The Weinberg Caregiver Initiative
The Baby Boom generation is graying.
Roughly 78 million people will turn 65 between now and 2029. While these years may indeed be golden, many will need the help of caregivers; most likely family, friends, and other non-professionals. In fact, experts tell us by 2020 the U.S. will need more caregivers than teachers. It is a sobering projection, especially given today's caregiver snapshot*:

- It is estimated that at least 75% of all care received by older adults in the United States is provided by family members and friends, and many do not consider themselves caregivers
- Unpaid family caregivers will likely continue to be the largest source of long-term care services in the U.S.
- 37 million informal caregivers expected by 2050, an increase of 85% from 2000
- An estimated 59% to 75% of caregivers are female, handling the most difficult caregiving tasks (bathing, toileting, dressing)
- Most caregivers are middle-aged (35-64) but many caregivers of older people are themselves elderly. Of those caring for someone aged 65+, the average age of the caregiver is 63 years

Seeing needs that will only increase in the years to come, the Weinberg Foundation in 2009 began “The Caregiver Initiative”, a three-year funding program. The $8.1 million combined grant effort is shared by 14 nonprofits nationwide to demonstrate innovative and evidence-based community projects which help family and friends care for chronically ill or disabled, low and moderate income older adults. We are now seeing the initial data from these programs which could produce groundbreaking results, directly linking field research with real life.

This Project Showcase provides an overview of each of these RFP’s and their specific role within the Harry and Jeanette Weinberg Foundation Caregiver Initiative.

*Sources include National Alliance for Caregiving and AARP. Detailed source information furnished upon request.
PAGE 4  
**AgeOptions**  
Oak Park, IL  
$515,357 grant for Caring Together, Living Better. Using an asset based approach the program will work directly with churches and other grassroots organizations that serve poor older adults living in Chicago's South Suburbs. Caregivers will receive help with respite care, transportation, and access to benefits such as Food Stamps.  
www.ageoptions.org

PAGE 5  
**Alzheimer's Disease and Related Disorders Association of Southern California**  
Los Angeles, CA  
$750,000 grant for the Asian and Pacific Islander Dementia Care Network. Using linguistically and culturally fluent community care managers, this program will provide services to caregivers directly through four Asian cultural and linguistic organizations to provide respite care and legal and financial counseling related to caregiving.  
www.alz.org

PAGE 6  
**The Asian Community Center**  
Sacramento Valley, CA  
$706,659 grant for the Sacramento Asian Pacific Islander Dementia Care Network. The project will provide direct assistance to caregivers from Sacramento's very diverse Asian communities including Thai, Filipino, Hmong, Korean, Samoan, Tongan, and Native Hawaiian with services such as caregiver education, drop-in respite care, and in-home nursing services. The project will also educate mainstream service providers on how to work with a linguistically and culturally diverse population.  
www.accsv.org

PAGE 7  
**Eastern Area Agency on Aging**  
Bangor, ME  
$650,000 grant to support the Rural Community Based Caregiver Network and Support System. The program will offer in-home assessment and volunteer support services, caregiver counseling at the point of hospital discharge, and training for caregivers living in this very rural area of Northern New England.  
www.eaaa.org

PAGE 8  
**Isabella Geriatric Center, Upper Manhattan**  
New York City, NY  
$714,900 grant to support the Caregiver Ombudsman Outreach Project. The project will permit specialists to work with family and informal caregivers by offering respite care, caregiver retreats, and training sessions.  
www.isabella.org

PAGE 9  
**Jewish Family and Children's Service of Sarasota-Manatee**  
Sarasota, FL  
$708,229 grant for its Caregivers Accessing Resources and Essential Services (CARES) project. CARES introduces a widely used approach to planning and delivering services to children, known as Wraparound Services, to older adult caregivers. Through this project, caregivers will receive respite care and homemaker services from a wide variety of partners, agencies, and local volunteers.  
www.jfcs-cares.org

PAGE 10  
**Jewish Healthcare Foundation**  
Pittsburgh, PA  
$300,000 grant for Caregiver Champions, a unique grassroots program to support and empower the caregivers of frail, older adults by helping them to better care for themselves, reduce stress and gain access to important caregiving information, tools and resources. The initiative is open to people of all faiths.  
www.caregiverchampions.org | www.jhf.org
Monadnock Collaborative
KEENE, NH
$650,000 grant for its Transitions in Caring initiative. This program links caregiver support programs in four rural counties of Western New Hampshire and features intensive caregiver training and respite care for the caregiver and care-recipient. The program will also provide in-home volunteers to help with homemaking and chore services.
www.nhcaregiverconnections.org

Parker Jewish Institute for Health Care and Rehabilitation
NEW HYDE PARK, NY
$300,000 grant to support Willing Hearts, Helpful Hands. The project will recruit, train, and deploy volunteer chore service and respite care workers in Eastern Queens (Hyde Park) and Western Long Island. The volunteers will be available to support family and informal caregivers in an emergency or recurring basis.
www.parkerinstitute.org

REAL Services
SOUTH BEND, IN
$780,000 grant for the Caregiver Connection project, a community-based program featuring caregiver training, case management, and access to consumer directed care. The key to this project is participation in its home repair and modification programs. The project will serve a community of older adults living in sub-standard housing.
www.realservices.org

SAGE Caring and Preparing (SAGECAP)
NEW YORK CITY, NY
$660,000 grant for the Life Choices I Care/My Care program which recognizes that caregivers and care recipients in the LGBT community who may rely solely on non-family acquaintances or friends to provide their care. The project will offer caregiver training supplemented by legal, financial, and personal care planning assistance for both the caregiver and care receiver.
www.sageusa.org

Share the Care
ORLANDO, FL
$309,000 grant for Caregiver Central, a web-based caregiving needs assessment, enabling the caregiver to assess the situation, with a family navigator if desired, and proceed with a specifically-designed cascade of options including information, training, personal support, direct service connection and continuing needs assessment. Caregiver Central will be open to all caregivers of older adults in low-income African American and Latino communities in Metropolitan Orlando.
www.helpforcaregivers.org

Southern Caregiver Resource Center
SAN DIEGO, CA
$540,000 for the Partners In Caring Collaboration. The program will provide services for caregivers in the South Bay area, the ethnically diverse communities south of San Diego along the Mexican border. Services provided include case management, caregiver classes, respite care, support groups, legal consultations, home modifications, counseling, and an intergenerational computer lab for often mono-lingual caregivers who have no current access to services.
www.caregivercenter.org

Wellmed Charitable Foundation
SAN ANTONIO, TX
$600,000 grant for the Alamo Caregiver Tele-Connection Collaboration, a mix of services and supports available by telephone, on the web, or in person for low-income older adults in the San Antonio area. Modeled on Montreal’s successful Telehelp Program caregivers will receive bi-lingual and bi-cultural training in respite care, in-home assessment, and benefits screening for the care-receiver and the care-recipient.
www.wellmedcharitablefoundation.org
Caring Together, Living Better (CTLB) is a grassroots partnership building a community-driven, culturally-appropriate support system for caregivers in Chicago’s low-income, predominantly African-American near south suburbs.

With funding from the Harry and Jeanette Weinberg Foundation, AgeOptions founded CTLB with CJE SeniorLife, Catholic Charities and Metropolitan Family Services. Seven churches* joined the partnership to provide, along with Metropolitan Family Services, volunteer-based caregiver support services. A Leadership Council of project partners, local business leaders and other stakeholders directs the project’s regional efforts and helps ensure its continued relevance and sustainability.

### Services provided by 8 local partners
- Meal delivery
- Support groups
- In-home and on-site respite
- Transportation
- Chore/errand assistance
- Educational workshops
- Social opportunities
- Resource Referral

### Regional improvements
- Culturally-appropriate outreach
- Collaborations between formal and informal service providers
- Faith-based, culturally-appropriate training curriculum
- Legacy Corps respite program
- Expert consultants to advise service providers on caregivers’ legal, mental health, and other challenges
- Toolkits to help replicate local projects

### Did you know?
- Minority caregivers provide more care than their white counterparts and report worse physical health than white caregivers (Family Caregiver Alliance)
- African-American caregivers are more than twice as likely as whites to report that caregiving is a financial hardship (National Alliance for Caregiving, 2004)
- African-American caregivers are also more likely to report that they cope with the stresses of caregiving by praying (National Alliance for Caregiving, 2004)

### Regina’s story
“My husband, James used to love socializing. Now he is so frail it is difficult for us to get out and even when we can he is often too ashamed of his condition to go anywhere. Plus, I’m so tired from work and caring for James that I can’t even make special dinners at home like I used to. Now that we’ve found the Caring Together, Living Better program at Kizer, every other week we get a delicious, homemade meal. Since James feels comfortable with the church folks we both go pick up the dinner and stay to socialize. For an hour or so we’re the couple we used to be—out on the town with friends. We’re so blessed to have CTLB.”

### For more information:
Sarah Stein, sarah.stein@ageoptions.org, ageoptions.org/ctlb.cfm

*The CTLB churches are Bethel African Methodist Episcopal, Covenant United Church of Christ, Kizer Memorial, Shekinah Chapel, Valley Kingdom Community Development, Victory Christian Assembly and Word Made Flesh.
Asian Pacific Islander Dementia Care Network

The Asian Pacific Islander Dementia Care Network (APIDCN) is a community-based collaborative designed to identify and serve low and moderate income older adults and their caregivers affected by Alzheimer’s disease or dementia. This project focuses on the Chinese, Japanese, and Filipino communities in the City of Los Angeles.

Led by the Alzheimer’s Association, California Southland Chapter, this project is a partnership with six agencies: Asian Pacific Health Care Venture, Inc., Chinatown Service Center, Little Tokyo Service Center, Bet Tzedek Legal Services, Los Angeles Caregiver Resource Center, and Partners in Care Foundation. The project goals are to address gaps and barriers in service delivery using community assets to identify hard to reach families and connect them to culturally competent services. This project builds community capacity for program delivery and overcomes cultural barriers and stigmas to help-seeking behavior through partnership with ethnically-focused community agencies.

Highlights:
In the next 20 years, the number of people living with Alzheimer’s disease will double. Due to rapid population aging among the Asian and Pacific Islander communities, this number is expected to triple. It is important for APIs to understand that Alzheimer’s disease is a brain disease. Brain disorders are especially stigmatized in these communities and family caregivers can benefit from support. The APIDCN project enhances and expands linguistically and culturally appropriate family caregiver social supports and resources. All services and programs are offered in the language and cultural context of the family caregivers.

Goals:
• Increase awareness of Alzheimer’s disease to overcome stigma
• Identify people living with Alzheimer’s or a related disorder and their families
• Offer one-on-one assistance for family caregivers
• Identify services that are culturally and linguistically appropriate
• Increase the dementia capacity of professionals and agencies that serve these communities
• Conduct support groups
• Provide respite funds and legal services to family caregivers
• Offer diverse educational materials in Japanese, Chinese, Tagalog and English

Alzheimer’s Association, California Southland Chapter
5900 Wilshire Blvd., Suite 1100, Los Angeles, CA 90036
Helpline 24/7: 800-272-3900
www.alz.org/californiasouthland
Bridge to Healthy Families
Sacramento Asian Pacific Islander Dementia Care Network

Asian Community Center, Alzheimer’s Association, UC Davis Alzheimer’s Disease Center

One in eight Baby Boomers will develop Alzheimer’s. Due to a rapidly aging population in California, the number of Asian Pacific Islanders affected will triple by 2030.

Sacramento County has one of the highest concentrations of API elders in the state, but this community has a history of health and social services underutilization. Persistent reliance on family, cultural beliefs, lack of knowledge about dementia and other conditions, limited English skills and a lack of language/culturally competent services create barriers to service for the API community.

Project

Bridge to Healthy Families is an Asian Pacific Islander Dementia Care Network that supports families who are caring for a family member with Alzheimer’s disease or related dementia in the API community of Sacramento. The goal of this program is to improve access to comprehensive support services for family caregivers and the person with dementia. It is a collaboration of the Asian Community Center, the Alzheimer’s Association and the UC Davis Alzheimer’s Disease Center. This project is funded by a generous grant from the Harry and Jeanette Weinberg Foundation.

Goals:
1) Improve understanding of dementia and depression within API community;
2) Build capacity to help service providers reach families and coordinate services;
3) Pilot interventions using community assets to identify and connect API caregivers with services that will sustain family care of elders.

Bridge to Healthy Families Offers:
1) Cognitive screening
2) Support groups
3) Respite services
4) MedicAlert + Safe Return
5) Care Management
6) Community outreach and education
7) Physician education
8) Community nursing services
9) Information and referral

For more information: http://www.accsv.org/BridgeToHealthyFamilies.php
Project Showcase: Developing a Rural Based Caregiver Network and Support Systems

Caring for and keeping a loved one at home takes great strength and stamina. The demands are high while the resources in a rural setting can be difficult to locate and to access. Through the generous funding of the Harry and Jeanette Weinberg Foundation, a committed group of partner agencies are tackling the many aspects of these rural challenges by:

- Gaining an understanding of the desires of caregivers in the region with the objective of designing services that truly respond to the wants and needs expressed by caregivers.
- Increasing the availability and affordability of adult day services across the region.
- Providing alternative respite services for caregivers.
- Provide access to personalized help through care management services for caregivers.
- Using various media to make caregiving a household term and help caregivers self-identify earlier in the journey.
- Expanding on the educational, training and support program opportunities.

What we are doing for caregivers:

- Caregiver supports available by telephone, in person, with families or in support groups.
- Affordable respite opportunities in the home and in a medical adult day program.
- Services of a caregiver navigator offers comprehensive assessment and service planning for caregivers and families.
- Training opportunities for caregivers to learn new skills in both caregiving and in caring for themselves.
- Ongoing caregiver surveys to further assess caregivers needs and the burden they are feeling.

**PARTNERS**

**Eastern Area Agency on Aging:** lead, facilitate, coordinate and management steering and advisory committees, finances, Navigator position and coordinate media efforts to increase awareness of caregiving role. Manage “mini-grants” to other partners to expand on caregiver resources.

**University of Maine Center on Aging:** conducts needs assessment and project evaluation.

**University of Maine Cooperative Extension Senior Companion Program:** provides volunteer in-home respite services.

**University of Maine School of Social Work:** provides learning support of graduate level students in various caregiver experiences to further enhance interest in the field.

**Regional Medical Center at Lubec:** provides health center location for the development of a Caregiver Navigator for Washington County.

**Rosscare:** develops curriculum for caregivers including health risk assessments, wellness strategies and provides clinical oversight of Caregiver Navigator.

**Washington Hancock Comm. Agency (Friendship Cottage):** provides advocate position to extend caregiver services and resources in Friendship Cottage and community and manage respite subsidy fund.

Eastern Area Agency on Aging, 450 Essex St, Bangor, ME 04401
Who Is A Caregiver?

“There are four kinds of people in the world: those who have been caregivers, those who are currently caregivers, those who will be caregivers and those who will need care.”

Rosalyn Carter,
Former first lady of the United States

Why does caregiver support matter?

“Before The Co-Op, the word ‘respite’ wasn’t even in my vocabulary. I thought I had to do everything myself! This program has helped me find a balance where I can take care of my father, but also myself. I know the Caregiver Advocate will be there to assist me...my father loves the Co-Op Aide, she is so warm and caring and takes a personal interest in our well-being.”

Ms. Spencer, a 62-year-old single woman and only child caring for her 85-year-old father

How does Isabella help with Caregiver Support?

Caregiver support is part of a growing continuum of services that Isabella offers to residents of Northern Manhattan.

In 2008, under the sponsorship of the New York City Department for the Aging, Isabella and several other community agencies created the Upper Manhattan Partnership for Senior Independence (UMPSI) to provide case management services to more than 1,000 persons aged 60 or older in Washington Heights, Inwood, Central and West Harlem. Along the way we saw first-hand the burdens and barriers that families and friends face in trying to provide care to those they love.

With the support of the Harry and Jeanette Weinberg Foundation, Isabella Geriatric Center began The Caregiver Ombudsman Outreach Program (The Co-Op) in 2009 to identify caregivers in northern Manhattan and connect them with programs and services which could ease their burden and help loved ones remain in the community, aging-in-place.

Today the Upper Manhattan Partnership for Senior Independence (UMPSI) and the Caregiver Ombudsman Outreach Program (Co-Op) work collaboratively to bring care and support to community residents and their families. This integrated approach to identifying and supporting care recipients and caregivers offers a unique opportunity to develop comprehensive and effective solutions that benefit seniors and those that care for them.

What does the Caregiver Ombudsman Outreach Program do?

The Co-Op Program is staffed by Advocates located in Senior Centers throughout Northern Manhattan.

Our multi-lingual professional staff members provide:

• Culturally sensitive and extensive assessments by caregiver needs;
• Information, referrals, and assistance in navigating the wide range of services;
• Supportive social work counseling;
• Evaluations by nursing students from a local College of Nursing;
• Targeted respite through the limited provision of home health aides, and/or vouchers to adult social daycare programs;
• Long term care planning;
• A website that provides comprehensive caregiver and senior resources called Elderpedia.

Isabella Geriatric Center, a non-profit, non-sectarian organization, offers a continuum of care to those in need – from the family requiring childcare to those seeking sensitive support for an aging loved one. Our mission is to provide quality care through diverse programs designed to promote health and independence within and beyond its walls.
Sarasota CARES

Caregivers Accessing Resources & Essential Services

Let us wrap support around you

Sarasota CARES uses an approach called “wraparound” to help you, the caregiver, reduce the stress that impacts your life. Each caregiving situation is individually assessed and a team based support plan is created.

With the assistance of eight community organizations, we may provide:

- Help to identify your formal and informal support team
- Connection to available community services, based on family preferences
- Trained volunteers to care for your loved one while you take a break
- Information and education to increase access to the social service and healthcare system

You are not alone

- The number of unpaid caregivers in the U.S. tops 65.7 Million and represents 31% of all U.S. households
- Family caregivers provide about 80% of all long term care services in the U.S.
- 32% of Sarasota County’s population is 65 or older. Sarasota County has the highest percentage, per capita, of any county in the U.S.

A Family Story

Iris was referred by the Jewish Federation of Sarasota to the Sarasota CARES program for support in her caregiving role for her husband Lance. Iris and Lance had moved to Florida to live near their son and grandchildren, but they did not know anyone else in the area. They had approached other agencies seeking help, but had not received any positive response. Because they were new to the area, they felt alone in their struggles. Iris was overwhelmed by the demands of providing care for her husband, and coping with the mounting medical bills. Because of the urgency in addressing the financial issues, the first priority need addressed was assisting the family with dealing with the medical bills and insurance claims.

The process of addressing past medical bills is still under way and Iris no longer feels like she is alone in dealing with the complicated medical claims process.

How we can help you

- Find time for yourself
- Be more relaxed in your caregiving duties
- Plan for a safe and stable environment for aging parents
- Become informed about community resources
- Navigate the healthcare and social service systems with success

Because they were new to the area, Iris and Lance had not yet developed a social network of support. To expand the couple’s connections in the community, Iris and Lance began attending a program at JFCS that provides socialization, along with respite and a Caregiver Support Group for Iris. Lance also requested the services of a mental health counselor, and his therapist became part of the Wraparound team.

Lance anticipates enjoying the socialization and conversation with the volunteers who share common interests. Iris has always been interested in participating in activities at the apartment complex, but her husband was not interested, so these respite times will give Iris more opportunities to participate in social activities available where she lives. Iris is excited about forming friendships with other women who may share her interests and now she feels more confident with her supports in the community.

Sarasota CARES is generously funded by the Harry and Jeanette Weinberg Foundation, Inc.
Caregiver Champions, an initiative of the Jewish Healthcare Foundation, is designed to strengthen networks of informal caregivers for older adults by helping them better care for themselves, reduce stress and gain access to important caregiving information and resources. The program consists of Caregiver Learning Circles, a series of six, free two-hour sessions that provide informal learning in a casual setting. Each learning circle features a topic expert who can provide useful advice and tips that caregivers can immediately take back and apply to their own lives. Topics include preventing caregiver burnout, enhanced communication skills, home safety/organization, accessing local tools/resources and understanding common legal issues.

Hank and Lorraine Sepp

“Taking care of paperwork, keeping track of medications, changing doctors, the legal aspects of estate planning and things of that nature. We got a lot of valuable information in just six sessions.” — Hank

“It helped me to know that we weren’t alone. Everyone’s story was unique and different but yet we were all dealing with the same thing. It was wholeness, we felt like a unit.” — Lorraine

“A lot of the issues, a lot of the things we encountered, we really learned a lot from the caregiver sessions.” — Hank

Hank and Lorraine approach life as a team. For a number of years, they have been actively involved in caring for Hank’s mother, Mildred. They attended the Caregiver Champions program as a way to further their skills and knowledge. During a particular time of crisis, they were able to reference their resource toolbox and immediately access the help that they needed.
New Hampshire’s Family Caregivers Are at Risk

The population in Western NH is aging at a significantly higher rate than the national average: family caregivers are doing more with less. Caregiver Connections is uniting neighbors, business owners, retirees, and others in an effort to help family caregivers care for individuals who would prefer to remain at home in the community as long as they are able; home is where there is a sense of ownership, a shared history and a tie to the land. The project is energizing the communities of western NH to enhance existing supports and develop new informal and formal supports for family caregivers.

How We’re Helping

With funding from the Harry and Jeanette Weinberg Foundation and the NH Department of Health and Human Services and in collaboration with a growing number of community partners, the four ServiceLink Aging and Disability Resource Centers in the region serve as cornerstones for the project by providing access to trained Caregiver Specialists available by phone, on site, or for a home visit in each county. The Specialists provide a local link and support for rural family caregivers.

Family caregivers have access to:

- Person-centered, one-on-one support to assess their needs and develop support plans
- The option to develop and manage a locally approved budget for respite and supplemental services with funding from the NH Family Caregiver Program
- Regular check ins via phone support and home visits
- Increased opportunities for community based family caregiver support groups
- Powerful Tools for the Caregiver™ Training

Caregiver Connections Community Organizers are actively building on focus groups and asset mapping to develop local coalitions of faith communities, clubs and organizations to build a network of volunteer-based support around the family caregiver.

For more information: 1-866-634-9412
www.nhcaregiverconnections.org

A Western NH Caregiver Story

Pam cares for her husband Bill, a paraplegic, in their rural NH home. She struggles with isolation, her husband’s special transportation needs, and worries of being cut off from community services in bad weather. As she assessed her needs with the ServiceLink Aging and Disability Resource Center Caregiver Specialist and took Powerful Tools for Caregivers training, Pam realized the importance of taking care of herself and maintaining her social connections. She now volunteers at the local library, she has connected with neighbors who help her and Bill, she has a small NH Family Caregiver grant in place that allows her the flexibility to pay one of her neighbors for a days respite should an emergency occur, and she has even acquired a van, with help of an assistance program the Caregiver Specialist was able to identify for her. The van allows her to get out into the community with Bill and avoid isolation.

For more information: 1-866-634-9412
www.nhcaregiverconnections.org
Our mission is to improve the quality of life for family caregivers of older adult loved ones by engaging the broader community to provide assistance and respite services.

"My volunteer is a gift. I just appreciate the fact that she’s here, that she stays with [my husband]. There are things I would get frustrated that I couldn’t do during the week, and now I know that I don’t have to get frustrated because my knight in shining armor is coming on Friday. She’ll even stay with me after I get home for us to talk - she’s very comfortable here, and I absolutely trust her 100%.” (MH, age 66)

The responsibilities of working, child-rearing, and caregiving for an elderly family member leaves many families physically and emotionally drained. Whether you are a friend or a family member, caring for an older adult can be a challenge. The Willing Hearts, Helpful Hands program is dedicated to easing the many burdens associated with being a caregiver of an older adult. There is an urgent need for caregiver respite services that will help families maintain their loved ones at home where they want to be most of all.

Willing Hearts, Helpful Hands, funded by the Harry and Jeanette Weinberg Foundation, is an innovative community program designed to meet the needs of overburdened caregivers by connecting them with a circle of trained volunteers who provide an array of respite services. Willing Hearts, Helpful Hands accomplishes this by connecting caregivers with “Caregiver Circles”. These Caregiver Circles are comprised of trained volunteers who provide an array of free respite services that include, but are not limited to:

- friendly visiting
- telephone reassurance
- chore service
- grocery shopping
- reading assistance
- assistance with paying bills
- community outings
- computer skills training
- home maintenance
- transportation to medical appointments
- pet care
- assistance with attending religious services

The Willing Hearts, Helpful Hands staff has extensive experience in assessing the needs of caregivers and collaborating across disciplines to achieve significant, sustainable results. The program includes a Coordinator who provides an in-home assessment.

<table>
<thead>
<tr>
<th>Additional Caregivers Support Services:</th>
<th>Volunteer Services:</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Telephone caregiver support groups</td>
<td>- 9 hours of pre-service training</td>
</tr>
<tr>
<td>- Case management services</td>
<td>- Ongoing training throughout the year</td>
</tr>
<tr>
<td>- Counseling by Licensed Social Worker</td>
<td>- Living Allowances and Educational Awards for volunteers able to donate 8 hours of service weekly</td>
</tr>
<tr>
<td>- Educational programs</td>
<td></td>
</tr>
</tbody>
</table>

This program is the perfect response to the perfect storm faced by today’s family caregivers of older adults,“ said Parker’s President and CEO, Michael N. Rosenblut. He explained, “At a time of widespread financial difficulties and diminished government funding, most family caregivers of older adults receive no help or relief, and cannot afford private assistance. Yet studies – including those conducted by the Nerken Center for Research and Grants at Parker – have found that family caregiver respite services help avoid or delay costly institutionalization of older adults. “Willing Hearts, Helpful Hands” not only helps meet the needs of family caregivers and their loved ones, but also helps hold the line on health care costs.”

Willing Hearts, Helpful Hands
271-11 76th Avenue, New Hyde Park, NY 11040-1433
(718) 289-2100 Extension 4980
www.willingheartshelpfulhands.org
Leon and Mary have lived in their house in South Bend, Indiana for over 40 years. But when Leon could no longer lift his legs over the bath tub, Mary drove Leon to a truck stop for his daily shower.

Through the Caregiver Connection Center, Leon and Mary’s home is now equipped with an ADA approved walk-in shower. Leon is able to shower in his home and Mary’s job as caregiver is a bit easier.

The Caregiver Connection Center is a neighborhood based program that supports caregivers in the 46619 zip code of South Bend through:

- **Information, Advice and Support** about programs and services available for caregivers
- **Caregiver Training** on ambulation and transfers, bathing of a dependent person, disease management, managing caregiver stress and dealing with confusion and forgetfulness
- **Home Respite Care** to provide quality care during a caregiver’s absence
- **Home Modifications** such as ramps, railings, and grab bars make it easier for caregivers to support aging adults

For additional information about Caregiver Connection Center, call (574)251-2590, or stop by our office at 317 S. Kenmore Street, South Bend, Indiana.

Caregiver Connection Center is made possible through grants from the Harry and Jeanette Weinberg Foundation, the City of South Bend, and the St. Joseph County Community Foundation. Program partners include Memorial Home Care, Layman Chapel CME Church, Alzheimer’s and Dementia Services of Northern Indiana, the Robert and Clara Milton Trust Managed by Wells Fargo, St. Mary’s College and Press Ganey.
Providing long-term care for a friend or loved one can feel overwhelming. And lesbian, gay, bisexual and transgender (LGBT) caregivers may be dealing with a host of additional issues, from healthcare laws and policies that prioritize legal and biological family, to a lack of resources that address their particular issues.

SAGECAP (SAGE Caring and Preparing), launched in 2009 and supported by the Harry and Jeannette Weinberg Foundation, was designed to provide a safe, welcoming community that helps caregivers navigate their current and future needs: as they provide care for a loved one, SAGECAP cares for them, and in turn helps them prepare for the time in their life when they may need care. SAGECAP offers:

- One-on-one counseling
- Group counseling
- Weekly caregiver support groups
- Educational seminars and online resources
- Information on benefits, entitlements and more
- Respite care
- Help for caregivers planning for their own futures

According to the latest research, LGBT older adults are:

- Half as likely as their heterosexual peers to have close relatives to call for help
- Half as likely to have life partners or significant others
- Twice as likely to live alone
- Three times more likely to be childless
- More likely to care for a loved one: 1 in 4 LGBT adults becomes a caregiver, compared to 1 in 5 heterosexual adults

**BRUCE’S STORY**

“I moved in with my mother and became her full-time caregiver—I did her grocery shopping, took her to medical appointments, and just spent time with her. It was 24/7. A dear friend finally pulled me aside and told me that if I did not seek guidance for myself, I wouldn’t be any good to my mom.

So I joined a SAGECAP support group of caregivers.

At every meeting, I listened in amazement to their stories and soaked up their experiences. We collectively laughed and cried over every story. I am so grateful to the members of this group and to SAGE for providing such an important network. This group gave me the strength to carry on and do what I had to do to keep my mother and myself healthy. SAGECAP allowed me to be a better caregiver.”
WHAT IS THE "CAREGIVER SELF-ASSESSMENT TOOL?"

The Caregiver Self-Assessment Tool takes users about 10 minutes to complete. It provides an individualized set of service recommendations and resources that will contribute to the user’s caregiving experience. Users will also have the opportunity to link up with local service providers, information and support. Users can opt to be contacted by a social worker to answer any additional questions. This is a free online tool and is designed as an educational resource for the community and its caregivers. The web-tool is located at www.caregivercentral.org.

WHAT IS CAREGIVER CENTRAL?

Caregiver Central is composed of two components. The first component is a personalized web-based Caregiver Self-Assessment Tool. The second component is the five Caregiver Campuses throughout the Orlando Metro area.

A CASE FOR CAREGIVER CENTRAL:

- The majority of family caregivers (79%) are providing care to someone over the age of 50.
- Nearly 60% of those caring for an adult over the age of 50 are working; the majority of those work full-time.
- Nearly 40% of caregivers are men.
- The average age of the caregiver for a person over the age of 50 is 47.
- Approximately 15% of the caregivers were providing care to someone who lived at a distance of one hour away.

(Key Findings from the MetLife Caregiving Cost Study: Productivity Losses to U.S. Businesses 2004 Update)

REAL STORIES, REAL SUCCESS...

A local sheriff’s deputy with three young children has spent over 20 years caring for his wife with multiple sclerosis. In the fall of 2010 he accessed Caregiver Central and found support and resources. His response was both tears and disbelief. He has been able to start coaching basketball again and can’t believe how good it has been for his wife and their family to receive services through Caregiver Central. He has since gotten involved with Share the Care as a spokesman and volunteer.

Contact Info:
Amanda Johnson
ajohnson@helpforcaregivers.org
or 407.423.5311
The Partners in Caring (PIC) program was started in 2009 with support from the Harry and Jeanette Weinberg Foundation. PIC is a pioneering program that offers a full range of services at no cost to family caregivers living in South San Diego County through a collaboration of agencies including Southern Caregiver Resource Center, The Alzheimer’s Association, The George G. Glenner Alzheimer’s Family Centers, Jewish Family Services, Elder Law and Advocacy, and Casa Familiar. A majority of caregivers in the target service area are low income and underserved. PIC utilizes an interagency referral system that creates a “no wrong door” approach to serving clients and formalizes service delivery through the multiple partners, resulting in reduced fragmentation of and increased access to vital caregiver support services. PIC clients receive a customized care plan to facilitate tailoring services to meet specific client needs.

Services offered through PIC include:

- Professional Consultation, Case Management and Care Planning
- Counseling
- Support Groups in English and Spanish
- Respite
- Minor Home Modifications
- Legal Consultation
- Caregiver Training and Community Education
- Intergenerational Computer Lab

Carl’s Story
Carl has been caring for his wife, diagnosed with Alzheimer’s Disease 4 years ago, with no assistance. Very stressed and unsure where to turn for help, Carl called the Alzheimer’s Association’s Helpline to see what assistance might be available in his community. Carl was referred to PIC’s Family Care Manager for support and assistance. Through PIC’s “no wrong door” approach to service delivery, Carl has since been able to seamlessly access multiple services including the home modification program, personal emergency response system (PERS) technology, and respite at both an adult day care center and in his home – all at no cost to him. Carl found that it was easy to get connected to services and reported to PIC staff that he has received customized and meaningful support and assistance from the program. Carl feels that his wife has really benefitted from the adult day care and in-home respite services received through PIC, as these services provide stimulation and activities for her that she was not getting from him alone. Carl states he “feels fortunate” today compared to other family caregivers who are caring for loved ones without assistance as he once was and encourages other caregivers he encounters to connect with PIC.
An ordinary phone can be a lifeline to information and support for family caregivers.

What is the Alamo Caregiver Teleconnection?

It is a multi-faceted approach that supports isolated caregivers utilizing the most common technology, the telephone, connecting caregivers with other caregivers as well as professionals. It is a safe, “virtual” one-stop where caregivers can call, learn, and share.

Key Features:

Tele-learning: a telephone learning and telephone sharing program on a variety of life-changing topics facilitated by professional caregiving experts who create an opportunity for caregivers to share with each other.

Alamo Service Connection Call Center: the local Aging and Disability Resource Center (ADRC)

information line that provides assistance to caregivers, the elderly and persons with disabilities in Bexar County.

Care Coordination: Professional care management services provided by Jewish Family Service including an in-home assessment, and referrals for mental health counseling and other supportive services.

Caregiver SOS by WellMed: Informal and homelike caregiver resource centers led by a Caregiver Specialist where caregivers can learn about holistic wellness programs, get information about caregiver resources, obtain support for their caregiving journey, and get education on important caregiving issues.

Funded in part by a grant from the Harry and Jeanette Weinberg Foundation.

Alamo Caregiver Teleconnection
WellMed Charitable Foundation
8637 Fredericksburg RD, Suite 100
San Antonio, Texas 78240
(210) 877-7987
(866) 390-6491 (Toll Free)
www.caregiverteleconnection.org