Resources for the Care Giver

What Support, Help and Resources are Available?

Jessica Girard and Lindsay Hotchkiss
Aging and Disability Resource Center
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
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 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