INvolving AND SUPPORTING FAMILY CAREGivers IN CARE PLANNING AND DELIVERY: RESOURCE GUIDE

This is a supplemental resource guide for the fourth webinar in the 2017 Geriatric-Competent Care webinar series, Involving and Supporting Family Caregivers in Care Planning and Delivery. This guide is intended for providers to use in supporting family caregivers. The webinar recording, slides, and transcript can be found on the Resources for Integrated Care website using the following link: https://resourcesforintegratedcare.com/geriatriccompetentcare/2017_gcc_webinar_series/caregivers.

Please note, some of the resources listed below include a fee for participation.

GENERAL RESOURCES FOR CAREGIVERS

AARP provides a variety of resources for caregivers. Examples include caregiver planning guides for families, tip sheets for understanding insurance and paying for care, and other resources that cover legal issues, finances, senior housing, and end of life care. Many of these resources are available in English, Spanish, and Chinese, and they have a caregiver support hotline available Monday through Friday, 7 am – 11 pm ET.

🔗 http://www.aarp.org/home-family/caregiving/
 877-333-5885 (English)
 888-971-2013 (Spanish)

AARP Public Policy Institute’s managed long-term services and supports paper describes emerging innovations for family caregivers. The paper explains how managed care plans can support family caregivers including ways to prevent burnout and support family caregivers’ health and economic security.

🔗 http://www.longtermscorecard.org/promising-practices/emerging-innovations-ltss

The Administration for Community Living is an agency within the Department of Health and Human Services (HHS). Their resources include information designed to assist family members and caregivers.

🔗 https://www.acl.gov/node/549
 202-401-4634

The Caregiver Action Network provides informational videos about life as a caregiver, staying connected to your loved one, and finding support. This website also includes a comprehensive Family Caregiver Toolbox covering Medicare, technology, financial planning, depression, and more.

🔗 http://caregiveraction.org
 202-454-3970
GENERAL RESOURCES FOR CAREGIVERS

**Elder Locator** is a public resource that connects older adults and their families to a variety of services. Each service can be filtered by topic area or geographic location.

- 800-677-1116

The **Family Caregiver Alliance** offers an on-line state-by-state directory for families seeking services, as well as online and in-person support groups. This website also provides articles and informative briefs on practical topics, such as understanding dementia behaviors, communicating with your doctor, and digital technology for caregivers.

- [https://www.caregiver.org](https://www.caregiver.org)
- 800-445-8106

The **Health in Aging website**, created by the American Geriatrics Society, provides specialized tips for long-distance caregivers including planning family meetings, choosing a primary caregiver, hiring a geriatric care manager, as well as other helpful information for caregivers.

- 800-563-4916

The **National Alliance for Caregiving** is a non-profit coalition of national organizations focused on advancing family caregiving through research, innovation, and advocacy. The website provides tips for managing caregiver health and caregiver stress. Areas of interest also include caregiving research, innovation and technology, state and local coalitions on caregiving and international caring.

- [http://www.caregiving.org/resources/caregiver-health/](http://www.caregiving.org/resources/caregiver-health/)

The **National Caregivers Library** is an extensive online library for caregivers that includes resources on a wide variety of topics such as care transitions, financial planning, and end-of-life care.

- [http://www.caregiverslibrary.org/home.aspx](http://www.caregiverslibrary.org/home.aspx)

MENTAL HEALTH AND RESPITE CARE INFORMATION FOR CAREGIVERS

**iCareFamily** is a stress management skills training program for caregivers of individuals with memory problems. The website includes online training videos to help caregivers overcome stressful situations in their caregiver role.

- [http://www.icarefamily.com](http://www.icarefamily.com)

The **National Respite Network and Resource Center (NRNRC)** includes the National Respite locator, a service to help caregivers and professionals locate respite services in their community.

- [https://archrespite.org/home](https://archrespite.org/home)
**CARE TRANSITIONS INFORMATION FOR CAREGIVERS**

The Care Transitions Program provides coaches who work with individuals and their caregivers during times of care transition. There is a fee associated with the program, but free resources are also available on their website, such as guides for assisting with care transitions.


The National Transitions of Care Coalition (NTOCC) provides information to help individuals and their caregivers better understand issues associated with transitioning from one health care setting to another. The resources available include a Patient Bill of Rights During Transitions of Care and a presentation from NTOCC on transitions of care.

🔗 [http://www.ntocc.org/WhoWeServe/Consumers.aspx](http://www.ntocc.org/WhoWeServe/Consumers.aspx)

Resources for Integrated Care offers transition toolkits for (1) persons with mental health & co-occurring conditions and (2) individuals with intellectual and developmental disabilities. These toolkits help individuals and their caregivers prepare for the transition home or to another care facility. They have checklists to help collect the information needed before leaving the hospital or facility.

- *My Health, My Life Toolkit* for individuals with intellectual and developmental disabilities:
  
 🔗 [https://www.resourcesforintegratedcare.com/IDD/Care_Integration/Toolkit/My_Health_My_Life](https://www.resourcesforintegratedcare.com/IDD/Care_Integration/Toolkit/My_Health_My_Life)

- *Care Transition Toolkit for Persons with Mental Health & Co-Occurring Conditions*:
  

The United Hospital Fund provides various resources for caregivers including guides for what to expect during a hospital stay and a hospital-to-home discharge guide.

🔗 [http://www.nextstepincare.org/Caregiver_Home/](http://www.nextstepincare.org/Caregiver_Home/)

**EVIDENCE-BASED DEMENTIA CARE TRAINING FOR CAREGIVERS**

HealthCare Interactive (HCI) offers dementia-care training programs for caregivers and professionals at various prices. Their programs were developed in collaboration with researchers from the University of Minnesota and Emory University and are offered as either an online course or as DVDs.

🔗 [http://www.hcinteractive.com](http://www.hcinteractive.com)
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The Medicare-Medicaid Coordination Office (MMCO) in the Centers for Medicare & Medicaid Services (CMS) seeks to ensure that beneficiaries enrolled in both Medicare and Medicaid have access to seamless, high-quality health care that includes the full range of covered services in both programs. This guide is intended to support health plans and providers in integrating and coordinating care for Medicare-Medicaid enrollees. It does not convey current or anticipated health plan or provider requirements. For additional information, please go to www.resourcesforintegratedcare.com. Please submit any feedback on this guide or topic suggestions for other guides to RIC@Lewin.com.