

VIRTUAL ARCH RESPITE RESEARCH SUMMIT
Practice Research and Evaluation

**National Family Caregiver Support
Program: Evaluation Findings**

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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)

Variables (reference category)	Odds ratio	P-value	Lower CI	Upper CI
Respite care hours per week	1.047	0.000	1.024	1.073
<i>Control Variables:</i>				
CR Age (< 65 years old)				
65 to <75	0.607	0.359	0.195	1.699
75 to <80	0.476	0.180	0.151	1.357
80 to <85	0.486	0.182	0.157	1.348
85 to <90	0.840	0.749	0.271	2.347
90+	0.374	0.068	0.121	1.034
Caregiver Race (Non-Hispanic White)				
Non-Hispanic Black	1.518	0.168	0.847	2.787
Hispanic	1.382	0.404	0.655	3.024
Non-Hispanic Other	1.394	0.364	0.689	2.910
Living with CR	0.455	0.014	0.238	0.844
Count of ADL's Needing Help Daily (No ADLs)				
1	1.571	0.175	0.819	3.032
2	1.995	0.039	1.038	3.865
3	2.592	0.005	1.340	5.069
4	1.505	0.199	0.807	2.817
5	1.428	0.276	0.753	2.719

The NFCSP Evaluation: Selected Findings

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

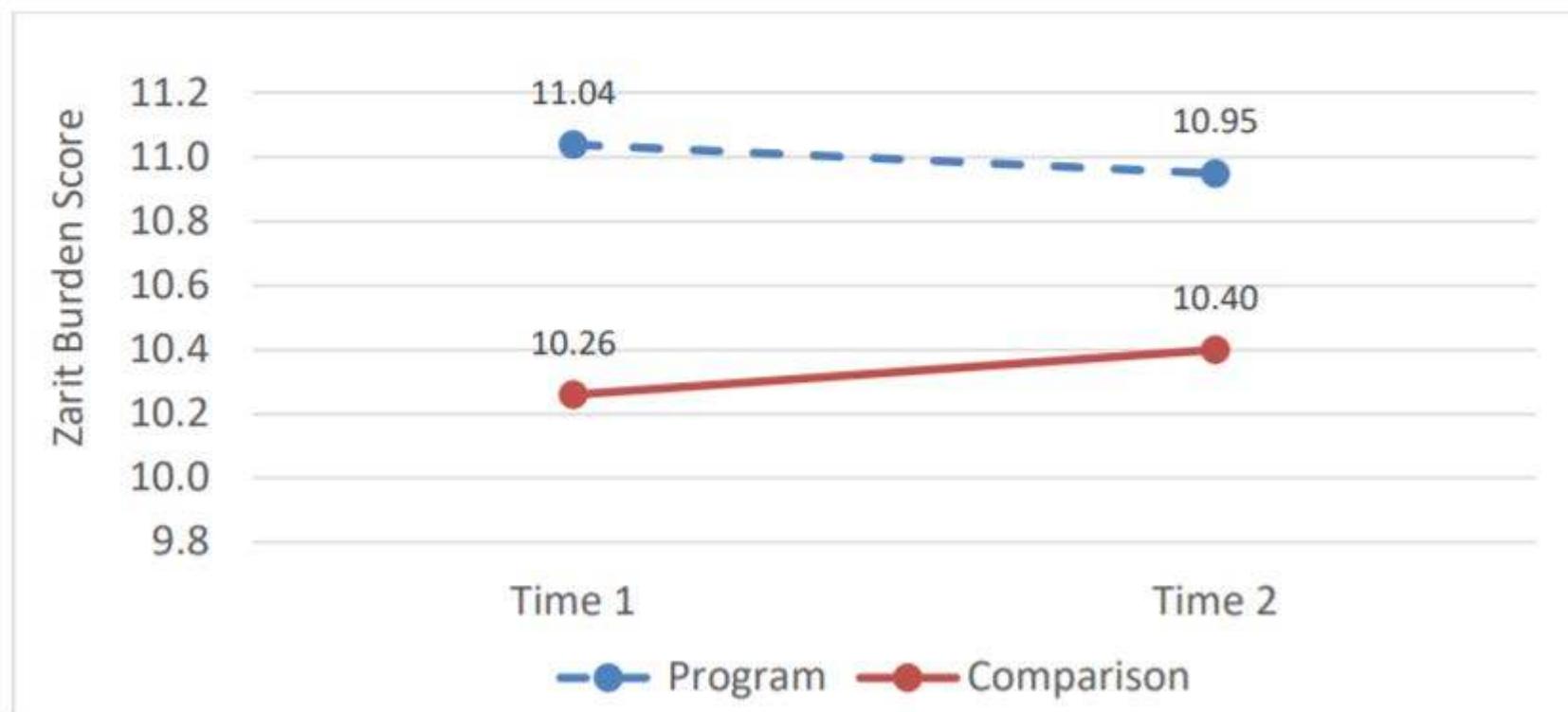
Services by family/friend	NFCSP caregivers (N = 617)		Non-NFCSP caregivers (N = 951)	
	% Yes	Mean amount	% Yes	Mean amount
Respite care	54.0	9.77 hrs./week	35.8	13.42 hrs./week
Educational	18.6	5.11 sessions	10.7	5.13 sessions

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

Services by non-NFCSP organization	NFCSP caregivers (N = 617)		Non-NFCSP caregivers (N = 951)	
	% Yes	Mean amount	% Yes	Mean amount
Respite care	20.0	14.51 hrs./week	16.1	15.47 hrs./week
Educational services	21.7	6.99 sessions	16.7	5.62 sessions

The NFCSP Evaluation: Selected Findings

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



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

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