

FAMILY CAREGIVERS DESERVE A BREAK

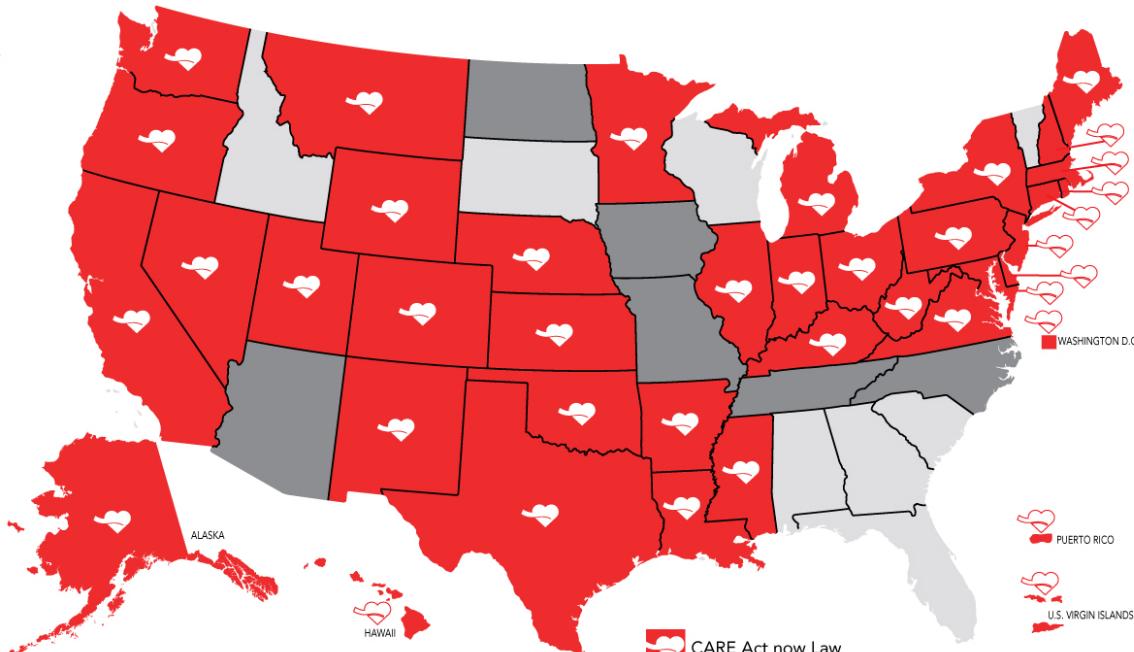
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The Caregiver Advise, Record, Enable (CARE) Act

The CARE Act is a commonsense solution that supports family caregivers when their loved ones go into the hospital, and provides for instruction on the medical tasks they will need to perform when their loved one returns home.



CARE Act goes into effect:

Oklahoma, 11/5/14; Colorado, 5/8/15; New Jersey, 5/12/15; West Virginia, 6/8/15; New Mexico, 6/17/15; Mississippi, 7/1/15; Virginia, 7/1/15; Arkansas, 7/22/15; Connecticut, 10/1/15; Nevada, 10/1/15; Maine, 10/1/15; Puerto Rico, 12/31/15; California, 1/1/16; Indiana, 1/1/16; New Hampshire, 1/1/16; Oregon, 1/1/16; Illinois, 1/27/2016; Utah, 2/10/16; Nebraska, 3/30/16; Virgin Islands, 3/30/16; New York, 4/23/16; Washington, 6/9/16; Wyoming, 7/1/16; Washington D.C., 7/6/16; Michigan, 7/12/16; Louisiana, 8/1/16; Maryland, 10/1/16; Alaska, 1/1/17; Delaware, 1/1/17; Minnesota, 1/1/17; Rhode Island, 3/14/17; Ohio, 3/21/2017; Pennsylvania, 4/20/17; Texas, 5/26/17; Kentucky, 6/29/17; Hawaii, 7/1/17; Montana, 10/1/17; Massachusetts, 11/8/17; Kansas, 7/1/18;

**Updated on 6/10/2017

I Caregivers AARP Real Possibilities

Recent Respite Activity Nationwide

- **North Dakota**
 - 2017 law provides \$200,000 to the Department of Human Services for the administration of a Lifespan Respite Care Program and requires DHS to establish a caregiver resource center website.
- **Hawaii**
 - The Kupuna Caregivers Program, which builds off of an existing state-funded LTSS program called *Kupuna Care*, will fund up to \$70 a day for the respite care and other assistance that working family caregivers need to stay active in the workforce
- **South Carolina**
 - In 2017 the state allocated \$400,000 in new state dollars for the Lt. Governor's Office on Aging respite voucher program. In addition, the state added \$1 million in both 2015 and 2016 for respite voucher funding.
- **Alabama**
 - The state increased respite funding by \$25,000, a bump of 17%.
- **Wisconsin**
 - Provided an additional \$1 million to the Alzheimer's Family Caregiver Respite program in 2016, raising caps within the program and extending it to tribal members.
- **New York**
 - Secured a \$50 million increase in respite services and similar supports in 2015 (primarily focused on Alzheimer's).



A Respite Waiver Concept - RELIEF

- **RELIEF** (Respite: Living Independently, Energizing Families)
 - Extend Medicaid eligibility for a targeted set of respite and care coordination for family caregivers
 - Eligibility up to 400% of poverty (64% of the U.S. have incomes under this level)
 - States with state-funded programs could use that as match
 - States could use a sliding fee scale so that families could “buy-in” to services
 - Some elements of this proposal already approved in Washington state



Rethinking Respite



- **Virtual Respite** – Telehealth, Tele-Mental Health
- **Mobile Respite** – A way to reach rural caregivers
Business Win-Win - roles for restaurants, theaters
- **Community Respite** – Respite hours in public gardens, other public spaces



Telehealth Impact on Mental and Behavioral Health

- The use of telehealth can result in improved outcomes for **family caregivers** themselves.
- Recently, two researchers at the University of Washington looked at 65 different studies over the years about the benefits of telehealth on family caregivers. They found:
 - Less time spent, less wear and tear
 - **Better mental health: less anxiety, depression, stress (e.g., psychosocial therapy through telehealth technology)**
 - Improved caregiving knowledge and skills and higher satisfaction/confidence in their caregiving roles
 - Better physical health
 - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4486048/>

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