



For the Lifespan: The Caregiver Guide

Module 7

Community Supports for Remaining at Home

Leader Guide

Module 7

Community Supports for Remaining at Home

PURPOSE

Module 7 is designed to teach caregivers about the community supports that will help the person they care for remain at home, despite failing health, or to return home after an illness or injury. It will teach them how to obtain help with daily, weekly, or monthly tasks. These tasks may include personal care, household chores, or other necessary tasks for maintaining the person they care for at home. Information will be included about where to apply for and locate services and/or funding to help pay for support services.

OBJECTIVES

After completing this module, participants will be able to:

- Identify areas where you need help and create a checklist.
- Identify sources for getting volunteer help with tasks on your checklist.
- Describe the types of services you need that are available from public programs.
- Identify where and how to get services and/or funding to help pay for in-home and community support services.

SLIDE 1

UCare
For the Lifespan: The Caregiver Guide
Module 7
Community Supports for Remaining at Home

INTRODUCE

Introduce the trainer(s) and each person in the room. Ask participants about their roles.

NOTE

This is an excellent time to set the tone of the training. Be friendly, relaxed, and focused. Remember names or use name tags.

TELL

The Participant Guide is yours to take home. There is room to write on it.

ASK

What would you like to get out of the training today?

NOTE

Put responses on a white board and refer to them during the training. Put a check by specific topics discussed.

SLIDE 2

Objectives

After completing this module, participants will be able to:

- Identify areas where you need help and create a checklist.

- Identify sources for getting volunteer help with tasks on your checklist.
- Describe the types of services you need that are available from public programs.
- Identify where and how to get services and/or funding to help pay for in-home and community support services.

NOTE

Refer to additional objectives requested by participants.

If participants request topics covered in the other modules, tell them they can request additional training, or let them know if other training is already scheduled. Point to the list of UCare modules located at the end of the Participant Guide.

TELL

In this workshop we will be giving examples of our experiences that may be difficult for some. Remember to respect the confidentiality of group members. What is shared among the group should not leave the room.

This module will not cover technical questions about eligibility for public programs such as Medicare, Medicaid, Alternatives, or Caregiver Support. These questions will need to be answered by an eligibility specialist for the particular program.

This module will help you learn ways to support the person you care for to return home after an illness or injury, or to remain at home despite failing health. You may need help with daily, weekly, or monthly tasks. These tasks may include personal care, household chores, or other necessary tasks for maintaining a home. You may need relief at times from your caregiving role.

These supports are necessary if you are to maintain a stable home for the person you care for.

ASK

Is it safe to say, that we all want to live in our own home? Why is that? What does “home” mean to you?

NOTE

Write responses on the board. If needed, prompt them with statements such as:

- Home is where we want to be when we are hurting or vulnerable.
- Healing occurs best when we are in a comfortable, loving environment.
- Home feels safe, where we can be ourselves, and often do what we want, when and how we want.
- “There’s no place like home.” – Dorothy in Wizard of Oz

TELL

Now let’s discuss your role as caregiver. Because you are attending this class, we assume that you have some role as a caregiver.

SLIDE 3

Your Role as a Caregiver

- For whom do you provide “care”?
- What do you do for the person?

TELL/ASK

Some of you may be new to the caregiver role, or perhaps you do not perceive yourself as a “caregiver” at all. Some others in the

group may have been in the role for some time with gradually increasing responsibilities.

Do you perceive yourself as a caregiver? Please share with the person next to you how you are a caregiver. (If the group is small, ask participants to share with the entire group.) For whom do you provide care? What do you do for that person?

TELL

In this module we will help you identify the areas where you need help and recommend how to get it. Each person's needs are unique and complex, so there can be no single program that is likely to provide all that you need. So we will begin with a process of helping you to assess your situation. Then we will provide information about where and how to get help.

TELL

Here are some examples of caregiver situations:

Nancy is a small woman who lives with her 6'5" father with multiple sclerosis. He is no longer able to bathe himself. Nancy is afraid that he will fall in the shower.

Merle is a caregiver for his spouse Carol, who has diabetes. She is no longer able to check her own blood sugar and prepare her insulin due to a visual impairment, and Merle needs help planning healthy meals for her.

Carla cares for her brother who has AIDS. He is unable to maintain his home and yard, and the neighbors are complaining that his lawn is overgrown and unsightly.

ASK

What are the tasks that must be performed daily, weekly, and monthly to maintain the person you care for at home?

SLIDE 4

Assess Your Situation

- Check tasks that the person you care for is unable to perform by himself/herself.
- Check tasks that you are unable to perform or find difficult to perform and whether help is needed.
- Add the frequency, name of current helper, and who else can assist.

ACTIVITY 1

Tell participants to go to page 5 in the Participant Guide and complete the form “Checklist of Needs” [page 33 of the Leader Guide]. Tell them to put a check by those items that the person they care for is not able to perform by himself/herself. Also check those items such as housekeeping tasks that the caregiver is unable to perform or finds difficult to perform. Once they have completed the Checklist, they are ready for the next step.

NOTE

Be sure that each participant has a pen or pencil. You may need to provide them. Give participants about five minutes to complete this Checklist.

TELL/ASK

There may be days where you feel overwhelmed. You may feel that it is impossible to get everything done. You may feel that the needs of the person you care for are progressing beyond your

ability to provide care. So what can you do? Where can you get help with the tasks on the Checklist?

SLIDE 5

Where to Start?

- Family
- Friends
- Neighbors
- Church or faith-based organizations
- Neighborhood or other groups

TELL/ASK

To begin, start with your family, friends, and groups of which you are a member, such as a church or neighborhood. You should explore the willingness of those closest to you to assist you and the person you care for before going to public agencies. Why? Because they most likely want to help. They want to support you in the goal of helping the person you care for remain at home. Perhaps you have never asked for help because you didn't want to be a burden on others. Most people like helping. You may find that people are very willing to help you in small or large ways that you did not expect. They may not know what you need or want to intrude. So you need to ask.

One way to begin a conversation would be to show your completed "Checklist of Needs." This provides a nice way for them to pick tasks that they like to do and for you to get the help you need. It becomes a real win-win for everyone involved. You get the help you need. Your helpers get satisfaction from helping.

Has anyone here received help from your family and friends?
Was it difficult to ask? How did you do it?

How many of you have held a family meeting?

SLIDE 6

Family Meeting

- Ask care recipient who they want to attend.
- Consider all family, friends, and professionals.
- Express your needs, feelings, and concerns.
- Stay focused on helping the person remain independent as long as possible. Take notes.
- Give everyone a chance to be heard.
- The person you care for has the right and responsibility to make his/her own decisions.
- Create a task plan with who will complete.

ASK

Family meetings are a good way to pull together and support the person you care for. Consider asking all family members, friends, neighbors, and professionals to attend. Express your needs, feelings, and concerns. Make sure everyone gets a chance to talk. Assign someone to take notes. Summarize the discussion and review decisions. Create a plan with needed tasks and assignments with a person named to complete. Stay connected through email, phone, or mail. Plan another meeting if necessary. Everything may not get solved at once.

www.Caregiver.org has more information. Where else can you get help?

SLIDE 7

Where Else to Get Help?

- Call 211
- www.UCare.utah.gov
- Center for Independent Living
- Area Agencies on Aging
- Caregiver Support Program
- Utah Division of Services for People with Disabilities
- Aging and Disability Resource Centers
- Department of Veterans Affairs

TELL

If your family and friends are doing all they can, you need to branch out beyond your inner circle and contact community organizations that can help. Which ones you contact will depend on the kind of help you need. For example, someone from your church may be able to provide respite once a week so that you can go grocery shopping. Perhaps the neighborhood scouts could help with spring or fall yard cleanup. Your neighbor may be willing to launder your sheets and towels when she does her own.

If none of these strategies gets you the help you need, or if there are still things on your list that you can't get help for, you can look for agencies that have programs for specific kinds of services. Maybe some of the things on your list require special skills. 211 offers statewide information and referral. Probably the best place to start is with your local Area Agency on Aging and Center for Independent Living. A description of their

services and statewide contact information is listed at the end of your Guide, along with other resources.

There are pros and cons of using agency services.

ASK

How many of you have gone to an agency to get help? What agencies have you used? What are the advantages?

SLIDE 8

Advantages of Agency Services

- Provide you with a needed break.
- Relieve you of tasks.
- Prevent or postpone institutionalization.
- Relieve the person you care for from feeling like a burden.

ASK

What are some reasons people might be reluctant to use agency services?

SLIDE 9

Reluctance to Use Agency Services

- Caregivers may feel like they are not doing their duty.
- Don't want to use government services.
- Privacy concerns.
- Bureaucratic hassles.
- Don't know what services are offered.

TELL

If you make the decision to request assistance from an agency, the person you care for will have to meet the qualifications set by the agency or funding source.

Refer to your Checklist. There are different resources available depending on what you need. Agency funding is usually tied to different types of needs. It's helpful to understand the categories of in-home services.

ACTIVITY 2

Ask participants to look at the Glossary on pages 40-46. As we continue the training and as you work with agencies, you may find that some terms are not familiar. Tell them to use the Glossary to help them better understand new terms. For instance:

Activities of Daily Living (ADL) are personal care activities necessary for everyday living, such as eating, bathing, grooming, dressing, and toileting; a term often used by healthcare professionals to assess the need and/or type of care a person may require.

Instrumental Activities of Daily Living (IADL) are more complex activities, not necessarily done everyday, but which are important to independent living. Examples include preparing meals, doing housework, doing laundry, using transportation, shopping, managing money, using the telephone, and doing home maintenance.

ASK

Listen to the descriptions of the following five categories of service, and decide if and how the tasks on your list fit into these areas.

SLIDE 10

Categories of In-Home Services

- Home Health
- Personal Care
- Homemaker/Chore
- Respite Care
- Hospice

ACTIVITY 3

Ask participants to look at Chart B on page 14 in the Participant Guide titled “Guide to In-Home Supports” [page 34 of the Leader Guide]. Ask them to follow along with the Chart as you describe each of the services, who can provide them, and where to obtain funding. As we review Chart B, remember to look at the qualifications of who can provide services.

TELL

1. Home Health Services

Home health services are typically approved by a physician and supervised by a health professional such as a nurse. The services are provided in a person’s home by a licensed health professional that is qualified to perform the tasks needed by the patient. The home health professional may oversee wound care, transfusions, chemotherapy, or ostomy care. A registered nurse (RN) may administer wound care or replace catheters. A

licensed physical or occupational therapist may supervise therapies in the home. A certified nursing assistant (CNA) may provide bathing or dressing, or stand-by assistance such as reminding a patient to take their own medications.

2. Personal Care Services

Personal care services (also called in-home services, personal attendant, personal assistance services or PAS) can help with “activities of daily living” (ADL), such as bathing, toileting, getting dressed, or eating. PAS may also provide help with “instrumental activities of daily living” (IADL), such as meal preparation, shopping, and housekeeping.

Some PAS services are “participant-directed” which means that the individual has control over the hiring, supervision, and retention of the personal attendant. Refer to Module 8 for more information about hiring a personal attendant and using in-home services. You may be able to hire a friend, neighbor, or another family member to do these things. You are not permitted to hire the spouse of the Medicaid recipient with Medicaid funds. You can locate personal attendants through a home health agency.

Another service category called “companion services” can be used to support community activities to prevent isolation of the person. Companion services may assist with cooking, shopping, and getting to appointments for a person who is unable to do these things for themselves. The housekeeping or other supports must be incidental to providing companionship and not the primary purpose of the visit.

3. Homemaker/Chore Services

Homemaker services are “light” household activities such as meal preparation, laundry, and routine household care.

Homemaker services are provided to maintain a clean and sanitary living environment for the individual.

Chore services are “heavier” housework such as washing floors or walls, shoveling snow, or making repairs to make the home safe. These services are provided to help seniors and people with disabilities remain in their homes. Providers of these services must have a current business license that permits them to provide the services.

4. Respite Care

Respite care services are “relief” for the caregiver. Respite care can be provided in the home to give the caregiver a break from their 24/7 responsibility. Respite care may be provided by a companion, a neighbor, or a personal attendant from an agency. As with the home health and personal attendant services, individuals must pass a criminal background check in order to provide these services. Respite may also be provided outside the person’s home, such as a day program for a few hours, or a residential care facility overnight or for several days.

5. Hospice

Hospice services provide special care for individuals who are near the end of their life and for their families either at home, a special facility, or a hospital. Hospice provides comfort rather than lifesaving heroic measures. The services address the emotional, social, financial, and spiritual needs of individuals who are terminally ill and their families.

ASK

Does the person you care for need home health services?

SLIDE 11

Where to Find Out About Home Health Services

- Contact your health plan first.
- Call the Utah Association for Home Care at 801-487-8242 or go to www.ua4hc.org.
- Call 211.
- www.UCare.utah.gov or 888-826-9790.
- www.Medicare.gov or 800-633-4227.
- Locate a home health agency on the Utah Department of Health website: <http://health.utah.gov/hflcra>. Click on Facility Info, then Listing by County, or call 800-662-4157.

TELL

If the person you care for is being treated for a medical condition, his or her doctor or health plan is the first place to start to ask about home health services. Ask the provider or plan to recommend a home health agency. Your health plan may have a contract with a particular home health agency and you may be required to use that agency in order for the plan to pay. Medicare, Medicaid, and other health insurance plans may pay for home health services on a short-term basis if your doctor states it is medically necessary.

The Medicaid Aging Waiver, Home and Community-Based Alternatives program, or the Utah Caregiver Support program may provide home health services on a longer term basis to

prevent the person from having to go to a nursing home. Each of these programs has different rules for eligibility.

If you don't have insurance and can pay privately, contact a home health agency directly. They are listed in the yellow pages or you can call the state Health Facility Licensing Bureau, 800-662-4157, or visit <http://health.utah.gov/hflcra> to get a list of licensed home health agencies in your area. This website also has "report cards" for all health care facilities licensed in the State of Utah. A report card lists complaints that have been investigated against that agency.

ASK

Does the person you care for need personal care, homemaker, or respite services?

SLIDE 12

Where to Find Personal Care, Homemaker, or Respite Services

- Local Area Agency on Aging 877-424-4640
- Centers for Independent Living
- Veterans Caregiver Support Services or Veterans Affairs
- Utah Association for Home Care
- Utah Division of Services for People with Disabilities
- Alzheimer's Association
- UCare: www.UCare.utah.gov or 888-826-9790
- 211
- Aging Disability Resource Connections

TELL

There are many available resources. The first place to start to learn more about finding personal care, homemaker, or respite services is your local Area Agency on Aging (AAA). These agencies are an excellent source of information about community programs. Whether you are able to pay for the service yourself or are looking for financial assistance, the AAA has knowledgeable specialists who can provide information. The AAA administers several programs that provide funding for community supports for low-income individuals or adults with disabilities as well as for seniors. All AAA statewide locations with contact information are listed at the end of your Participant Guide.

UCare supports an information and referral center that is a comprehensive source of information about community services. You may contact UCare by phone or go to the website. The website has a nice search function.

Centers for Independent Living also offer a variety of services, including assistive technology devices, support groups, training, information and referral, recreation, and more. They provide services statewide.

ASK

How do you decide if the person you care for needs hospice?

SLIDE 13

Where to Find Out About Hospice:

Leaving Well Through End of Life

- www.leaving-well.org
- Call 801-892-0155

- www.medicare.gov/coverage/hospice-and-respite-care.html

TELL

Many people who have spent time with a loved one at the end of life and have had hospice services, say that they wish they had gotten hospice earlier. Health professionals are able to advise you about the benefits of hospice and the timing of when to request it. To find out about hospice services in Utah, contact the Leaving Well through End of Life. Their website is www.leaving-well.org or call 801-892-0155.

ASK

How do you find out if the person you care for qualifies for any of these public programs? Which ones should you apply for?

SLIDE 14

For Information About Eligibility for Public Programs

- See the eligibility specialist at the particular agency.
- Check out the Chart, Public Funding for Community Supports.

TELL

This training is intended to provide general information about the kinds of services that are available to support a person in the community. We will not provide detailed information about eligibility for different programs. That is the job for the eligibility specialists at the various agencies. This training prepares you to explain your needs and understand the kinds of services that are available to help you and the person you care for. See the list of agencies in the Resource section of your

Participant Guide and contact the ones that you are interested in for more information or to apply for services.

ACTIVITY 4

Review Chart C on page 35 of the Participant Guide titled “Public Funding for Community Supports” [page 35 of the Leader Guide]. This Chart lists services down the left column, and public programs that provide community supports across the top. The dots show the services covered by the different funding sources.

TELL

Do you have any questions about funding sources? I am not an expert in program eligibility, and I don’t want to give you any misinformation. We will briefly review public programs and long-term care services next. Please verify any information with specific agencies.

SLIDE 15

Medicare

- Medicare does not pay for long-term care
- Pays for medically necessary services by a licensed health professional
- Short-term

TELL

Medicare does not pay for long-term care. Chart C shows that Medicare only pays for home health services, medical equipment and supplies, and hospice. Medicare will only pay for a licensed health professional to provide home health services when it is medically necessary on a short-term basis. Medicare

will provide hospice services if the physician states the person has less than six months to live. Medicare does not provide long-term in-home care or nursing home care.

SLIDE 16

Medicaid

- Medicaid is for people with “low-income” and “low-assets”
 - Must either have a disability or be 65 years of age or older
 - Low-income and low-assets
- Apply through Division of Workforce Services or Utah Department of Health
- Call 800-662-9651 for more information or visit www.health.utah.gov/medicaid

TELL

Medicaid is for people who have low-income and minimal assets. If an individual has assets over the limit, they must use their assets or resources to pay for their medical care until their assets are below the limit. The Medicaid program is different in every state, so be sure you get information about Utah Medicaid. You may apply for Medicaid at the Utah Department of Health or Department of Workforce Services. Call the Medicaid Information Line at 1-800-662-9651 for more information. Information is available online at www.health.utah.gov/medicaid

SLIDE 17

Medicaid Aging Waiver

- The Medicaid Aging Waiver allows persons to have greater income and assets than regular Medicaid.
- This waiver is designed to provide services statewide to help older adults remain in their homes or other community-based settings.
- Individuals are able to live as independently as possible with supportive services.

TELL

The Medicaid Aging Waiver is different from regular Medicaid because it allows special income deductions to meet living expenses, exempts income from a spouse even if they are living with the person, and has a separate formula for calculation of assets. Clients receive all of the standard Medicaid benefits as well as the additional benefits of the Aging Waiver. Your local Area Agency on Aging (AAA) takes applications for the Medicaid Aging Waiver.

SLIDE 18

The Home and Community-Based Alternatives Program

- Persons must be at-risk for a nursing home placement.
- Have health and personal needs that can be adequately met in the community.
- Have low-income and assets.

TELL

To be eligible to participate in the program, a person must: 1) be 18 years or older, 2) be at-risk of nursing home placement, 3) have health and personal needs which can be adequately met in the community within cost limits, and 4) have low-income and assets. Services are based on a care plan developed by a case manager.

Individuals who qualify may be required to pay a small fee based on a sliding scale. This state-funded program limits how much can be spent for each person. Your local Area Agency on Aging takes applications and determines financial eligibility.

SLIDE 19

The Utah Caregiver Support Program

- Provides information, assistance, support, training, and counseling to:
 - Caregivers of adults 60 years or older
 - Caregivers who are 60 years or older caring for persons with developmental disabilities
 - Caregivers over 18 providing care to individuals with Alzheimer's or related disorders
 - Grandparents or other relatives 55 or older who are caregivers for children or adults with disabilities (not adoptive parents)

TELL

The Utah Caregiver Support Program provides information, assistance, support, caregiver training, and counseling to: 1) caregivers of adults 60 years or older; 2) caregivers 60 years of age or older who are caring for persons with intellectual and

related developmental disabilities; 3) caregivers over 18 providing care to those with Alzheimer's, 4) grandparents or individuals 55 or older who are relative caregivers of a child younger than 18 or adults aged 18 to 59 with disabilities.

This program is a good resource for information about in-home supports for individuals who have resources to pay privately, but who need information about where to find providers, help with care planning, counseling, etc.

The program also provides respite and supplemental services to caregivers of adults over 60 who are unable to perform at least 2 activities of daily living. For information and application, contact your local AAA.

SLIDE 20

New Choices Waiver

- This waiver is designed to serve people who meet nursing facility level of care and who have been residing long-term in a nursing facility or assisted living facility. The program provides supportive services to enable individuals to live in the home or in other community-based settings.

TELL

The waiver serves people who have been in a nursing home (at least 90 days or more) or assisted living facility (180 days or more) long-term, or in a licensed medical institution at least 30 days, discharged to a nursing home for 60 days. It supports these individuals to live in a home or community-based setting. Must be at least 18, primary condition must not be mental illness, must not need intensive skilled care, or meet the level of

care for an intermediate care facility for people with intellectual disabilities. The person must be receiving Medicaid services through another 1915(c) waiver and identified in need of nursing facility care. Eligible individuals can only use services they are assessed as needing. The list of waiver services is quite extensive, including adult day care, residential services, chore services, meals, equipment, and more. There are a limited number of individuals that will receive services (1,400).

SLIDE 21

Acquired Brain Injury Waiver

- This waiver is designed to provide services statewide to help people with an acquired brain injury.
- Must be 18 or over, have a documented brain injury, require nursing level of care, be low-income, and primary condition not be mental illness. Waiting list for services.
- Provides chores, community living supports, companion services, equipment, support coordination, supported employment, and more.

TELL

This waiver is for people with brain injuries who require a nursing level of care, are low-income, and their primary condition is not mental illness. There are a variety of services, including supported employment, support coordination, equipment, community living supports, and more that can be provided if assessment shows the services are needed, but there is a waiting list for this waiver.

There is also an aging waiver that helps people age 65 or older that require a nursing facility level of care and meet financial

eligibility for Medicaid remain in their homes or other community-based settings. A variety of services are offered, but only a limited number of individuals are served.

SLIDE 22

Physical Disabilities Waiver

- This waiver provides services statewide to help people with physical disabilities remain in their homes or other community-based settings. Individuals are able to live as independently as possible with supportive services. It is designed to promote and support participant self-determination.

TELL

Must be 18 or older, have a physician certify the physical disability, require at least 14 hours of PAS, not be able to use 2 or more limbs, require nursing care, be low-income, and be capable of supervising an attendant and managing own financial matters. Must have at least one trained attendant.

SLIDE 23

Community Supports Waiver

- This waiver is for individuals with intellectual disabilities or related conditions. It is designed to provide services statewide to help persons with intellectual disabilities (mental retardation), or related conditions remain in their home or other community-based settings. Individuals are able to live as independently as possible with support services provided through this waiver program.

TELL

This waiver is for people with functional impairments in three or more major life activities. Onset must occur before age 18 or 22 depending on the condition. Must be low-income.

Although it covers quite a few services, there is a waiting list for this waiver.

SLIDE 24

Employment-Related Personal Care Services (EPAS)

- This program provides personal care services in order to maintain employment.
- Services are designed to help people with disabilities work in integrated and competitive employment settings.
- Services may include physical assistance and cognitive cuing to direct self-performance of necessary activities.

TELL

EPAS provides personal care services for eligible individuals to maintain employment in integrated and competitive settings.

SLIDE 25

Medically Fragile/Technology Dependent Children

- This program assists medically fragile children (up to age 21) to remain in their own homes rather than being placed in an institution.
- Applications are taken through the Division of Family Services case manager.
- Private care managers may help you plan and locate services.

TELL

This program helps children who are medically fragile, with low family income, receive care at home rather than in an institution. Application can be made through DFS.

SLIDE 26

Veterans

- The VA offers services for caregivers and financial benefits for service members.
- Call 800-827-1000 to inquire about Veterans programs and benefits, or check www.va.gov or <https://www.ebenefits.va.gov/ebenefits-portal/ebenefits.portal>
- Veterans Caregiver Support Services <http://www.caregiver.va.gov>

TELL

The VA offers services for caregivers. The VA also offers financial benefits and other services to support service members, veterans, and their families. More information is available on the websites listed on the slide and in your Participant Guide.

SLIDE 27

Private Pay

- Contact your local Area Agency on Aging for information.
- Private Care Managers may help you plan and locate services.

TELL

Many individuals and families have resources to pay for in-home supports, but do not know where to get information. They may need assistance with care planning, counseling, and support to navigate the many private service providers, agencies, and programs. Again, the AAA is a good place to start. The Utah Caregiver Support Program provides information and counseling to individuals regardless of their ability to pay. Private care managers can also help plan, locate, and arrange services for a fee.

TELL

Ask participants to go to pages 36-46 in their Participant Guide. Tell them that these pages list available resources. Review some of the resources with the group, as appropriate.

SLIDE 28

Remember

- You don't have to do it all.
- It's okay to ask for help.
- There are community support programs that can help you.

REVIEW

In this class you have learned about community supports that are available to support the person you care for to remain at home despite failing health or to return home after an illness or injury. You learned to use a checklist to identify tasks with which you need help. You learned some strategies for getting help with tasks on your checklist from friends or neighbors. And finally, you learned about some public programs where you may

be able to get services and funding to help pay for in-home and community support services.

ASK

What is one new or useful idea or resource that you have learned about from this training? Do you have any questions or comments?

NOTE

Review objectives. Ensure all have been covered.

SLIDE 29

Take a Break

SLIDE 30

Take a Break (cont.)

- Ask for Help!
 - Develop a master list of what you need to do
 - Highlight tasks that are difficult or you don't like
 - Use this list to make a 'Help List'
 - Share the list with family/friends/neighbors/groups
 - Ask them for help
 - Review the list often and make needed changes
 - Recognize: "I NEED HELP"
 - Acknowledge: "I CAN'T DO IT ALL"

TELL

We have one remaining activity. An important part of caregiving that is often forgotten is YOU, the caregiver. You need to take care of yourself. One of the best ways you can do that is by asking for help. Make a list of tasks you need to do and highlight what you want help with. Share the list and ask people you know for help. It is good for them. It makes them feel they are contributing and it will lessen your load.

SLIDE 31

Things to Remember

- Remember to take good care of yourself by staying positive, exercising regularly, getting enough rest, eating nutritiously, using good body mechanics, keeping a sense of humor, relaxing, and doing something enjoyable when you can.
- Always believe in yourself and your abilities.
- Remember that you have the strength, courage, compassion, power, and wisdom to succeed.
- Thanks for your participation.

TELL

You've heard this before if you've attended other caregiver training, but it's good advice. Remember to take good care of yourself by staying positive, exercising regularly, getting enough rest, eating nutritiously, using good body mechanics, keeping a sense of humor, relaxing, and doing some things for yourself at least every day. Always believe in yourself and your abilities.

You've been a great audience. I hope that this information has been helpful. I wish you the best in your caregiving efforts. If you have additional questions or concerns, I would be happy to talk with you following this presentation.

Chart A: Checklist of Needs

Create a list of caregiving tasks you need help with and are willing to allow others to do while you take time for yourself.

Ask for help from family members, friends, and neighbors. Access community resources that may be available to help you.

Share your list with others so they will know what type of help you need and can choose which task they feel comfortable doing.

Care Need	Is Help Needed?	Frequency	Name of Current Helper	Identify Who Else Can Assist or Complete this Task
Respite for Caregiver	__yes__no			
Bathing Assistive devices needed	__yes__no __yes__no			
Dressing/Grooming	__yes__no			
Eating/Feeding Assistive devices needed	__yes__no __yes__no			
Toileting Assistive devices needed	__yes__no __yes__no			
Continence Need incontinence supplies	__yes__no __yes__no			
Walking/Transferring Assistive devices needed	__yes__no __yes__no			
Meal Preparation Meals on Wheels Congregate Meals Ensure, Boost, etc.	__yes__no __yes__no __yes__no __yes__no			
Housework/Laundry	__yes__no			
Medication Management Assistive devices needed	__yes__no __yes__no			
Transportation	__yes__no			
Shopping	__yes__no			
Telephone Assistive devices needed	__yes__no __yes__no			
Vision Assistive devices needed	__yes__no __yes__no			
Safety Devices/Equipment ERS System Safe Return Med Alert Bracelet Door/window alarms Other equipment	__yes__no __yes__no __yes__no __yes__no __yes__no			
Modify Home /Repairs Yard Care	__yes__no __yes__no			
Money Management	__yes__no			

Chart B: Guide to In-Home Supports

	What Tasks Do They Help With?	Who Can Provide?
Home Health Services	Nursing services such as dressing wounds, changing catheters, or therapy services. These services are temporary or short-term.	Licensed health professionals ²
	Hands-on or stand-by assistance with activities of daily living, such as bathing, dressing, reminders to take medications.	Certified Nursing Assistant (CNA) ² Private duty/private pay
Personal Care or In-Home Services	Personal attendant services are <i>participant-directed</i> help with personal care such as bathing, dressing, cooking, eating.	Friend, family member ¹ , home health worker ² , Private duty/private pay
	Companion services support community activity and prevent social isolation, and can help with cooking, laundry, shopping.	
Homemaker / Chore Services	Homemaker services are “light” household tasks such as, cooking, cleaning, laundry.	Friend, family member ¹ , trained homemaker ³ Private duty Personal care agency
	Chore services are “heavier” household tasks such as washing floors or walls, yard care, snow removal.	Neighbor, chore service agency ³ Private duty Personal care agency
Respite Care Services	In-home relief for caregiver.	Family member ¹ , friend ² Private duty Personal care agency
	Out of home stay.	Licensed facility
Hospice	Nursing services, personal care, social services, physician visits, counseling, homemaker services, and pastoral care. Hospice care can be reassessed and patient can be placed back on home health.	Hospice team (physicians, nurses, social workers, clergy, volunteers)
		Licensed hospice facility or hospital

¹ Spouse cannot be paid to provide services under Medicaid

² Need a criminal background check and current first aid certification

³ Must have current business license to provide the service

Chart C: Public Funding for Community Supports

	Medicare	Medicaid	Medicaid Aging Waiver	Alternatives Program	Utah Caregiver Support Program
Home Health – Licensed Health Professional	•	•			
Home Health – CNA	•	•	•	•	•
Personal Attendant Service		•	•	•	•
Companion Service			•	•	•
Homemaker Service			•	•	•
Chore Service			•	•	•
Respite Care Service			•	•	•
Fiscal Management Service			•	•	
Transportation		•	•	•	
Medical Equipment and Supplies	•	•	•	•	•
Case Management		•	•	•	•
Adult Day Care		•	•		•
Individual Counseling		•			•
Support Group		•			•
Home Delivered Meals			•	•	
Hospice	•	•			

Waiver and EPAS Coverage

	New Choices Waiver	Acquired Brain Injury Waiver	Physical Disabilities Waiver	Community Supports Waiver	Employment Related Personal Care Services (EPAS)	Medically Fragile Technology Dependent Children
Home Health – Licensed Health Professional	X	X	X	X	X	
Home Health – CNA	X	X	X	X		
Personal Attendant Service	X		X	X	X	
Companion Service	X	X		X		
Homemaker Service	X	X	X	X	X	
Chore Service	X	X		X		
Respite Care Service		X	X	X		
Fiscal Management Service	X		X	X	X	
Transportation		X		X	X	
Medical Equipment and Supplies	X	X		X	X	
Case Management	X	X			X	
Adult Day Care	X					
Individual Counseling	X			X		
Support Group						
Home Delivered Meals	X					
Hospice						

CARE MODULE TOPICS

1. Providing Personal Care
2. Dementia and Memory Loss
3. A) Caring for Older Adults with Chronic Health Issues
3. B) Caring for Children with Special Health Care Needs
4. The Accessible Home
5. Taking Care of the Caregiver
6. Caring for those with Depression, Anxiety, Stress, or Mental Health Issues
7. Community Supports for Remaining at Home
8. Working Effectively with In-Home Service Providers
9. Keeping Your Home and the Person You Care for Safe
10. Eating Healthy for Life
11. Assistive Devices: Tools to Help You
12. Legal and Financial Matters: What You Need to Know

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