

National Family Caregiver Month (NFCM) Statewide Toolkit

Week 2: Monday, November 04 - Friday, November 08, 2024



WFACSA's Toolkit aims to provide comprehensive resources and materials supporting unified messaging and outreach efforts across **Wisconsin's 72 counties and 11 federally recognized tribes** during November. **The Toolkit also aims** to equip local organizations, agencies, and relevant parties with tools **to effectively promote NFCM in newsletters, social media, and print, engaging target audiences and amplifying the reach** of the statewide campaign. When posting on your social media platform, don't forget to use **@WisconsinFamilyCaregiver** in the text of the posting. Using this generates more views to promote the campaign.

This year, the Toolkit will have weekly themes that showcase the [National Strategy to Support Family Caregivers' Five Goals](#).



Increase awareness and outreach

- Education and awareness campaigns for professionals and the public
- Increased caregiver self-identification
- Culturally competent outreach to unserved and underserved caregivers
- Inclusion of family caregivers in state, territorial, tribal, and local planning
- More public-private partnerships that drive family caregiver support

Monday, November 04, 2024

Evidence-Based Tools to Engage with Family Caregivers

- Are you someone who works to support family caregivers? First off, THANK YOU for caring for the caregivers! 😊 Second, here is a description of the Carer Support Needs Assessment Tool Intervention:
 - [CSNAT-I](#) is an intervention for supporting carers (family members/friends in an unpaid supportive role), delivered using a five-stage person-centered process of assessment and support. The intervention uses an evidence-based, comprehensive tool (the CSNAT) comprising 15 domains (broad areas of support need). The tool enables carers to identify, express, and prioritize domains needing more support. Then, a needs-led conversation explores the carer's individual needs and what they feel would be helpful, enabling the delivery of tailored support.

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Tuesday, November 05, 2024

Recognizing and Including Family Caregivers in Care Teams as Essential Partners

- [Rush Medical Center is using a *Caring for the Caregivers* model](#) to help caregivers identify how to care for themselves and support the older adult they care for in ways related to the 4Ms of an Age-Friendly Health System (What Matters, Medication, Mentation (or Mind), and Mobility).
 - Here is a copy of the C4C brochure for [English](#), [Spanish](#), and [Chinese](#)
 - The Caring for Caregivers Model was **created to address serious gaps in care provision for adults aged 60 and over related to a lack of identification, understanding, and support of family caregivers within health systems.**
 - When the C4C model was implemented at RUSH Medical Center, **positive impacts** were seen **for caregivers** of older adults:
 - Reduction in symptoms of anxiety
 - Reduction in symptoms of depression
 - Reductions in levels of caregiver stress
 - **For care recipients** who had care at RUSH Medical Center and whose caregivers participated in C4C, we saw:
 - Reductions in the number of inpatient stays
 - Reductions in the number of days in hospital
 - Reductions in the number of Emergency Department visits
 - C4C is a customizable caregiver-centric intervention
 - They are hosting a learning community to understand better the model and how to get involved. [Rush's Learning Community invite](#)

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- The Supporting Family Caregivers Providing Complex Care series offers emerging themes, practices, and examples for hospitals working to improve patient and family engagement. AARP Public Policy Institute has released [ten theme papers](#). These papers provide a glimpse into the value and complexity of CARE Act implementation. Use these papers to inform your practice recommendations to recognize and support family caregivers. **The CARE Act has yet to pass in the State of WI despite being a law in over 40 states.**

An infographic from the University of Wisconsin Extension titled "CAREGIVER PURPOSE AND QUALITY OF LIFE". It features a photo of a young woman hugging an older woman. Below the title, it asks "Want More?" and lists four resources: 1. A good place to start is with your local Aging and Disability Resource Center: https://www.dhs.wisconsin.gov/adrc/index.htm . 2. Planning AHEAD: https://aging.extension.wisc.edu/programs/planning-ahead/ . 3. Mindfulness: https://hminnovations.org/meditation-app . 4. Resources from Extension: https://aging.extension.wisc.edu/programs/caregiver-support/ . There are small circular photos of a man and a woman.	<p>Caregiving is incredibly common and often nearly invisible. Program leaders at the University of Wisconsin Division of Extension developed these infographics to shed light on what caregiving looks like in Wisconsin, using state-wide data from the Behavioral Risk Factor Surveillance System. Post them to social media, share them in presentations, or embed them into your web pages to raise awareness during November and beyond.</p> <p>You can download the image by clicking here.</p>
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Wednesday, November 06, 2024

Consideration of Family Caregivers in Policy Development and Changes

- Family caregivers are gaining recognition at the federal level! This [AARP article](#) highlights key

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actions, marking a pivotal moment for including caregivers in federal policy. Learn more and find out how to encourage support from legislators and leaders.

- The [Diverse Elders Coalition](#) has one policy priority: to address the needs of diverse family caregivers, primarily by broadening the definition of family at various policy levels. Here is a [two-page flyer](#) explaining this.
- The National Academy for State Health Policy provides an overview titled "[Supporting Family Caregivers: A Roadmap for States](#)" to highlight policy strategies and promising practices for states regarding supporting family caregivers.
- Want to understand better how federal actions have helped family caregivers? In the article "[More Support for Family Caregivers Available Via the RAISE Act Roadmap](#)." The author states, "The RAISE Act State Policy Roadmap for Family Caregivers is a powerful tool for state and local legislatures to ensure the development of a village of supports for family caregivers across the continuum of care. For those working for an organization that provides direct services and advocates for family caregivers, I highly recommend reading through the [RAISE Act State Policy Roadmap for Family Caregivers](#), as it gives a detailed explanation of policies, programs, and funding opportunities that may directly affect the accessibility of services and supports available to family caregivers in your community."

CAREGIVER PURPOSE AND QUALITY OF LIFE

% of Caregivers Who Agree With the Following Statements:



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Thursday, November 07, 2024

Training for Professionals on Way to Interact with Family Caregivers

- *Caregivers are crucial in supporting patient health; however, they have largely been excluded from participating in healthcare teams.* The Permanente Journal published a study, [Training Health Care Practitioners to Include Family Caregivers With Web-Based Learning Modules](#). The conclusion of this study states, “This project demonstrates the feasibility of developing web-based training to improve the beliefs and attitudes of health care professionals about inclusive care. Training constitutes one step toward shifting to a culture of inclusive care, and research should identify longer-term effects and other evidence-based interventions.”
- The American College of Physicians published the [Toolkit for Physicians and Caregivers on Informal Caregiving](#).
- Check out the Family Caregiver Alliance’s article [Pathways to Effective Communication for Health Care Providers and Caregivers](#).

Friday, November 08, 2024

Training for Professionals on Ways to Interact with Family Caregivers, cont.

- [The Diverse Elders Coalition’s training curriculum, “Caring For Those Who Care,”](#) is a resource for health, social service providers, and aging professionals to learn about the unique needs of diverse family caregivers. The training curriculum will equip professionals with insights into the lived experiences of the following caregiving communities: African American and Black Caregivers, American Indian and Alaska Native Caregivers, Chinese American and Korean American Caregivers, Southeast Asian American Caregivers, Hispanic and Latino Caregivers, and LGBTQ+ Caregivers.
- The National Alliance for Caregiving conducted structured interviews with professionals from patient advocacy groups and diverse family caregivers caring for someone who had been diagnosed with heart disease, blood cancer, lung cancer, or lupus, conditions that are known to affect diverse communities disproportionately, [Supporting Diverse Family Caregivers: A Guide for Patient Advocacy Groups](#).

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How Clinicians Can Interact Effectively with Caregivers

This module was developed under a contract from the U.S. Department of Health and Human Services, Health Resources and Services Administration. This work was funded by the U.S. Department of Health and Human Services, Office of Women's Health.

Disclaimer: Some of the views expressed in this presentation module are solely the opinions of the author(s) and do not necessarily reflect the official policies of the U.S. Department of Health and Human Services or the Health Resources and Services Administration, nor does mention of the department or agency names imply endorsement by the U.S. Government.



We invite you to download and share this PowerPoint presentation, which has learning objectives regarding healthcare providers establishing better partnerships with caregivers and discussing their responsibilities towards them.

You can download the presentation by clicking [here](#).

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