Basic Services of the National Family Caregiver Support Program (NFCSP)

Colorado Department of Human Services, through the Area Agencies on Aging (AAAs) provide five basic services for family caregivers.

1. Information to caregivers about available services.

2. Assistance to caregivers in gaining access to supportive services.

3. Individual counseling, organization of support groups, and caregiver training to assist the caregivers in making decisions and solving problems relating to their caregiving roles.

4. Respite care to enable caregivers to be temporarily relieved from their caregiving responsibilities, including:

   - In-home respite care; and
   - Adult day services.

5. Supplemental services, on a limited basis, to complement the assistance provided by caregivers, including:

   - Home modifications;
   - Assistive technologies;
   - Emergency response systems; and
   - Equipment/supplies.

Why is the National Family Caregiver Support Program (NFCSP) needed?

Family members and other informal caregivers are the backbone of our long-term care system, providing largely unpaid assistance to seniors with chronic illness or disabilities. The National Family Caregiver Support Program is designed to assist the millions of caregivers who struggle each day to provide for their chronically ill and/or disabled loved ones.

Statistics:

More than 22.4 million U.S. households are serving in family caregiving roles for persons over the age of 50, and that number will increase rapidly as the population ages, and as medical science continues to extend life.

In Colorado, the population of persons over sixty years old will increase by 47.3% in the next decade. Of these nearly 900,000 persons, 38.6% will be moderately disabled and need some form of assistance.

Costs:

The contribution of America's caregivers to the nation's health care system is valued at $257 billion annually, compared to $32 billion for home care and $92 billion on nursing home care. Caregiver services significantly reduce costs to Medicare, Medicaid, and private payers.

Eligible Populations of Caregivers

- Family caregivers of adults (age 60 years and older)

- Grandparents raising grandchildren, who are not more than 18 years of age.

Priority consideration is given to:

- Persons in greatest social and economic need (with particular attention to low-income, minority individuals); and

- Older individuals providing care and support to persons with mental retardation and related developmental disabilities.

Who to Contact for Help:

The local Area Agency on Aging is the first resource a caregiver should contact when assistance is needed. For information, please call the phone number listed on the back of this brochure.

For more information on the implementation of the NFCSP in Colorado, contact the Aging Services Unit with the Department of Human Services at (303) 866-2800.

Resources:

Area Agencies on Aging in Colorado:
http://www.cdhs.state.co.us/oss/aas/AAAs.htm

Administration on Aging Alzheimer site:
http://www.aoa.gov/alz

State Units on Aging:
http://www.aoa.gov/prof/aoaprog/caregiver/careprof/state_by_state/state_contact.asp

Information for older relative caregivers:
http://www.aoa.gov/naic/notes/grandparents-grandchildren.html

National Alliance for Caregiving
http://www.caregiving.org/

The Alzheimer's Association:
http://www.alz.org/

The Family Caregiver Alliance:
http://www.caregiver.org/

Online caregivers newsletters:
http://caregiving.com/

The National Family Caregiver Association:
http://www.nfcacares.org/

AARP:
http://www.aarp.org/

The Eldercare Locator
http://www.eldercare.gov/
http://www.ec-online.net/

Local Area Agency on Aging:

Eldercare Locator: 800 677-1116

cdhs
Colorado Department of Human Services
people who help people

Office of Adult, Disability, and Rehabilitation Services
Division of Aging and Adult Services
303-866-2800

NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM

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