

Family Caregiver Support Program (FCSP)

Sound Generations

www.soundgenerations.org

Are you a... ?

- ▶ Wife
- ▶ Husband
- ▶ Partner
- ▶ Neighbor
- ▶ Daughter
- ▶ Son
- ▶ Sister
- ▶ Brother
- ▶ Nephew
- ▶ Parent
- ▶ Grandparent
- ▶ Grandchild
- ▶ Friend

Do you do any of the following for Someone?

- ▶ Make a meal
- ▶ Assist with housework
- ▶ Drive to appointments
- ▶ Run errands, grocery shop
- ▶ Write checks, pay bills
- ▶ Do yard work
- ▶ Do a load of laundry
- ▶ Check on, visit or call regularly
- ▶ Helping with medications

FCSP Eligibility Requirements

- ▶ Unpaid caregiver
- ▶ Caregiver/care receiver 18 or over
- ▶ Caregiver/care receiver live in King County
- ▶ Care receiver lives in a private residential setting (no Assisted Living, Adult Family Home or Skilled Nursing Facility)
- ▶ Care receiver is not receiving any Medicaid long term support services/COPES/TSOA
- ▶ Complete a TCARE Assessment (questionnaire & interview) conducted by Caregiver Advocate

FCSP Services

- ▶ Information and Assistance - resources
- ▶ Caregiver support groups
- ▶ Consultation - long term planning
- ▶ Caregiver Counseling (up to 6 free sessions)
- ▶ Respite Care (sliding scale-up to 8 hrs/week)
- ▶ Housework and Errands (up to 12 hrs/mth)

Caregiver Counseling

- ▶ Up to 6 free sessions - can be renewed after 12 months
- ▶ Currently virtual/phone only
- ▶ Provide caregiver emotional support
- ▶ Develop coping skills
- ▶ Focus on self-care & stress management
- ▶ Health & wellness goal setting

Respite-up to 8 hours per week

- ▶ **Eligibility** - live with the care receiver OR provide 40 hours of weekly assistance - can do Respite OR Housework Assistance, not both. Caregiver can leave home while services are being performed.
- ▶ **Cost/participation fee** - is based on a sliding scale, income only - other savings/resources, home equity not considered. No payback required.
- ▶ **Types of respite:**
 - ▶ In-home (personal care for care receiver, bathing, dressing, toileting, supervision, companionship)
 - ▶ Out-of-home (due to COVID currently not available)
 - ▶ Adult Day Services
 - ▶ Memory Care and Wellness

Housekeeping and Errands-up to 12 hours per month

- ▶ Responsible adult must be in home during services
- ▶ Services are free
- ▶ Eligible tasks - cleaning kitchen, bathrooms, dusting, vacuuming, laundry
- ▶ Eligible errands (sometimes available) - short errands to grocery store, pick up medications
- ▶ Ineligible tasks - no yardwork or home maintenance

FCSP Provider Family

- ▶ African American Elders Program at Catholic Community Services
- ▶ Alzheimer's Association
- ▶ Chinese Information and Service Center
- ▶ Jewish Family Service
- ▶ Kin On Community Care Network
- ▶ Neighborhood House
- ▶ Open Doors for Multicultural Families
- ▶ Sound Generations

Family Caregiver Support Program

To access Caregiver Support

Pathways Information and
Assistance

(206)448-3110

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