Family Caregiver Alliance®

Caregiver Support Services

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VISIT

Who Are Caregivers?

- Unpaid individuals providing assistance to family members or friends
- 52 million Americans provide care each year to other adults
- 14.9 million care for someone with dementia

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Care Provided

- 96% — ADLs/IADLs
- 46% — medical/nursing tasks
  - Medications
  - Assistive Devices
  - Incontinence
  - Wound Care
  - Training
- Cultural tasks

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Impact of Caregiving on Health

- High rates of mental health problems
  40-70% experience symptoms of clinical depression
- 84% spousal caregivers had no health visits
- Only 28% of spousal caregivers had help from family
- Only 12% have used respite
- 78% report needing more help and information

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Helping Caregivers Access Support Services

- Assess caregiver and family system for emotional/mental health needs
- Assist caregiver in self-identifying emotional/mental health symptoms and refer to appropriate services
- Implement interventions which support caregiver competency, confidence, decision-making

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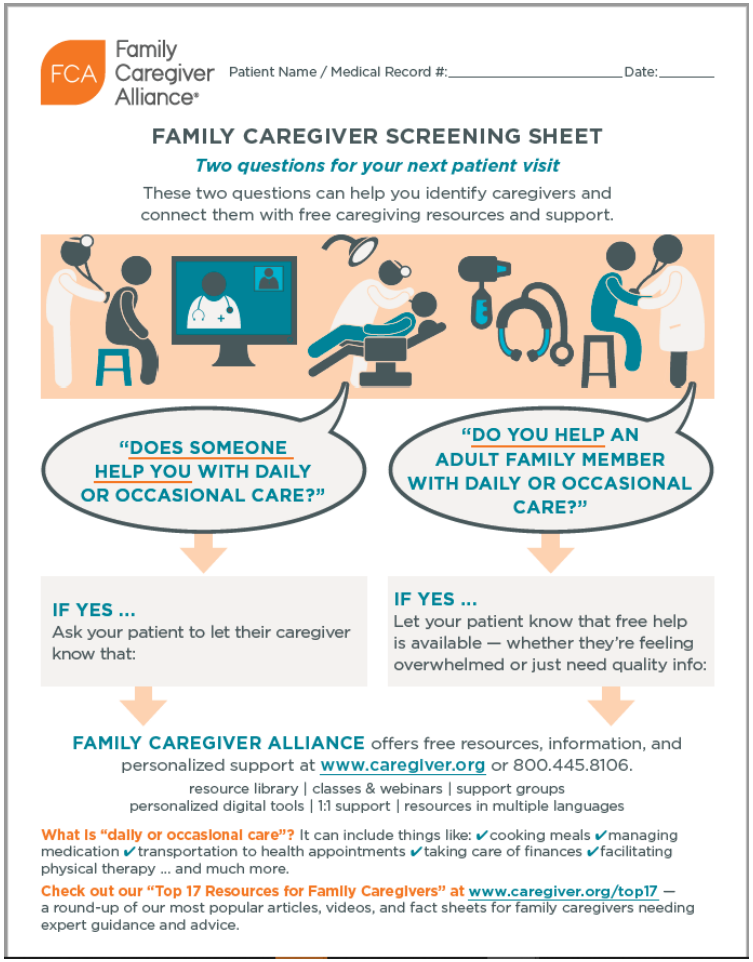
Family Caregiver Screening Toolkit

- For medical and social service providers:
  - Screening sheet
  - Top 17 resources based on need
  - Info sheet

https://www.caregiver.org/news/family-caregiver-screening-toolkit-a-resource-for-health-care-providers/?via=home



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Patient Name / Medical Record #:_____ Date:_____

FAMILY CAREGIVER SCREENING SHEET

Two questions for your next patient visit

These two questions can help you identify caregivers and connect them with free caregiving resources and support.

"DOES SOMEONE HELP YOU WITH DAILY OR OCCASIONAL CARE?"

"DO YOU HELP AN ADULT FAMILY MEMBER WITH DAILY OR OCCASIONAL CARE?"

IF YES ...
Ask your patient to let their caregiver know that:

IF YES ...
Let your patient know that free help is available — whether they're feeling overwhelmed or just need quality info:

FAMILY CAREGIVER ALLIANCE offers free resources, information, and personalized support at www.caregiver.org or 800.445.8106.

resource library | classes & webinars | support groups
personalized digital tools | 1:1 support | resources in multiple languages

What is "daily or occasional care"? It can include things like: ✔cooking meals ✔managing medication ✔transportation to health appointments ✔taking care of finances ✔facilitating physical therapy ... and much more.

Check out our "Top 17 Resources for Family Caregivers" at www.caregiver.org/top17 — a round-up of our most popular articles, videos, and fact sheets for family caregivers needing expert guidance and advice.

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California Caregiver Resource Centers

1 Family Caregiver Alliance / Bay Area Caregiver Resource Center
2 Redwood Caregiver Resource Center
3 USC Family Caregiver Support Center
4 Inland Caregiver Resource Center
5 Del Oro Caregiver Resource Center
6 Southern Caregiver Resource Center
7 Coast Caregiver Resource Center
8 Passages Caregiver Resource Center
9 Valley Caregiver Resource Center
10 Del Mar Caregiver Resource Center
11 Caregiver Resource Center OC

Referrals to other CRCs can be obtained by calling (800) 445-8106.

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Who Does FCA Serve?

FCA provides services to families and professionals residing in six counties of the San Francisco Bay Area:

- Alameda
- Contra Costa
- Marin
- San Francisco
- San Mateo
- Santa Clara

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Eligibility

1. Family caregivers of someone with adult-onset cognitive or neurological impairment in **Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Santa Clara** counties
    - Dementia/Alzheimer's
    - Parkinson's
    - Stroke
    - Multiple Sclerosis (MS)
    - Amyotrophic Lateral Sclerosis (ALS)
    - Brain Injury
    - Huntington's Disease

2. Family caregivers of adults age 60 and older regardless of diagnosis or income level in **Alameda, Contra Costa, San Francisco, and San Mateo** counties

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What Services Does FCA Provide?

- Information and Referral
- Education
- Support
- Publications
- Research and Advocacy
- Online Resources
  - FCA's website, caregiver.org, with over 200 fact sheets, some in Chinese, Spanish, Vietnamese, Korean, and Tagalog
  - E-newsletters: *Connections* and *Caregiving Policy Digest*

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Information: (800) 445-8106

- When you call FCA, a program associate will:
  - respond within 24 hours if not immediately available;
  - listen to your situation and respond to questions;
  - provide emotional support;
  - make targeted referrals to community agencies and send a packet of information to you if needed;
  - refer you for a *free* family consultation.

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Family Consultation

- Family Consultants are professionally trained clinicians. They can meet with caregivers and assist them to:
  - understand the symptoms of a specific diagnosis;
  - plan for current and future needs;
  - help you access community resources;
  - problem solve for caregiver challenges;
  - access ongoing support and assistance;
  - access additional FCA services.

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FCA Respite Options

- Camp for Caring — a weekend retreat for persons with memory loss that offers:
  - a structured activity program with meals and snacks;
  - staff supervision and assistance with personal care;
  - a nurse on staff at all times.
- Caregiver Retreats offer:
  - relaxation exercises and tips for self-care;
  - entertainment;
  - topics of special interest to caregivers, like managing stress and making difficult care decisions.

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FCA Respite Options

- Depending on availability of funds, FCA may be able to provide a stipend that can be used to:
  - hire in-home help through a private provider;
  - use a home care agency that FCA contracts with;
  - enroll in an Adult Day Care Program;
  - temporarily place your loved one in a facility.

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Education

- FCA offers a variety of educational programs for caregivers:
  - Classes on understanding dementia and self-care
  - Workshops and conferences
  - Events & Classes - Family Caregiver Alliance
- FCA offers support groups or connects caregivers with available groups
  - Support Groups - Family Caregiver Alliance
- Online education
  - Fact sheets
  - Caregiver College and Safe at Home Videos
  - All Resources - Family Caregiver Alliance

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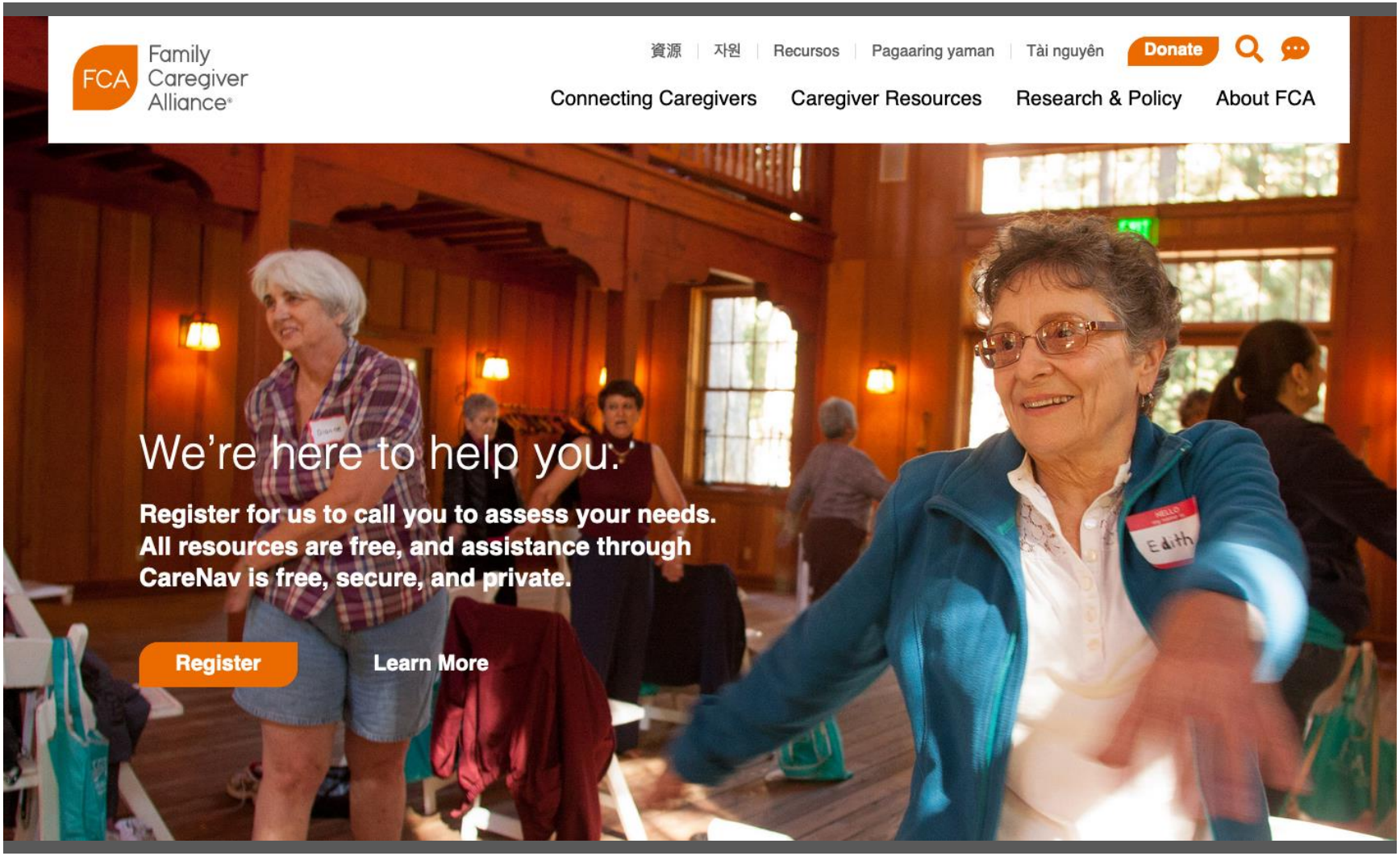

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By joining CareNav you will be asked a brief set of questions that lead to a personal dashboard loaded with information that matches your unique caregiving needs, such as:

- FCA resources, including fact and tip sheets, videos, online classes, and support
- State and national (United States) caregiving resources
- Access to a skilled Resource Specialist
- FCA Facebook page feed

Your personal information is private and secure. Family Caregiver Alliance (FCA) does not share information without your signed permission.

Our Privacy Policy is available here. For information about FCA, please visit caregiver.org/about-fca. If you experience difficulties with the following "Become a Member" or "Login to CareNav," please submit a detailed explanation to info@caregiver.org.

Login to CareNav

Email Address

Password

I forgot my password

Login

Members and Non-members —

When you Join or request a New Password, you will receive an email confirmation. If you do not see the email in your Inbox, **please check your Spam**

Become a Member

Email Address

Password

Repeat Password

Country

United States

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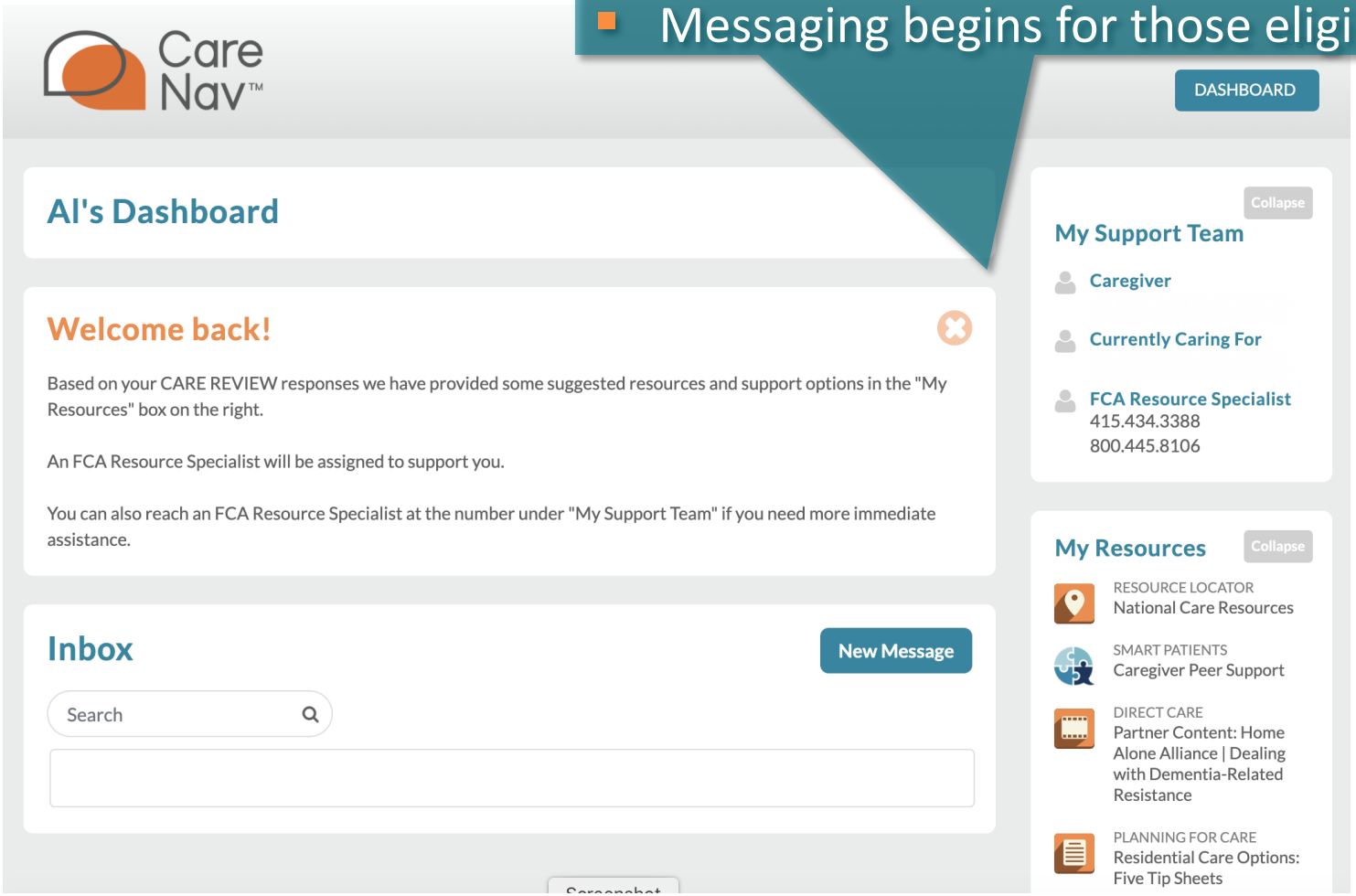
DASHBOARD

- FCA Resource Specialist
- Resources
- Messaging begins for those eligible



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Technology Tools

- Tech Tools for Caregivers webinar
- **Direct Care –** medication management, communication aids, daily tasks
- **Home & Safety** – fall detection, wandering, home sensors, cooking
- **Community** – care coordination, online groups
- **Support –** relaxation exercises, mood monitoring, telehealth

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More Information About FCA

Family Caregiver Alliance offers education, services, research, and advocacy based on the real needs of family and informal caregivers. Founded in the late 1970s, FCA is the first community-based nonprofit organization in the United States to address the needs of families and friends providing long-term care for loved ones at home.

National Center on Caregiving (NCC) was established by FCA to advance the development of high-quality, cost effective programs and policies for caregivers in every state.

NCC sponsors Services by State, a state-by-state resource locator designed to help caregivers find support services in their communities.

Bay Area Caregiver Resource Center — operated by FCA for the six-county San Francisco Bay Area — provides support to family caregivers. FCA's staff of family consultants, through education programs and direct support, offer effective tools to manage the complex and demanding tasks of caregiving.

FCA CareNav is a secure online solution for quality information, support, and resources for family caregivers of adults with chronic physical or cognitive conditions such as Alzheimer's, stroke, Parkinson's, and other illnesses.

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