



Supporting Those Who Care for Older Americans: ACL's Family Caregiver Support Programs

TARGET Discovery Series Webinar

May 26, 2016

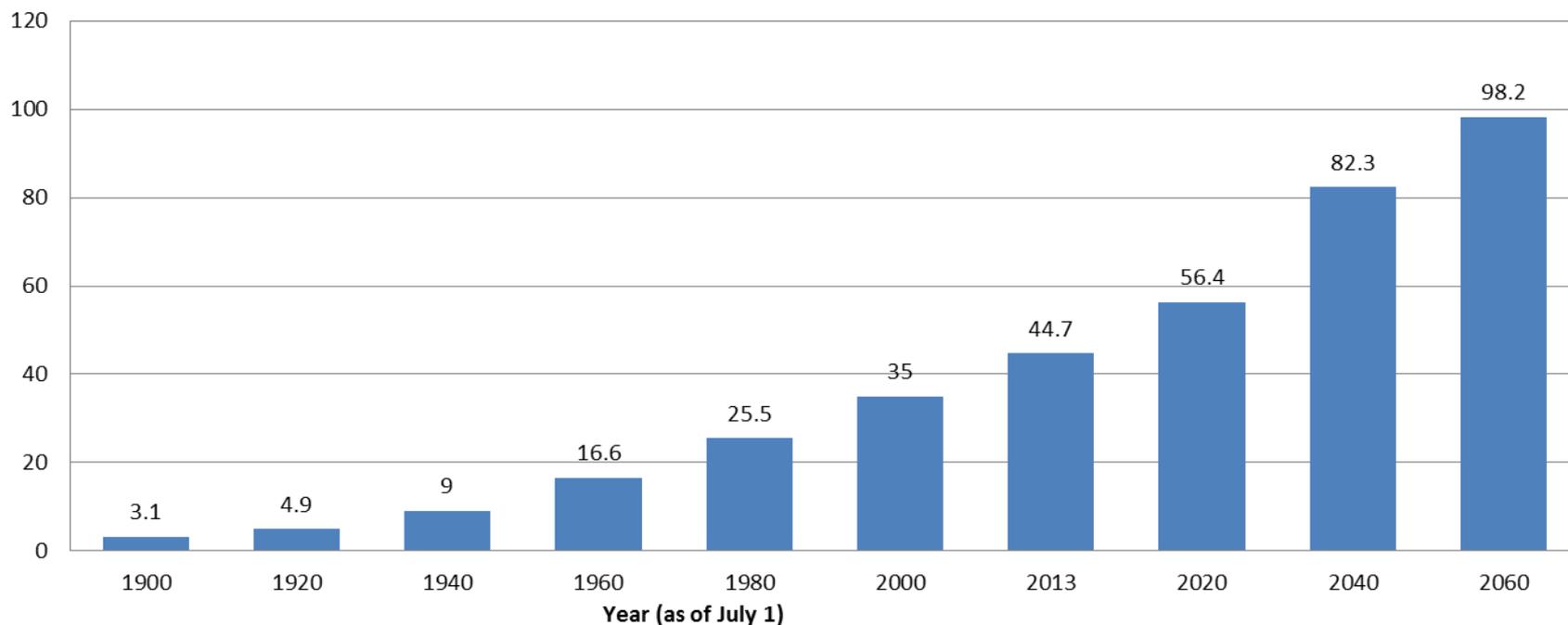


Overview

- Our Aging Population and Family Caregiving: An Overview
- Recognizing your role as a family caregiver
- ACL/AoA and the Aging Services Network
- Programs to support family caregivers
- Discussion

Population Projection: Our Aging Population

Figure 1: Number of Persons 65+, 1900 to 2060 (numbers in millions)



Source: U.S. Census Bureau, Population Estimates and Projections

Family Caregiving: The Numbers

- 43.5 (18.2%) million adults in the U.S. provided care to an adult or child in the prior 12 months
- 34.2 (14.3%) million provided care to an adult age 50 and older
- Nearly 1 in 10 caregivers is 75 years of age or older
- 75% provide care less than 5 years
- 24% provide care for 5 years or more

A Profile of the “Typical Caregiver”

- **Who they are**
 - 49 year old female
 - Caring for 69 year-old female relative
 - Needs help with a long-term physical condition
- **What they do**
 - Providing care for 4 years
 - 24.4 hours per week
 - Helps with 2 ADLs/4 IADLS
 - Do medical/nursing tasks
 - Has no assistance
- **Work and Career**
 - Is a H.S. grad/some college
 - Employed and working full time
 - Average household income: \$54,700
- **Care Receivers**
 - Live with the caregiver or close by
 - Hospitalized once in the past year

You might be a caregiver if...

- You regularly look in on or call a friend or loved one to see how they are doing or if they need assistance
- You are helping with or doing routine tasks for someone, such as grocery shopping, bill paying, household chores, or transportation
- You are assisting someone with medications or personal care tasks
- You are communicating with health care professionals or other providers, services and agencies
- You are providing complex medical care like wound care; changing IVs; operating medical equipment/devices

As a caregiver, you might feel...

On the one hand

- Anxious
- Depressed
- Exhausted
- Overburdened
- Angry
- Overwhelmed
- Alone

But at the same time

- Empowerment
- Appreciated
- Satisfaction
- Grateful
- Hopeful
- Meaningful
- Growth

As a family caregiver, you might benefit from...

- **Information** – about your situation; available services; your loved one's condition
- **Assistance** – in accessing supports and information available to you
- **Education, counseling and support** – to help you better understand or cope with your caregiving responsibilities
- **Respite** – to give you a break to relax and refresh
- **Other goods and services** – to help address the unique needs your situation presents

The Administration for Community Living is:

A new Operating Division within the U.S. Department of Health and Human Services:

- Administration on Aging (AoA)
- Administration on Disability (AoD)
- Administration for Intellectual and Developmental Disabilities (AIDD)
- The Independent Living Administration
- Paralysis Resource Center; Limb Loss Resource Center
- State Health Insurance Assistance Programs (SHIPs)
- National Institute on Disability, Independent Living and Rehabilitation Research (NIDILRR)
- Workforce Innovation and Opportunity Act programs (WIOA)
- Traumatic Brain Injury (TBI) Program

ACL is charged with developing policies and improving supports for seniors and persons with disabilities of all ages and their families

ACL's Mission & Vision

Mission

- Maximize the independence, well-being, and health of older adults, people with disabilities across the lifespan, and their families and caregivers.

Vision

- All people, regardless of age and disability, live with dignity, make their own choices, and participate fully in society.

ACL Today: Authorizing Statutes & Programs

- **Older Americans Act of 1965** (as amended)
- **Public Health Service Act Programs**
 - Section 398 – Alzheimer’s Disease Supportive Services Program (ADSSP)
 - Title XXIX – Lifespan Respite Care Program
- **Health Insurance Portability and Accountability Act of 1996 (HIPAA)** – Health Care Fraud and Abuse Control (HCFAC) funds
 - Senior Medicare Patrol
- **Developmental Disabilities Assistance and Bill of Rights Act of 2000 (DD Act)**
- **Help America Vote Act (HAVA)**
- **Workforce Innovation and Opportunity Act of 2014 (WIOA)**
 - Independent Living Services/Centers for Independent Living
 - Assistive Technology Act
 - National Institute on Disability, Independent Living and Rehabilitation Research (NIDILRR)
- **Other Programs**
 - State Health Insurance Assistance Program (SHIP)
 - Paralysis Resource Center
 - Limb Loss Resource Center
 - The Traumatic Brain Injury (TBI) Act

ACL Programs to Support Family Caregivers

- National Family Caregiver Support Program (NFCSP)
- Lifespan Respite Care Program
- Alzheimer's Disease Supportive Services Programs (ADSSP)
- Alzheimer's Disease Initiative/Specialized Supportive Services (ADI/SSS) Programs
- Aging and Disability Resource Centers (ADRCs)

www.acl.gov

Eldercare Locator

www.eldercare.gov

The screenshot shows the top navigation bar with the Eldercare Locator logo, a 'Celebrating 20 Years' banner, and a phone number. Below the navigation bar is a welcome message. The main content area features a search section titled 'Find Help in your Community' with two search options: 'Search by Location' and 'Search by Topic'. The 'Search by Location' section includes input fields for Zip Code, City, and State. The 'Search by Topic' section includes a list of services such as Alzheimer's Disease, Caregiver, Elder Abuse Prevention, Financial Assistance, Food & Nutrition, Health Insurance, Healthy Aging, Home Repair & Modification, Housing Options, In-Home Services, Legal Assistance, Long Term Care, and Nursing Home & LTC Facilities. On the right side, there are social media links for Facebook, a 'Find us on Facebook' button, an 'Online Chat' section with a specialist's photo and contact information, and a 'Media Spotlight' section.

eldercare locator
— Celebrating 20 Years —
Connecting You to Community Services

1-800-677-1116

Home About Resources

Welcome to the Eldercare Locator, a public service of the U.S. Administration on Aging connecting you to services for older adults and their families. You can also reach us at 1-800-677-1116.

Find Help in your Community

You can start your search by selecting zip code OR city/state OR topic.

Search by Location *or* **Search by Topic**

Zip Code:

or

City: State:

- Alzheimer's Disease
- Caregiver
- Elder Abuse Prevention
- Financial Assistance
- Food & Nutrition
- Health Insurance
- Healthy Aging
- Home Repair & Modification
- Housing Options
- In-Home Services
- Legal Assistance
- Long Term Care
- Nursing Home & LTC Facilities

Resize Text Email Page
Printer Friendly Download Reader
Share Tweet

Find us on Facebook

Online Chat

Have a question? Speak with an Information Specialist

Monday - Friday 9am - 8pm ET, call 1.800.677.1116. Start Online Chat.

Media Spotlight

National Respite Locator

<http://archrespite.org/respitelocator>

The screenshot shows a web browser window displaying the National Respite Locator website. The browser's address bar shows the URL <http://archrespite.org/respitelocator>. The website header features the ARCHA National Respite Network logo and navigation links for News, ARCH Store, Contact us, and Search. A left sidebar contains a menu with items such as ARCH Home, Respite Locator, Consumer Information, Lifespan Respite TA Center, Webinars, Training Resources, Events, State Respite Coalitions, Lifespan Programs, National Respite Coalition, Products and Publications, Program Evaluation, ARCH Membership, and Subscribe to Quick News. The main content area is titled "National Respite Locator" and includes a list of search options: "Search for Respite Providers and Programs", "Search for Respite Funding", "Consumer Information", and "Add or Update your Program". Below this is a section for "Additional Resources for Finding Respite in your Community" with links to "State Respite Registries", "State Respite Coalitions", "State Lifespan Respite Programs", "National Family Caregiver Support Program", "Respite for Veterans", and "Summer Camp Resources". A "Consumer Information" section advises users to read "The ABCs of Respite" before searching. A "Locator Evaluation" section requests user feedback and includes a link to "Click here to take survey". A "Disclaimer" at the bottom states that the database is informational only. On the right side, there are promotional banners for the "VA Caregiver Support PROGRAM" (Department of Veterans Affairs) and "Family Care Navigator" (State-by-State Help for Family Caregivers), which includes a map of the United States. The browser's taskbar at the bottom shows various application icons.

DISCUSSION

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