

WHAT CAREGIVERS AND PROFESSIONALS SHOULD KNOW ABOUT CAREGIVER RESOURCES AND THE KANSAS AAA NETWORK

Monica Cissell – Deputy Director
Central Plains Area Agency on Aging



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“There are only Four kinds of people in this world: *Those who are caregivers. Those who were caregivers. Those who will be caregivers. And those who will need the help of a caregiver.*

Former First Lady, Rosalynn Carter

Caregivers Across the Country

- More than **65 million people**, 29% of the U.S. population, provide care for a chronically ill, disabled, or aged family member or friend during any given year and spend an average of **20 hours per week** providing care for their loved one.
- 80% of all care provided to older people in our country is provided by family members

*Caregiving in the United States;
National Alliance for Caregiving in collaboration
with AARP; November 2009*

Caregiver Resources

Area Agencies on Aging

1. Expertise and knowledge of aging and caregiving at the local level – provide options and resource information
2. Kansas 11 AAAs serving 105 counties in the state
3. Connect people with services internally and externally

Who is Eligible for Services at the AAA?

- 60 and older
- Caregiver at least age 18, caring for an adult 60+
- Certain populations are targeted

Some programs may require an assessment to determine eligibility (UAI, FAI, CARE, CAP)

AAA Core Services

- Information and Assistance
- Caregiver programs – details will be provided
- In home services
- Case management
- Nutrition
- Health and Wellness
- Nursing home - pre-screening (CARE)
- Assessment for HCBS
- Advocacy

Support Services/In-home Services

*Access Services

- Provides services that help people access support.
- Must be 60+
- Donation Only

Examples of service provided:
Information & Assistance/referral,
transportation, outreach/public
education, legal, and case
management services

*In-Home Services

- Provides supportive services in the home
- Must be 60+
- Donation only

Examples of service provided:
Homemaker and attendant care,
home repairs, large clean up,
visiting and telephone reassurance

Nutrition Services

Home Delivered Meals

- Provides a hot meal delivered to the home
- Must be homebound and 60+
- Donation Only

Congregate Meals

- Provides a hot meal in a congregate setting
- For adults 60+
- Donation Only

Health Promotion/Disease Prevention

*Health and Wellness Programs

- Intended to improve health and well-being, and reduce disease, disability, and/or injury of an older adult.
- Evidence based program

Examples of service provided:

Walk with Ease, Tai Chi, Enhance Fitness, A Matter of Balance, Diabetes Prevention Program...

Family Caregiver Support Program

*Caregiver Programs

- Serves caregivers of any age caring for a adult 60+
- Donation Only

Examples of service provided:

- Information and assistance
- Counseling
- Support groups
- Caregiver training
- Respite – in home, out of home, overnight
- In-home services on a limited basis.
- Transportation
- Caregiver Coordinator

*Each AAA offers services that meets the needs of individuals in their service area

Additional Services Provided by AAAs

CARE Program

Administrative Case Management

Aging and Disability Resource Center (ADRC)

- *Options Counseling*
- *Assessment*
- *Statewide Call Center*

Medicare Program (SHICK, MIPPA, SMP)

Senior Care Act - In-home services (personal care, homemaker services)

Additional Caregiver Resources

- Kansas Legal Services
<https://www.kansaslegalservices.org/>
- Alzheimer's Association
<https://www.alz.org/cwkansas>
- Kansas Support Groups
<https://supportgroupsinks.org/>
- Iris – Information Referral Resource
irisadmin@ku.edu
- Kansas Aging and Disability Resource Center
855-200-2372
- Kansas Advocates for Better Care -
<https://www.kabc.org>
- Assistive Technology for Kansans
<https://atk.ku.edu/>
- Medical Loan Closet
<https://medicalloancloset.com/>

Interagency Collaboration is Important

- Understand the caregivers' needs and focus attention on their goals and their identified “care team”
- Maneuvering the complex system – we can help!
- Have a good understanding of resources/eligibility/cost – connecting caregivers with appropriate resources



Examples of Collaboration

- Referrals through Iris
- Referrals directly to an agency
- Assist with options counseling
- A case manager/care manager may be involved in some cases
- Coordination with organizations that offer caregiver services
- Provide information to family members/other care team partners

Questions from the Audience?

Support When You Need It.

Our knowledgeable staff help answer questions and offer options to older adults, persons with disabilities and caregivers. We're just a call, email or chat away.

855-200-2372
info-kadrc@cpana.org



Call 1.855.200.ADRC (2372)
KANSAS AGING & DISABILITY
Resource Center