



## Services for Caregivers

### Eligibility Requirements

Caregivers often find the task of caring for another person to be overwhelming. The challenges of caregiving can even lead to development of stress-related illnesses. An occasional break from caregiving can enable a weary caregiver to regroup both physically and emotionally. Both the National Family Caregiver Support Program and the Connecticut Statewide Respite Care Program are designed to assist you in your caregiving journey.

**Who are “caregivers”?** The term ‘caregiver’ means an adult relative or non- relative, or another individual who is an informal provider of in-home and community care. Only caregivers who provide care to the care-recipient, and who meet the eligibility requirements listed on the following pages, may receive services under these programs. To be eligible for assistance a caregiver must meet specific requirements for program participation as stated in state regulations. **Care recipients (person requiring care) must have an identified caregiver in order to receive services.**

**RESPITE CARE:** Respite care is a short term option designed to provide a break from the physical and emotional stress of caregiving. Respite care services include, but are not limited to: adult day care, home health aides, homemakers, companions, skilled nursing care, or short term assisted living or nursing home care. Funds may be used for day or night respite. Services are available through the **National Family Caregiver Support Program (NFCSP)** or the **Connecticut Statewide Respite Care Program (CSRCP)**. An assessment from a Case Manager is required before respite services are provided.

**SUPPLEMENTAL SERVICES:** Supplemental services are for purchasing items or services, mostly health-related, when there is a justified need and no other way to obtain the service or item. Supplemental services help improve quality of life for the care recipient and therefore alleviate strain on the caregiver. These services are available through the **National Family Caregiver Support Program only** and are determined in collaboration with the Case Manager.

**PROGRAM DESCRIPTION:** Programs to assist caregivers are described on the next two pages. The best program for you will depend on your fit with the eligibility requirements. Both programs are contingent upon available funding, and available services. **All care recipients must have an identified caregiver in order to receive services.**

## The National Family Caregiver Support Program

The **National Family Caregiver Support Program** (NFCSP) is funded by the federal Administration for Community Living, and is operated in partnership with the State of Connecticut Unit on Aging and the Connecticut Area Agencies on Aging. **This program requests a cost share contribution toward the cost of services received based on the care recipient's monthly income as listed below. Donations are accepted for care recipients under 100% of the poverty level:**

Percentage of Federal Poverty Level	Individual 's Monthly Income	Cost Share Amount
0-100%	0 to \$1,041	donations accepted
150%	\$1,042-\$1,562	5%
200%	\$1,562-2,082	10%
250%	\$2,083-\$2,603	20%
300%	\$2,603-\$3,123	40%
350%	\$3,124-\$3,644	60%
400%	\$3,644-\$4,164	80%
Over 400%	\$4,165+	100%

To be eligible, the **CAREGIVER** must:

- be age 18 or over and caring for a person aged 60 years or older, OR
- as in the case of a child, be an older relative caregiver, age 55 or older, who is the grandparent, step grandparent, or other relative, caring full-time for a child age up to age 18, OR
- be an older relative caregiver (including a parent) age 55 and over, caring for an adult child age 18-59 with disabilities.

To be eligible, the **CARE RECIPIENT** must:

- be at risk for institutional placement which means, with respect to an older individual, that individual is unable to perform at least 2 activities of daily living tasks without substantial assistance (including verbal reminding, physical cueing, or supervision). ADLs include bathing, dressing, toileting, eating, walking without human assistance, OR
- have a cognitive or other mental impairment that requires substantial supervision, OR
- person who has Alzheimer's or a related condition regardless of age, OR
- an adult child age 18-59 with disabilities, OR
- a child under age 18 in the care of a relative caregiver (not a parent).

Priority will be given to older individuals with the greatest social and economic need, with particular attention to low-income older adults; or older individuals providing full-time care and support to adults with severe disabilities.

## The Connecticut Statewide Respite Care Program

The **Connecticut Statewide Respite Care Program** (CSRCP) is funded by the State of Connecticut Department on Aging, and is operated in partnership with the Alzheimer's Association, Connecticut Chapter, and the Connecticut Area Agencies on Aging. **This program has a mandatory 20% co-payment toward the cost of services.** Due to financial hardship, a waiver request may be submitted.

To be eligible, the person receiving care must:

1. Have Alzheimer's disease or an irreversible dementia such as that which may result from: Multi infarct dementia, Parkinson's disease, Lewy Body Dementia, Huntington's disease, Normal Pressure Hydrocephalus, or Pick's disease. (The applicant or authorized agent must provide a completed "Physician Statement" from a physician stating that the patient has been diagnosed with dementia.)
2. The person with the diagnosis must not have an income of more than **\$46,897** a year, or have liquid assets of more than **\$124,679**. As these levels are subject to change each year, please check with your local Area Agency on Aging for updated figures.

### Two options of care are available for CSRCP and NFCSP:

1. **Traditional Respite Services** – A Care Manager will order and monitor services through a licensed service provider such as a skilled or non-skilled service agency.
2. **Self- Directed Care** – The caregiver will select, hire, and supervise individuals (cannot be a spouse or conservator) to provide respite care. This option provides more flexibility in the selection and delivery of respite services.

Please keep these pages for your records.