

# Idaho Lifespan Family Caregiver Action Plan

Legislative Update, 2017





# Mission

To advance the well-being of caregivers by promoting collaboration to improve access to quality, responsive supports and services.

## Alliance Partners

Family Caregivers

Idaho Commission on Aging

Idaho DHW: Public Health, Medicaid, Children’s Behavioral Health, and Service Integration

Health and Behavioral Health Providers

Center for the Study of Aging

Idaho Parents Unlimited

Jannus Corporation

Blue Cross

AARP Idaho

And many other public and private organizations

House  
Concurrent  
Resolution 24,  
2015

- Create a caregiver taskforce
- Examine policies, resources and programs available for caregivers in Idaho and other states
- Identify innovative ways to support unpaid family caregivers
- Report findings

# Idaho Caregiver Needs and Respite Capacity Report, 2014

October 2014

Tami Cirerol & Sarah E. Toeys  
Center for the Study of Aging  
<http://hs.boisestate.edu/csa/>

Work Group Members:  
Stephanie Bender-Kitz, Friends in Action  
Stephen Graci, Idaho Federation of Families for Children's Mental Health  
Stephanie Hoffman, Division of Behavioral Health, Idaho Department of Health and

## A descriptive analysis of respite in Idaho

Tami Cirerol  
Health Science

Stephanie Leonard  
Community and Regional Planning

Center for the Study of Aging  
Boise State University

# Caregivers in Idaho

A Report from the Idaho Family Caregiver Task Force  
and the Idaho Caregiver Alliance

December, 2015

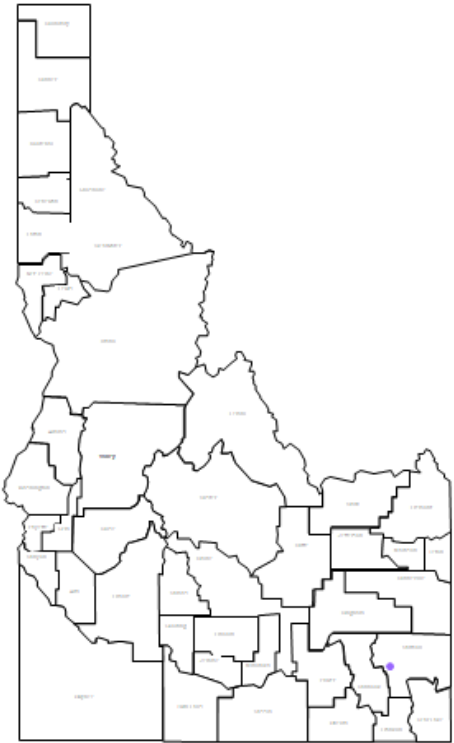
## Impact of Behavioral Crisis Events on First Responders and Families Ada County, Idaho

American Public Health Association Annual Conference

October 31, 2016



## Idaho Family Caregivers



# Family Caregivers in Idaho

- 300,000 family caregivers in Idaho
- 201 million hours of uncompensated care
- 70% of family caregivers are employed full or part-time
- Looming crisis
  - 2010: 6:1 ratio working-aged to older adults
  - 2020: **3:1 ratio**
- Idaho is ranked 42<sup>nd</sup> in providing support for family caregivers
  - Ranked 49<sup>th</sup> for high levels of worry, stress, and exhaustion experienced by caregivers



# Value of Family Caregivers



- Provide \$2 billion of unpaid care each year
- Provide complex medical and psychological care
- Delay need for costly institutional care
  - 48% (\$271 million) of Idaho's Medicaid budget for long-term care services used to pay for care in nursing and intermediate care facilities (2014)
- Reduce hospital admissions/re-admissions
- Reduce utilization of emergency departments for crisis care
- Enable care recipients and families to thrive

# Data-driven Action Plan

## *Idaho's Lifespan Family Caregiver Action Plan*



October, 2016

Idaho Action  
Plan Goal 1:

Caregiver  
Support

**Goal 1: Streamlined, coordinated system of supports for caregivers.**

**Objective 1 – Develop respite resources.**

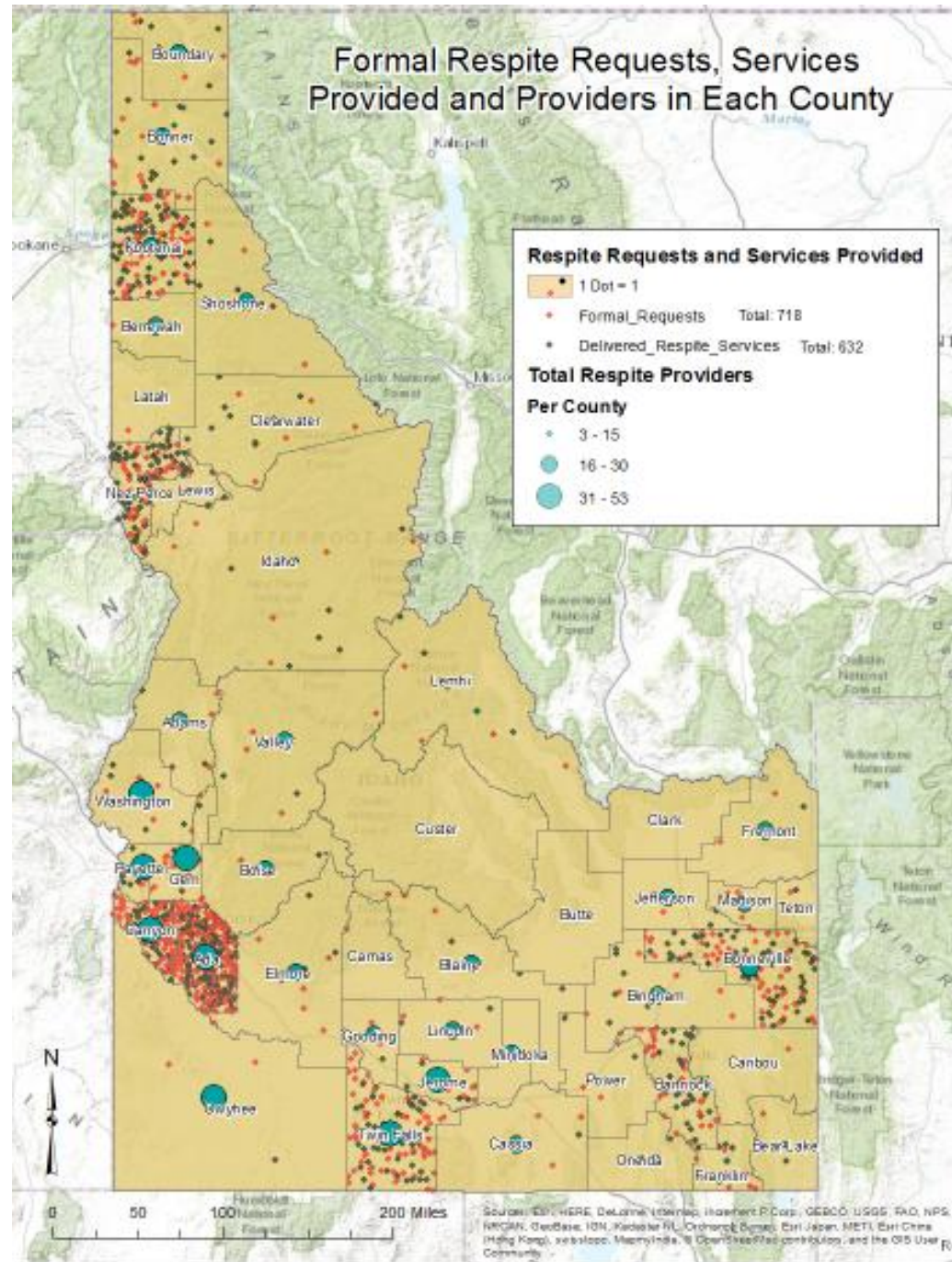
**Objective 2 – Ensure culturally appropriate information and resources are available.**

**Objective 3 – Establish training resources for family caregivers : responsibilities, techniques, and self-care.**

**Objective 4 – Establish a network of experts equipped to serve as information and support navigators.**



# Respite: Statewide Assessment



# Respite: Findings

- No statewide standards for respite providers
- No registry for family caregivers or providers
- No central tracking of information about respite requests or units provided
  - Inability to track equal units of respite between organizations  
Ex: voucher vs reimbursement
- Respite described and funded differently by each agency
  - Significant differences in billing charges for similar services  
Ex: respite vs companion services

# Caregiver Self-care: Evidenced-based Programs



## **Boise**

Legacy Corps  
Kelle Sweeney  
(208) 336-5533, ext 243  
[ksweeney@iannus.org](mailto:ksweeney@iannus.org)

## **Coeur d'Alene**

Strengthening Villages  
Rebekah Forster-Casey  
(208) 771-0628  
[strengtheningvillages@gmail.com](mailto:strengtheningvillages@gmail.com)

## **Grangeville**

Syringa Hospital and Clinics  
Maja Ledgerwood  
(208) 315-2797  
[mledgerwood@syringahospital.org](mailto:mledgerwood@syringahospital.org)

## **Idaho Falls**

Area Agency on Aging – Area VI  
Heather Croft  
(208) 522-5370  
[hcroft@eicap.org](mailto:hcroft@eicap.org)

## **Lewiston**

Area Agency on Aging – Area II  
Community Action Partnerships  
Julie Christianson  
(208) 791-0015  
[j.christianson@cap4action.org](mailto:j.christianson@cap4action.org)

## **Nampa**

Terry Reilly Health System  
Laramie Holtman  
(208) 318-1326  
[lholtman@trhs.org](mailto:lholtman@trhs.org)

## **Pocatello**

Area Agency on Aging – Area V  
Southeast Idaho Council of  
Governments  
Mike Hirschi  
(208) 399-3077  
[mike@sicog.org](mailto:mike@sicog.org)

Action Plan  
Goal 2:  
Awareness

**Goal 2: Increase public awareness about unpaid family caregiving and help people within our communities identify as caregivers.**

**Objective 5 – Family members recognize themselves as caregivers and the general public is aware of the needs and contributions of family caregivers across the lifespan.**



# Awareness: 2-1-1 Careline

Get help. Give help.



Home	<a href="#">Search Database</a>	<a href="#">Add Your Resource</a>
Get Help	<a href="#">KinCare</a>	<a href="#">Caregiver and Respite Support</a>
Give Help ▶	<a href="#">FACS Library</a>	<a href="#">Strengthening Idaho Youth</a>
Helpful Links	<a href="#">Daycare Licensing</a>	<a href="#">Daycare Complaints</a>
About Us ▶	<a href="#">ID Child Care Program (ICCP)</a>	<a href="#">IdahoSTARS</a>
KinCare ▶		



Action Plan  
Goal 3:

Systems  
Change

**Goal 3: Recognize the importance of family caregiving and embed the voice of family caregivers in policy and system change.**

**Objective 6 – Recognize family caregivers as part of their family members’ health care and social support team.**

**Objective 7 – Embed family caregiver perspective and involvement in Idaho’s efforts to transform its primary care, long-term care, and behavioral health systems.**

**Objective 8 – Include family caregivers in Idaho’s efforts to enhance employment opportunities and tax policies that support families and the state’s economic vitality.**

# System Change Initiatives

Idaho SHIP

Regional Collaboratives

Recognition of Caregiver as Partner

Idaho Alzheimer's Planning Group

Multi-disciplinary Work Group

Training, Support, Access to Care

Idaho Behavioral Health Planning Council

Cross-system Collaboration

Linking Resources

Jannus, Inc.  
Community Partnerships of Idaho  
AARP Idaho

Public/Private Partnerships

Extending Reach and Sustainability

Action Plan  
Goal 4:

Infrastructure

**Goal 4: Ensure a coordinated voice for family caregivers in Idaho.**

**Objective 9 – Build on the established foundation of the Idaho Caregiver Alliance and ensure that the Idaho caregivers across the lifespan have a coordinated voice.**

**Objective 10 – Assure data are available to inform decision-making related to family caregiver supports and services.**

# What is needed?



- Sponsoring agency
  - State-wide reach
  - Capacity to work across sectors
- Resources
  - People
  - Money
  - Infrastructure



# Next Steps

- Legislative action
  - Concurrent Resolution
- Continued collaboration
- Advance the well-being of family caregivers





# Thank You



## ICA Leadership Team:

Pam Oliason, [Pam.Catt-Oliason@aging.idaho.gov](mailto:Pam.Catt-Oliason@aging.idaho.gov)

Kelle Sweeney, [ksweeney@jannus.org](mailto:ksweeney@jannus.org)

Marilyn Sword, [frontiergroupidaho@gmail.com](mailto:frontiergroupidaho@gmail.com)

Tiffeny Stees, [tiffenykiiha@u.boisestate.edu](mailto:tiffenykiiha@u.boisestate.edu)

Sarah Toevs, [stoevs@boisestate.edu](mailto:stoevs@boisestate.edu)

## Access to Plan and Overview:

<https://hs.boisestate.edu/csa/idaho-lifespan-family-caregiver-action-plan/>

<https://hs.boisestate.edu/csa/files/2016/09/ICA-Action-Plan-Overview.pdf>