – 527-3790)

Carroll County (Tamworth) – 323-2043 (fax – 323-7508)

Coos County (Berlin) – 752-6407 (fax – 752-1824)

Grafton (Lebanon) – 448-1558 (fax – 448-6920);

(Littleton) – 444-4498 (fax - 444-0379)

Hillsborough (Manchester) – 644-2240 (fax – 644-2361);

(Nashua) – 598-4709 (fax – 598-8491)

Merrimack (Concord) – 228-6625 (fax – 228-6623)

Monadnock Region (Keene) – 357-1922 (fax – 352-8822)

Strafford (Rochester) – 332-7398 (fax – 335-8010)

Rockingham (Stratham) – 334-6594 (fax – 334-6596);

(Atkinson) – 893-9769 (fax – 893-1339)

Sullivan (Claremont) – 542-5177 (fax – 542- 2640)

Powerful Tools for Caregivers (PTC)

MY ACTION PLAN

When writing an Action Plan, be sure it includes:

1. What you are going to do.
2. How much you are going to do.
3. When you are going to do it (e.g., what time of day).
4. How often you are going to do it.

Example: This week I will read a favorite book (what) for a half hour (how much) in the mid-afternoon when my spouse sleeps (when), three times—Monday, Wednesday, and Friday (how often).

This week I will _____ (what)
_____ (how much)
_____ (when)
_____ (how often)

How confident are you that you will complete your entire Action Plan during the week?

(Circle) 1 2 3 4 5 6 7 8 9 10
not at all confident totally confident

Check off each day you
accomplish your plan

Comments

Monday	_____	_____
Tuesday	_____	_____
Wednesday	_____	_____
Thursday	_____	_____
Friday	_____	_____
Saturday	_____	_____
Sunday	_____	_____

Community Resources

Alzheimer's Association

<https://www.alz.org>
24/7 Helpline (800) 272-3900

Granite State Independent Living

www.gsil.org
(603) 228-9680

Brain Injury Association of NH

www.bianh.org
Email: mail@bianh.org
(603) 225-8400

Easterseals

www.easterseals.com
(603) 623-8863

Waypoint

www.waypointng.org
(603) 518-4000
Family Support Warm Line
1-800-640-6486 (Mon-Fri 8:30am –
4:30pm)

Community and Other Resources

Community Action Programs

National Alliance for Caregiving

www.caregiving.org

Caregiver Action Network

<https://caregiveraction.org/>

Caregiver Help Desk: (855) 227-3640

Questions?



Contact Information

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Monadnock Region ServiceLink

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