

FAMILY CAREGIVER RESOURCES

THE BEST SUPPORTS
FOR SUPPORTING OTHERS

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[QR Code
with
Resource
Links]



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

PRESENTATION OBJECTIVES

- Requirements of the Older Americans Act National Family Caregiver Support Program
- Ways to implement the National Strategy to Support Family Caregivers
- How to find and recruit caregivers to participate in your programs
- Additional resources available in Missouri for caregivers across the lifespan



WHAT IS A CAREGIVER?

- A caregiver is someone who provides assistance and support to another person who has physical, emotional, or cognitive needs that make it difficult for them to manage daily tasks independently
- Caregivers help with a wide range of activities, including personal care, medical tasks, household chores, and emotional support





CAREGIVER TYPES

- Family Caregiver
- Professional or Paid Caregiver
- Informal Caregiver
- Primary Caregiver
- Respite Caregiver



THE OLDER AMERICANS ACT

The Older Americans Act (OAA) is federal legislation in the United States that was enacted in 1965 to address the needs and concerns of older adults.

The OAA established a framework for the organization, coordination, and delivery of social services and supports to help older individuals maintain their independence and dignity in their communities

- Area Agencies on Aging
- Supportive Services
- Nutrition Programs
- Elder Rights Protection
- Health and Wellness Programs
- Employment Programs
- Caregiver Support



NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM (NFCSP)

- Established under the Older Americans Act (OAA) in 2000
- Also known as Title III E
- Designed to support family caregivers who provide care for older adults
- Administered by the Administration for Community Living (ACL)
- Funding passes through the State Unit on Aging (SUA) to the Area Agencies on Aging (AAAs)



ELIGIBLE CAREGIVERS

- Caregivers of adults aged 60 or older
- Caregivers of individuals of any age with Alzheimer's disease or similar dementias
- Grandparents/kinship caregivers aged 55 or older caring for children under 18
- Parents aged 60 or older caring for their adult child with disabilities



TITLE III E CORE SERVICES



- Information about available services
- Assistance in gaining access to supports
- Individual Counseling, Support Groups, and Training
- Respite Care
- Supplemental Services

CHANGES REQUIRED BY THE FINAL RULE

Enhanced Flexibility in Service Provision

- Allows AAAs to tailor services more effectively to the needs of caregivers and care recipients
- Encourages innovative practices, such as telehealth services and peer support networks

Improved Data Collection and Reporting

- Requires AAAs to collect more detailed data on service utilization and caregiver outcomes
- Data will be used to improve program effectiveness and accountability

Increased Focus on Underserved Populations

- Encourages outreach to caregivers in rural areas, those from diverse cultural backgrounds, and those facing financial hardship

IMPLICATIONS FOR AAAS AND OTHER SERVICE PROVIDERS

Service Delivery Adjustments

- Need to integrate new flexible service options, such as virtual support groups
- Evaluate and possibly expand respite care offerings
- Have programs available for all four populations and all five service areas

Training and Support for Staff

- Provide ongoing training to staff on new rules and service delivery methods
- Enhance collaboration with local organizations to reach underserved populations

Data Collection and Management

- Implement or upgrade data collection systems to meet new reporting requirements
- Use data to identify gaps in service and areas for improvement

IMPACT ON FAMILY CAREGIVERS

Benefits to Caregivers

- More personalized and accessible services
- Greater support for caregivers in rural or underserved communities

Challenges

- Navigating new services and options
- Ensuring caregivers are aware of and can access the expanded services



NEXT STEPS FOR THE AAA

Action Items

- Review and update current service offerings
- Train staff on the final rule's changes
- Enhance community outreach efforts to ensure all eligible caregivers are aware of available support

Collaboration and Feedback

- Engage with caregivers to understand their needs and preferences
- Collaborate with local organizations to strengthen service networks

NATIONAL STRATEGY TO SUPPORT FAMILY CAREGIVERS

- Launched in 2022 to support family caregivers of all ages, from youth to grandparents, and regardless of where they live or what caregiving looks like for them and their loved ones
- Developed jointly by the advisory councils created by the [RAISE Family Caregiving Act](#) and the [Supporting Grandparents Raising Grandchildren Act](#),
- Includes three main components:
 - [First Principles: Cross-Cutting Considerations for Family Caregiver Support](#) - Describes the four key principles that must be reflected in all efforts to improve support to family caregivers
 - [Federal Actions](#) - Nearly 350 actions that 15 federal agencies will take in the near term to begin to implement the strategy
 - [Actions for States, Communities, and Others](#) - More than 150 actions others can take

CROSS-CUTTING COMPONENTS OF THE STRATEGY



- Person- and family-centered approaches
- Trauma and its impact
- Diversity, equity, inclusion and accessibility
- The direct care workforce

ACTIONS TO ADVANCE THE STRATEGY |

- GOAL 1: Achieving greater awareness of and outreach to family caregivers
- GOAL 2: Advancing partnerships and engagement with family caregivers
- GOAL 3: Strengthening services and supports for family caregivers
- GOAL 4: Improving financial and workplace security for family caregivers
- GOAL 5: More data, research, and evidencebased practices to support family caregivers

MASTER PLAN ON AGING

- Overarching Goal: All Missourians, regardless of age or ability, will have access to person-centered programs and services necessary to help them age in their environment of choice in a safe and healthy manner
- Family Caregiver Subcommittee work
- Town Hall Feedback
- Needs Assessment Survey



AGING WITH DIGNITY
Missouri's Master Plan on Aging

RECRUITING CAREGIVERS

Community outreach partnerships

- Healthcare providers
- Faith-based organizations
- Local businesses
- Schools



RECRUITING CAREGIVERS

Utilize Technology and Social Media

- Social media campaigns
- Online support groups
- Webinars and virtual events



RECRUITING CAREGIVERS

Leverage Existing Networks

- AAA client base
- Local senior centers
- Libraries
- Other community hubs



RECRUITING CAREGIVERS

Public Awareness

- Media outreach
- PSAs
- Attend local events
- Sponsor activities



RECRUITING CAREGIVERS

Incentives

- Offer motivators for participation
- Institute referral programs
- Engage caregivers in service design
- Train peer advocates



RECRUITING CAREGIVERS

Targeted Outreach

- Culturally tailored, language-specific materials
- Partner with community members to act as cultural liaisons to an underserved group



CAREGIVER RESOURCES

[Missouri Caregiver Resource Guide](#)

[Missouri Caregiver Program](#)

[ParentLink Kinship Navigator](#)

[Quarterly Calls and Resource List](#)





THANK YOU.

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