

# Resources for the Care Giver

What Support, Help and Resources are Available?

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Pierce County  
Human Services

# Aging and Disability Resource Center

253-798-4600



- ADRC has live staff that answer the phone Monday- Friday from 9-4
  - Trained case managers that are able to answer most questions and provide resources in the community that may be able to meet your needs
  - If they are not able to assist you over the phone, they will make a referral to a General Case Manager or to the Family Caregiver Support Program
- [www.pierceADRC.org](http://www.pierceADRC.org)

# Support for the Caregiver



- Support Groups
  - A **BIG** HELP for people caring for people with Cancer and other diseases.
  - Consist of people who are currently going on a similar journey.



# Support for the Caregiver (cont'd)

- Family Caregiver Support Program
  - This is a program that is run through Pierce County ADRC 253-798-4600
  - Case management designed to support the caregiver and help reduce the stress and burdens that can go with care giving
  - Potential services:
    - Caregiving Supplies
    - Lifeline Services/Safety Bracelet
    - Caregiver Training/Education
    - Caregiver Counseling
    - Caregiving self care classes
    - Respite Care



# Support for the Caregiver (cont'd)

- Tailored Support for Older Adults
  - This is a Medicaid funded program that is run through Pierce County ADRC.
  - Case management designed to support the caregiver and or individual going through treatment
  - Potential services:
    - Caregiving Supplies
    - Lifeline Services/Safety Bracelet
    - Caregiver Training/Education
    - Caregiver Counseling
    - Caregiving self care classes
    - Respite Care or Personal assistance



# Geriatric Care Management (generally nurses and/or social workers)

- **Assist** to navigate the healthcare and insurance maze
- **Advocate** in hospital and facility settings to manage crises and provide transitional care
- **Educate** family on prognoses and provide valuable information to make good decisions
- **Coordinate** care with a holistic approach and manage medications and care team members including physicians and therapists
- **Mediate** difficult family dynamics to facilitate good communication and honor clients' wishes



# There is More to Life Alert than the Button?

- Basic pendant on a bracelet or wrist band to notify someone immediately if an issue occurs
- Pendants that can be used outside the home as well
- GPS trackers
- Fall Detectors
- **Medication Dispensers**
  - Including sensors that will alert someone if you haven't taken your medications
- You do NOT have to have a landline
- The unit can call a loved one first OR 911 immediately your preference



\*\*Each company has different services available

# Home Modifications

- In order to keep your loved ones at home you may need to make some changes to your home to make it more accessible.



- Home Modification Companies
  - Companies that specialize in making homes physically accessible
- CAPS Contractors-
  - Certified Aging In Place Specialists are contractors who have undergone extensive training in home remodeling for older adults and individuals with disabilities.



# Paying for Home Modifications

- Minor/Major Home Repair programs through Pierce County or the City of Tacoma (No Lakewood or Bonney Lake)
  - These are income based programs that help repair/adapt their home
  - VERY generous in regards to income requirements
- Home Rehabilitation Loan Program (No City of Tacoma, Lakewood, or Bonney Lake)
  - Federally-funded loans of up to \$60,000 for low-income homeowners in Pierce County to improve their housing conditions.
- \*\*\*Disability Home Repairs\*\*\* (No City of Tacoma, Lakewood, or Bonney Lake)
  - The [Americans with Disabilities Act](#) Loan program provides loans of up to \$7,500. The loans are locked in at a 0% interest rate, and are forgiven in 7 years, provided the owner resides in the property as their primary residence for 7 years.



# Paying for Home Modifications (cont'd)

- Rebuilding Together South Sound
  - Home modifications and *some* emergency fixes
  - Income based
- City of Lakewood
  - The City of Lakewood housing repair programs provide 0% interest loans with payments deferred for up to 20 years to help qualifying homeowners make necessary repairs to maintain their homes.
  - Programs include:
    - Housing Rehabilitation for accessibility improvements (up to \$75,000)
    - Major Home Repair (up to \$25,000)



# Transportation Assistance

- Volunteer Chore/Senior Companion Program  
(through Catholic Community and Lutheran Community)
  - Volunteers drive their own cars and transport people places they need to go
  - You must be able to get in and out of a car
- Regular Bus System
  - Free Travel Training available
  - Regional Reduced Fair card (\$1.25 cents each way)
- Pierce County Shuttle (\$1.25 each way)
  - Can be in a wheelchair
  - You must live on a bus line or within .75 miles of one and complete the assessment process



# Transportation Assistance (Cont'd)

- Paratransit
  - Free door-to-door service to medical appointments for people with Medicaid medical benefits or in home care benefits
- Taxi options
  - Taxis are a less expensive option for people who can still get into a car but have nobody to drive them.
  - They will transport wheelchairs



- Medical Transport options
  - These are primarily private pay options
  - They provide stretcher transportation for people who can no longer sit up
  - They can also provide medical staff if the client needs to be supervised during the ride

# Questions?

“You don't stop laughing when you grow old; you grow old when you stop laughing.”

-George Bernard Shaw

