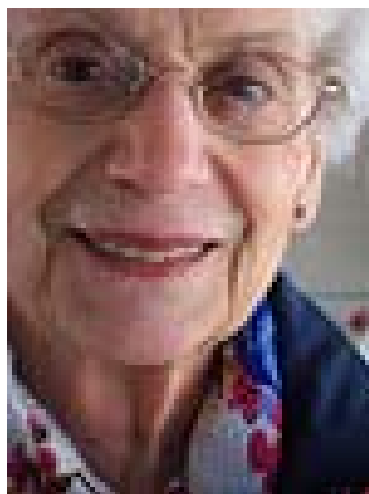




For the Lifespan: The Caregiver Guide

Module 7

Community Supports for Remaining at Home



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 available from public programs.
- Identify where and how to get services and/or funding to help pay for in-home and community support services.

Your Role as a Caregiver

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



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.





Where to Start?

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





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.

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



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.



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.



Categories of In-Home Services



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



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.

Where to Find Personal Care, Homemaker, or Respite Services

- Local Area Agency on Aging or 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



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



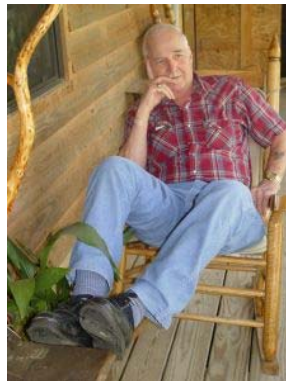
For Information About Eligibility for Public Programs



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

Medicare

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



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





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.

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.





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)

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.

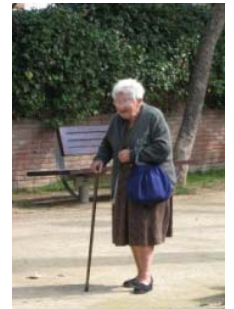
Acquired Brain Injury Waiver

- 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.



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.



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.



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.



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 can help you plan and locate services.



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 www.caregiver.va.gov

Private Pay

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



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.



Take a Break



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"



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.