National Family Caregiver Support Program: Evaluation Findings

Susan Jenkins, PhD
US Administration on Aging
September 30, 2020
Overview

• Overview of the National Family Caregiver Support Program (NFCSP)

• The NFCSP Evaluation

• Next Steps
  – Older Americans Act (OAA) Reauthorization
  – ACL’s Learning Agenda
Overview of the NFCSP

• Established in 2000

• Provides grants to states and territories to fund supports that help informal caregivers care for older adults in their homes for as long as possible

• These services work in conjunction with other state and community-based services to provide a coordinated set of supports.
Overview of the NFCSP

NFCSP grantees provide five types of services:

• information to caregivers about available services
• assistance to caregivers in gaining access to the services
• individual counseling, organization of support groups, and caregiver training
• respite care; and
• supplemental services, on a limited basis
The NFCSP Evaluation: Purpose

• Help ACL understand which kinds of services are most helpful for caregivers and identify any unmet needs of caregivers and gaps in support for them;

• Assess the impact of services on caregivers’ ability to continue to provide homebased caregiving as needed; and

• Examine the relationship between caregiver outcomes and key processes and characteristics of the Area Agencies on Aging managing and/or providing NFCSP services.
The NFCSP Evaluation: Methodology

• Survey of a nationally representative sample of client caregivers, a Comparison group of caregivers who do not receive NFCSP services, and a sample of care recipients (CRs) of caregivers in the two groups.

• Survey data coupled with the AAA-level data collected during the process evaluation allow for the investigation into what types of organizational structures, approaches, and strategies for delivering services are associated with optimal caregiver-level outcomes.

• The team attempted phone interviews with each caregiver three times: (1) baseline in Winter 2016, (2) 6-month follow-up in Summer 2017, and (3) 12-month follow-up in Winter 2017.
## The NFCSP Evaluation: Selected Findings

Table 5-19. Respite care hours and the odds ratio of a more favorable response to Continued caregiving (N = 447 caregivers)

<table>
<thead>
<tr>
<th>Variables (reference category)</th>
<th>Odds ratio</th>
<th>P-value</th>
<th>Lower CI</th>
<th>Upper CI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Respite care hours per week</strong></td>
<td>1.047</td>
<td>0.000</td>
<td>1.024</td>
<td>1.073</td>
</tr>
<tr>
<td><strong>Control Variables:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>CR Age (&lt; 65 years old)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>65 to &lt;75</td>
<td>0.607</td>
<td>0.359</td>
<td>0.195</td>
<td>1.699</td>
</tr>
<tr>
<td>75 to &lt;80</td>
<td>0.476</td>
<td>0.180</td>
<td>0.151</td>
<td>1.357</td>
</tr>
<tr>
<td>80 to &lt;85</td>
<td>0.486</td>
<td>0.182</td>
<td>0.157</td>
<td>1.348</td>
</tr>
<tr>
<td>85 to &lt;90</td>
<td>0.840</td>
<td>0.749</td>
<td>0.271</td>
<td>2.347</td>
</tr>
<tr>
<td>90+</td>
<td>0.374</td>
<td>0.068</td>
<td>0.121</td>
<td>1.034</td>
</tr>
<tr>
<td><strong>Caregiver Race (Non-Hispanic White)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Hispanic Black</td>
<td>1.518</td>
<td>0.168</td>
<td>0.847</td>
<td>2.787</td>
</tr>
<tr>
<td>Hispanic</td>
<td>1.382</td>
<td>0.404</td>
<td>0.655</td>
<td>3.024</td>
</tr>
<tr>
<td>Non-Hispanic Other</td>
<td>1.394</td>
<td>0.364</td>
<td>0.689</td>
<td>2.910</td>
</tr>
<tr>
<td><strong>Living with CR</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Count of ADL's Needing Help Daily (No ADLs)</td>
<td>1</td>
<td>0.175</td>
<td>0.819</td>
<td>3.032</td>
</tr>
<tr>
<td>2</td>
<td>1.571</td>
<td>0.025</td>
<td>1.038</td>
<td>3.865</td>
</tr>
<tr>
<td>3</td>
<td>1.592</td>
<td>0.138</td>
<td>1.274</td>
<td>5.069</td>
</tr>
<tr>
<td>4</td>
<td>1.505</td>
<td>0.019</td>
<td>0.807</td>
<td>2.817</td>
</tr>
<tr>
<td>5</td>
<td>1.428</td>
<td>0.276</td>
<td>0.753</td>
<td>2.719</td>
</tr>
</tbody>
</table>
The NFCSP Evaluation: Selected Findings

Table 7-9. Comparison of receipt of respite care or educational services provided by family, friends, or neighbors

<table>
<thead>
<tr>
<th>Services by family/friend</th>
<th>NFCSP caregivers (N = 617)</th>
<th>Non-NFCSP caregivers (N = 951)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Yes</td>
<td>Mean amount</td>
</tr>
<tr>
<td>Respite care</td>
<td>54.0</td>
<td>9.77 hrs./week</td>
</tr>
<tr>
<td>Educational</td>
<td>18.6</td>
<td>5.11 sessions</td>
</tr>
</tbody>
</table>

Table 7-10. Comparison of receipt of respite and educational services provided by different sources: NFCSP versus non-NFCSP caregivers

<table>
<thead>
<tr>
<th>Services by non-NFCSP organization</th>
<th>NFCSP caregivers (N = 617)</th>
<th>Non-NFCSP caregivers (N = 951)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>% Yes</td>
<td>Mean amount</td>
</tr>
<tr>
<td>Respite care</td>
<td>20.0</td>
<td>14.51 hrs./week</td>
</tr>
<tr>
<td>Educational services</td>
<td>21.7</td>
<td>6.99 sessions</td>
</tr>
</tbody>
</table>
The NFCSP Evaluation: Selected Findings

Figure ES-2. Changes in adjusted mean Zarit Caregiver Burden scores for Program and Comparison caregiver groups

- Program:
  - Time 1: 10.26
  - Time 2: 10.40

- Comparison:
  - Time 1: 11.04
  - Time 2: 10.95
The NFCSP Evaluation

• Complete information is available at: https://acl.gov/programs/program-evaluations-and-reports
Next Steps: OAA Reauthorization

The Older Americans Act, which funds ACL’s National Family Support Program was reauthorized in January through 2024. The Act mentions caregivers in several places including with regard to

- Ensuring that they are consulted for the development of objectives, priorities, and a long-term plan for supporting State and local efforts involving education about prevention of, detection of, and response to negative health effects associated with social isolation among older individuals.
- Increasing business acumen, capacity building, organizational development, innovation, and other methods of growing and sustaining the capacity of the aging network to serve older individuals and caregivers most effectively.
- There is additional focus on caregiver assessment of needs, identification of best practices, promoting quality and continuous improvement in the support provided to family caregivers and older relative caregivers.
Next Steps: ACL Learning Agenda

- A systematic way to identify the data agencies will collect, use, or acquire, as well as the methods and analytical approaches to facilitate the use of evidence in policy making.

- They encourage the use of data to improve agency operational and programmatic outcomes and develop appropriate policies and regulations supporting successful mission accomplishment.
Next Steps: ACL Learning Agenda

Priority Question: What is the efficacy and effectiveness of ACL programs and initiatives?

Sub-question: Is ACL being effective in its caregiver support programs?
Next Steps: ACL Learning Agenda

Current Efforts:

- Evaluation of Home and Community-Based Support Services for Older American Indians, Alaska Natives, and Native Hawaiians (process and outcome evaluations scheduled for completion in summer 2021)

- Supporting Families Community of Practice (CoP) Evaluation (retrospective evaluation scheduled for completion in fall 2020)
Next Steps: ACL Learning Agenda

New Efforts:
• A topical module to the National Survey of Older Americans Act
• A process evaluation of the National Aging Network and its return on investment, planned for fall 2020 through fall 2024, will focus on identifying members of the aging network and their work beyond that funded by ACL.
• A fidelity evaluation of ACL’s evidence-based programs, planned for fall 2020 through fall 2022, will focus on the adherence of programs to the implementation standards for evidence-based programming awards funded through the OAA.
• A flexible evaluation and research support contract, planned from fall 2020 through fall 2025, will allow OPE to plan and implement a series of studies about the efficacy and effectiveness of ACL’s suite of grants and initiatives focused on supporting caregivers across the lifespan.
Thank you

Contact Information:
Susan Jenkins, PhD
Director, Office of Performance and Evaluation and Evaluation
Administration for Community Living
Susan.Jenkins@acl.hhs.gov