

NH Family Caregiver Support Program Goals & Objectives

The New Hampshire Family Caregiver Support Program was established as a result of the Older Americans Act Amendments of 2000, Title III, Part E, which established the National Family Caregiver Support Program funded by the Federal Administration on Aging. (There are additional respite funds provided by the Alzheimer's Disease and Related Disorders funding, which is state funded.) Through this program, administered by the New Hampshire Bureau of Elderly and Adult Services, limited funds are available for short-term respite care to enable full time, unpaid family caregivers to be temporarily relieved from their caregiving responsibilities. In addition, limited funds are available for supplemental services to complement the care provided by the family caregiver.

The Aging and Disability Resource Centers (ADRCs), provide consumers/caregivers information on home and community-based long-term care services. The ADRCs provide consumers information, options counseling, referral, assessment, education and assistance in planning for future needs. Administration on Aging is emphasizing the importance of integration of proven evidence-based health promotion interventions, which can lessen disability related to chronic illnesses, prevent falls, and reduce the burden experienced by family caregivers of individuals who are older and/or disabled.

For individuals with a high-risk for nursing home placement, funds can be used by States to target these low and moderate-income individuals and their caregivers who may be better served through home and community-based services. Through a variety of consumer-directed options, such consumers may select their own providers and direct how their services will be delivered.

The eligibility include:

- Family caregivers of a person who is 60 years of age, requiring assistance with at least two activities of daily living
- Family caregivers of a person with Alzheimer's disease, a related dementia, or symptomatic of dementia (needing cueing, unsafe to be left alone, having a memory impairment, etc.) may be served regardless of the age of the person with dementia/cognitive impairment.
- Grandparents and other relative caregivers providing care to children (under age 18 years) may receive services at 55 years of age and older;
- Grandparent or relative caregivers, providing care for adult children with a disability, who are between 19 and 59 years of age, can be served under the NFCSP as follows:
 - Caregivers must be age 55 years and older (cannot be parent or step-parent of adult child);
 - Priority is given to caregivers providing care for an adult child with severe disabilities; and
 - Exception: Older caregivers providing care to their adult children with disabilities can be served in the NFCSP if the adult children are 60 years of age and older.

Unpaid caregivers are the major provider of long-term care, but research has shown that caregiving exacts a heavy emotional, physical and financial toll. Many caregivers who work and provide care experience conflicts between these responsibilities. Twenty-two percent of caregivers are assisting two individuals, while eight percent are caring for three or more. Almost half of all caregivers are over age

50, making them more vulnerable to a decline in their own health, and one-third describe their own health as fair to poor.

The term '**family caregiver**' means an adult family member, or another individual, who is an informal provider of in-home and community care to an older individual or to an individual with Alzheimer's disease or a related disorder with neurological and organic brain dysfunction, or someone who is suspected of having this type of disorder.

Grandparent or Older Individual Who is a Relative Caregiver "Grandparent or relative caregiver" includes those 55 years of age or older caring for a child to whom they are related by blood, marriage or adoption. The term "grandparent or older individual who is a relative caregiver" means a grandparent or step-grandparent of a child, or a relative of a child by blood, marriage, or adoption who is 55 years of age or older and; (A) lives with the child; (B) is the primary caregiver of the child because the biological or adoptive parents are unable or unwilling to serve as the primary caregiver of the child; and (C) has a legal relationship to the child, as such legal custody or guardianship, or is raising the child informally.

The NFCSP provides for a multifaceted system of support services for family caregivers; and for grandparents or older individuals who are relative caregivers.

The NFCSP offers a range of services to support family caregivers. Under this program five types of services will be provided:

- (1) **Information** to caregivers about available services;
- (2) **Assistance** to caregivers in gaining access to the services;
- (3) **Individual counseling, organization of support groups, and caregiver training** to assist the caregivers in the areas of health, nutrition, and financial literacy, and in making decisions and solving problems relating to their caregiving roles;
- (4) **Respite care** to enable caregivers to be temporarily relieved from their caregiving responsibilities; and
- (5) **Supplemental services**, on a limited basis, to complement the care provided by caregivers.

Studies have shown that these services can reduce caregiver depression, anxiety, and stress and enable them to provide care longer, thereby avoiding or delaying the need for costly institutional care.