

• Giving Care, Taking Care: Caregiving in Seattle-King County



Brown Bag Forum on Caregiver Stress & Support

Seattle City Council Chambers
July 31, 2012

Caregiving primer

- Caregiving — the act of providing unpaid assistance & support to family members who have a variety of health & social needs
- Typically provided by family members, friends & neighbors



King County Caregiver Support Network
www.kccaregiver.org 206-448-3110

Are you a caregiver? Do you ...

- Routinely bring food to an adult friend or family member?
- Listen to and reassure them?
- Drive them to appointments?
- Help them with chores?
- Pay their bills?
- Run errands for them?
- Help them with yard work?
- Fix their leaky faucets?
- Organize their medications so they can be safe?



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Caregivers in Washington state

- 854,000 caregivers care for adults (age 18+) — about 150,000 full-time
- 40,000 grandparents are raising their grandchildren (“kinship care”)
- Most receive no pay



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Caregiving in King County

- Approx. 210,000 unpaid family caregivers live in King County
- Approx. 58,000 (3% of the population) are **primary** caregivers
- In addition, 18,000 grandparents, aunts, uncles, siblings, and others are raising younger family members in King County.



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Win-Win-Win for Caregivers, Care Receivers & Taxpayers

- The annual value of this informal care is **\$10.6 billion dollars** — twice that spent on nursing home services.
- Caregivers save taxpayer dollars by preventing or delaying Medicaid long-term care enrollments.



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Stress is the greatest difficulty

- Caregiving is rewarding ... and stressful
- For some, caregiving is the most stressful situation they will ever face
- Local study asked caregivers to indicate their greatest caregiving difficulty:

STRESS!



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Isolation, not knowing where to turn for support

- “Information about local programs or services” is the help that King County caregivers want most



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Support services *are* available!

- King County Caregiver Support Network:
 - Free consultations
 - Tailored information & assistance
 - In-home counseling
 - Personalized care consultation
 - Temporary substitute care (“respite care”)
 - Referrals to support groups & training



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King County Caregiver Support Network Providers

- Alzheimer's Association
- Chinese Information & Service Center
- Evergreen Care Network
- Evergreen Geriatric Regional Assessment Team
- Jewish Family Service
- Kin On Community Care Network
- Neighborhood House
- Northshore Senior Center
- Senior Services



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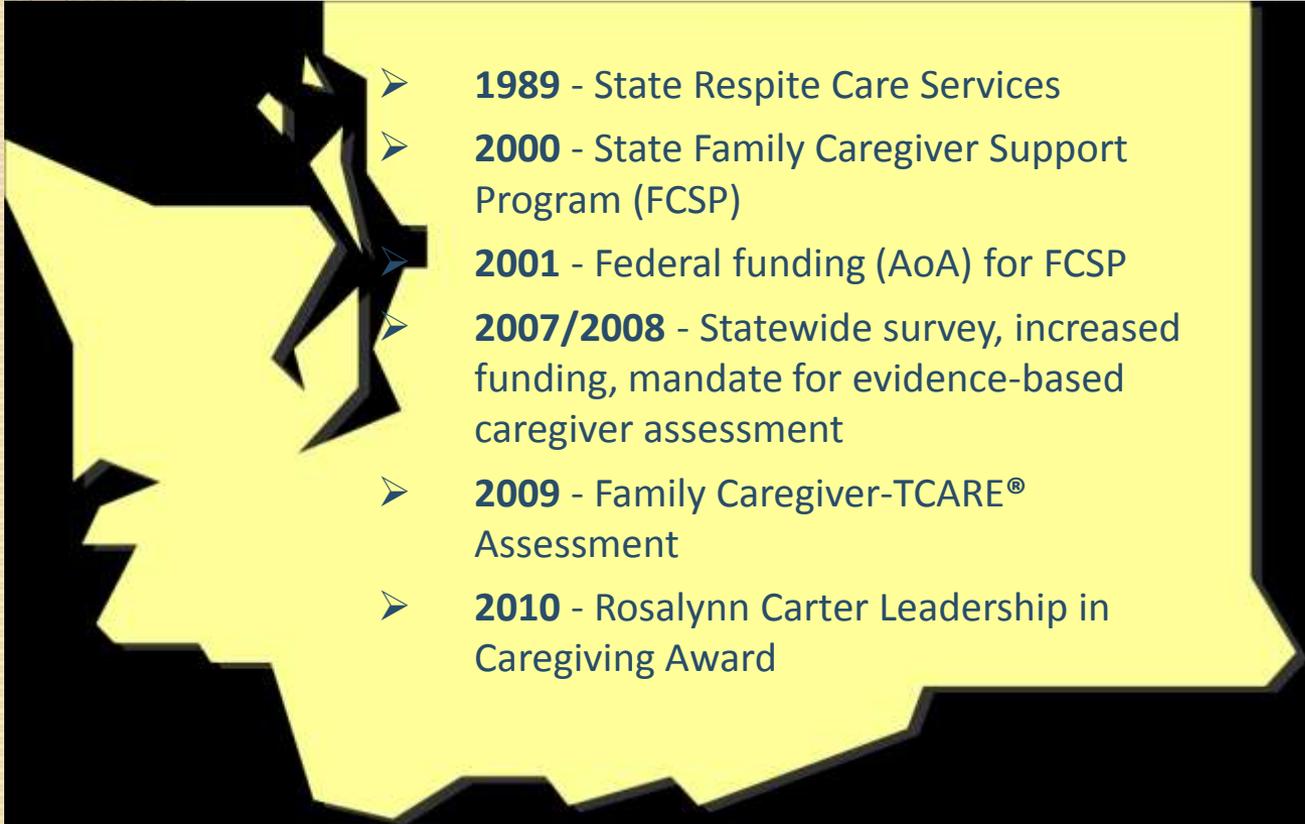
Crisis care, communication & collaboration

- Crisis Clinic /
2-1-1 Community Information Line
- Aging and Disability Services



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A 20+ year history of support ...

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- **1989** - State Respite Care Services
 - **2000** - State Family Caregiver Support Program (FCSP)
 - **2001** - Federal funding (AoA) for FCSP
 - **2007/2008** - Statewide survey, increased funding, mandate for evidence-based caregiver assessment
 - **2009** - Family Caregiver-TCARE® Assessment
 - **2010** - Rosalynn Carter Leadership in Caregiving Award

Washington has a 20+ year history of **national leadership** in supporting unpaid family caregivers as they provide care at home

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How to access caregiver support services

- Call **206-448-3110**
- You and your loved one do not have to be seniors to use this service!
- Be sure to tell them you are a “caregiver.”



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The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.

— Helen Keller



Are you a Caregiver?

Many people who care for a loved one, friend, or neighbor don't think of themselves as caregivers, but if you routinely...

- bring food to a friend or family member
- listen to and reassure them
- drive them to appointments
- help with chores
- pay their bills
- run errands for them
- help with yard work
- fix their leaky faucets
- organize their medications so they can be safe

Free Consultations

The King County Caregiver Support Network helps unpaid caregivers of adults age 18 and older. By helping to reduce caregiver stress, the network enables care receivers to remain at home and independent. Contact one of our **qualified providers** today for a free consultation. For more information...

Help
is just
a click
away!

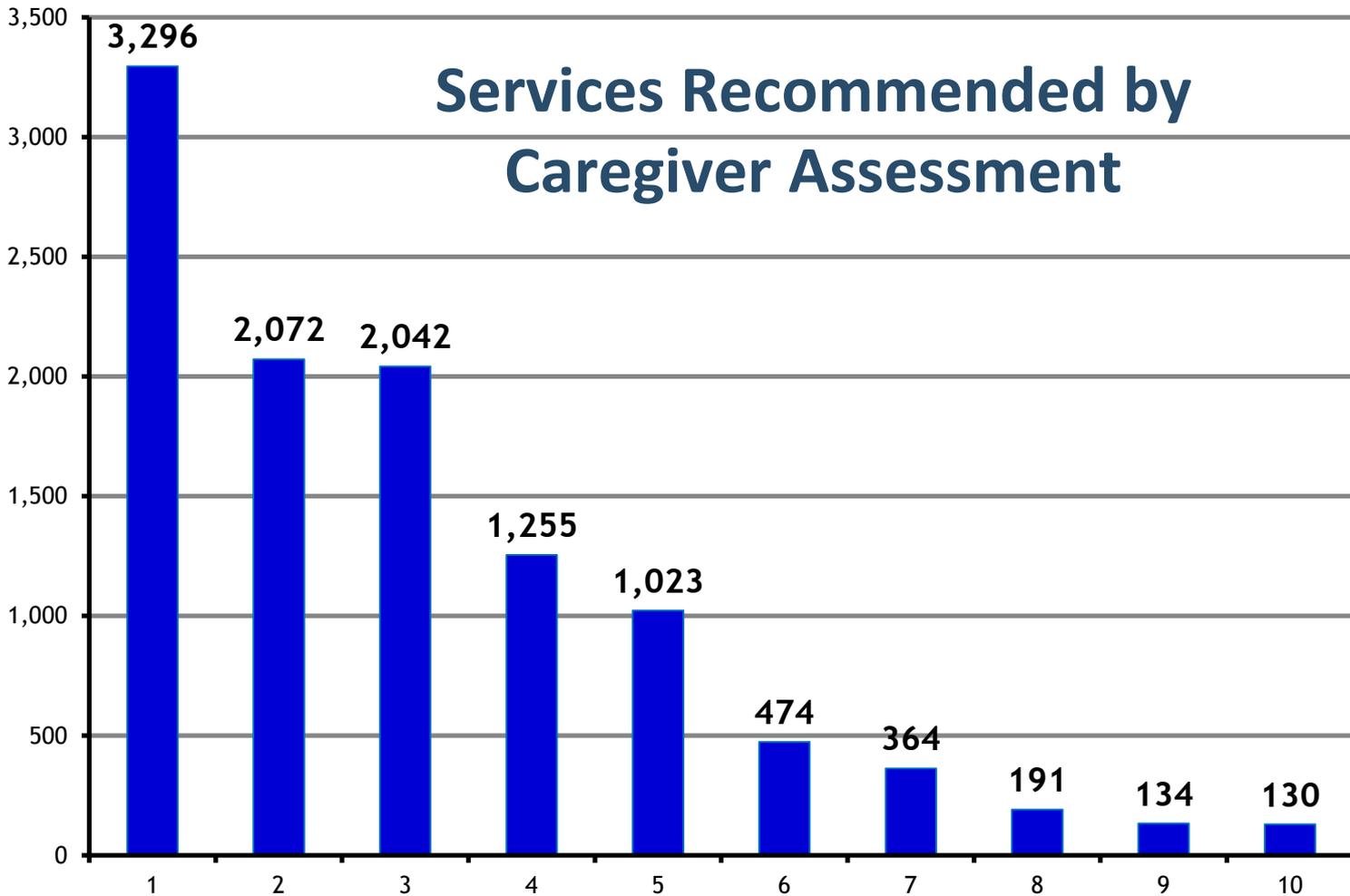
What to expect

- Brief interview
- For complex issues, an in-depth conversation with a caregiver specialist
- TCARE — an assessment that helps determine stress level & service needs



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Services Recommended by Caregiver Assessment



1	Education: Skills, Coping & Planning	6	Assistive Technologies
2	Counseling	7	Adult Day Services
3	In-Home Supports/Services	8	Financial/Legal Services
4	Support Groups	9	Overnight Respite
5	Medical/Behavioral Health Services	10	Informal Help Network

Kinship care in Washington state

- More than 123,000 children live in homes headed by grandparents or other relatives (7.8% of the children in Washington)
- More than 40,000 grandparents are responsible for grandchildren that live with them.
- Of those, 42% have no parents present.



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Kinship care resources

- Kinship Navigator Program
206-328-5787 or kinshipprogram@ccsww.org
- Kinship Caregivers Support Program
 - Encompass Kinship Care Support Program
 - Neighborhood House
 - RAYS (Renton Area Youth & Family Services)
- King County Kinship Collaboration
- Kinship Center
(located at the Central Area Senior Center)



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Other resources

- Brain Injury Association of Washington
- Evergreen ALS Chapter
- Evergreen Caregiver Counseling
- Greater Northwest MS Society
- Lifespan Respite Coalition
- NW Parkinson's Foundation
- DSHS/Aging and Disability Services Administration



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Help spread the word!

- Currently, our services reach about 2,600 caregivers per year — **less than 5%** of the county's primary caregivers.
- Everyone was, is, or will be a caregiver— or they'll need one!



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Tell a friend!



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Caregiver Stories



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