



**Idaho
Caregiver
Alliance**



**Family Caregiver
Navigator**

**Idaho Caregiver Alliance
&
Family Caregiver Navigator**

**Bring, Brag, and Borrow
September 2022**

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Lynn Fyanes, Idaho Commission on Aging**

Idaho Caregiver Alliance

- *Vision: to serve as the voice, convener, and catalyst for support of unpaid family caregivers across the lifespan.*
- *Network of over 1,500 caregivers, organizations, and agencies.*
- *Conducted in collaboration with the Idaho Commission on Aging*
 - *Supported, in part by grant number 90LRLI0024 to the Idaho Commission on Aging from the U.S. Administration for Community Living (ACL), Department of Health and Human Services, Washington, D.C. 20201.*





Working together to support family caregivers.

Alliance Partners

Family Caregivers	Idaho Commission on Aging, Lifespan Respite Grant/Area Agencies on Aging
Idaho Department of Health and Welfare: Public Health, Medicaid, Children’s Behavioral Health, and Service Integration	Health and Behavioral Health Providers
	Healthcare Delivery Systems
Idaho Parents Unlimited (IPUL)	Jannus Inc
National Alliance on Mental Illness (NAMI)	Center for the Study of Aging at Boise State University
Blue Cross of Idaho	Molina Healthcare
AARP	Independent Living Centers



Getting the
word out . . .

the effort
never ends

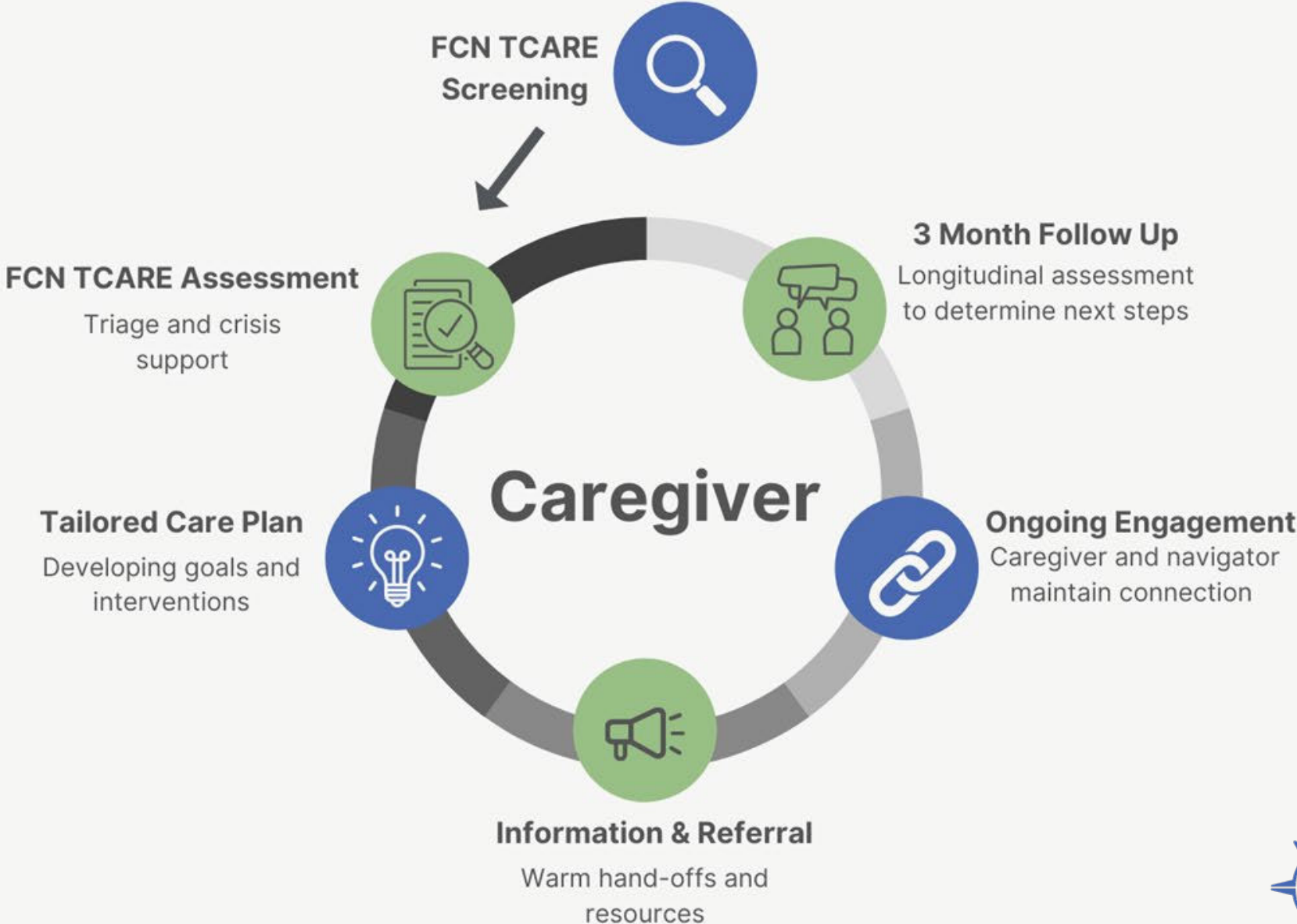


Family Caregiver Navigator (caregivernavigator.org)

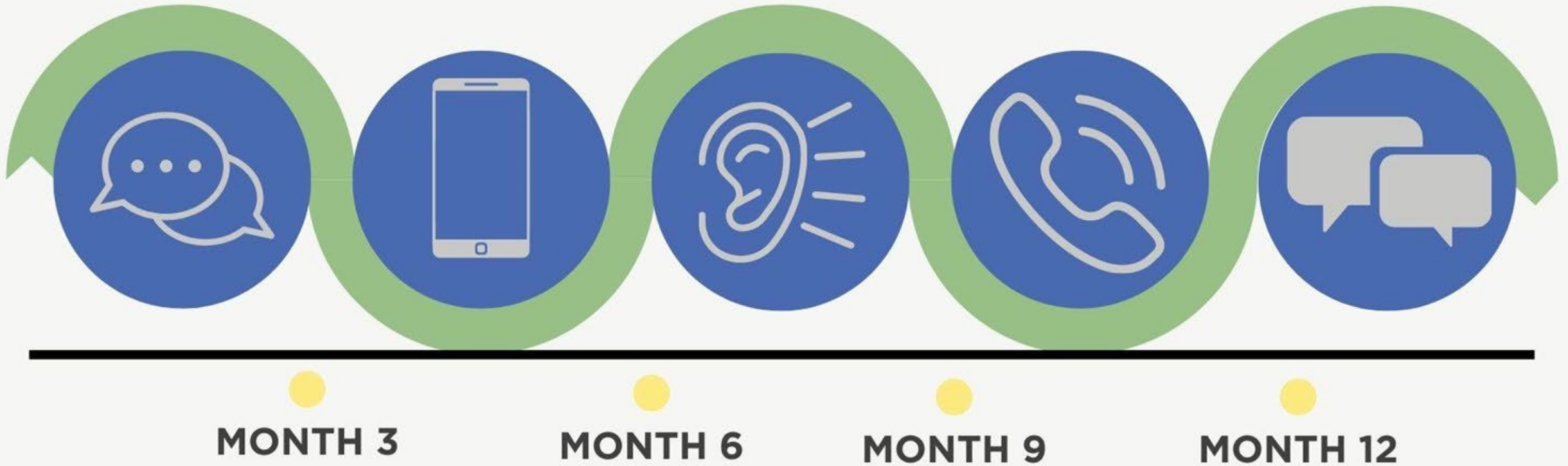
- **FREE, low-barrier, service**
- Serves caregivers **across the lifespan**
- **Individualized care plan and resource referral service** by telephone
- Uses an **evidence-based intervention**
- Any adult who supports someone with a physical/intellectual/cognitive disability or mental health condition can participate



Family Caregiver Navigator Intervention Model



Continuous Engagement Preventing Crisis



TCARE and navigators manage risk and prevent crisis through text and personal connections with the family caregiver throughout their caregiving journey



Brochure

Long-form piece, with aim of getting caregiver to self-identify - also useful for care transition members, therapists, etc.

39

Average age of a caregiver in America

19%

Proportion of caregivers who care for more than one person

15 hours a week

Average amount of time caregivers spend weekly supporting a loved one

Contact Us

Call Now
208-426-5899

Visit us Online

Visit caregivernavigator.org to take a brief assessment to determine your level of burnout.

Accessible version of this pamphlet is on our website

Monthly Newsletter

Sign up for the Idaho Caregivers Alliance newsletter to become part of a network of caregivers and receive updates on new resources and information.



Accessible version of this pamphlet is on our website

This publication was made possible by the Money Follows the Person Grant 93.791 from the Centers for Medicare and Medicaid Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Department or the Centers for Medicare and Medicaid Services.



You wear a lot of hats



One of them might be a caregiver

Am I a Caregiver?

Some people hesitate to call themselves a caregiver, not realizing how common it has become in the U.S. today.

Do you do any of the following?
• Look after your child?
• Keep track of your mother's medications?
• Prepare meals for your dad?
• Manage your uncle's finances?
• Perform errands or chores for your elderly neighbor?
• Schedule appointments for a spouse who can't manage?

If you've said yes to any of the above, you have been performing caregiving duties. And you're not alone! 1 in 4 Americans provide unpaid care for somebody with a physical, intellectual, cognitive or health condition.

Caregiving isn't limited to caring for elders. Millions of Americans are caregivers to spouses, children, grandchildren, children or friends of all ages, but you may not call it caregiving. Whatever you do, it comes in many forms and all kinds of sizes.

Life can change in an instant

Sometimes a diagnosis or accident can change a life in seconds. Other times the change is slow and gradual as it is in aging. Either way, it has a long-term impact on the life of the caregiver, often in unexpected ways.



How it works

Get in touch

- We focus on caregivers - not the patient. Navigators are high-touch customer service reps familiar with the caregiving landscape of Idaho.
- Visit our website to learn more about the role of a Navigator, or call now to get directly connected.

Complete the assessment

- A research-based survey is conducted by telephone to assess your overall wellbeing as a caregiver
- Assessment takes into account relationship factors, stress burdens and overall wellbeing

Take action

- A personally tailored action plan will highlight recommended resources from respite care to physical therapy to wellness workshops
- Together, you and the Navigator will determine your priorities for follow-up
- Regular check-ins via text keep the Navigator updated on your progress. You can amend your plan at any time.

Wherever you are at in your journey, the shift that is required to care for a loved one such as an aging parent, mentally ill spouse, or a disabled child can take its toll.

Family Caregiver Navigator is a free service developed by the Idaho Caregiver Alliance to help prevent caregiver burnout. Caregivers connect with a Navigator by telephone who can assess the exact stress factors in your life to help mitigate potential problems down the line, and refer you to critical local resources to help address those stress factors.

In the process, the quality of life is enhanced for the caregiver and the person they're caring for.

Datos Básicos

8 millones

Los latinos en los EE UU que cuidan a un amigo o pariente

42

La edad promedio del cuidador latino en los EE UU

23 horas a la semana

La cantidad promedio del tiempo dedicado al cuidado

Source: AARP, Caregiving in the U.S. 2020 Report



Cómo Contactarnos

208-426-5899
info@caregovernavigator.org
NavegantesIdaho.org
Lunes a Viernes, 8am-5pm

¡Visita nuestro sitio Web!
El enlace de la esquina superior derecha le dirige a la información del programa en español.

[Haga clic aquí para visitar el sitio web](#)

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A nosotros nos importa los que cuidan de sus seres queridos

discapacidad física, intelectual, cognitiva, o condición de salud mental.

Un cambio de planes

Un diagnóstico o accidente puede cambiar una vida en segundos, y a veces el cambio es lento y gradual, como es con el envejecimiento.



De todas formas, esos cambios tienen un impacto a largo plazo en la vida del cuidador, a menudo de una forma inesperada.

El cambio que se requiere para cuidar a alguien puede ser estresante y abarca cambios del estilo de vida. El Family Caregiver Navigator es un servicio sin costo con el objetivo de apoyar el bienestar y reducir el estrés y agotamiento de los cuidadores. Los estudios muestran que al apoyar a los cuidadores, también mejoramos la vida de las personas que cuidan (Montgomery, 2014).

Contáctenos hoy y podemos crear un plan que apoye para usted y su salud.

Cómo Funciona

Conéctese con un Navegante

- Nos concentramos en el bienestar del cuidador- no lo del paciente. Los navegantes pueden remitirse a los recursos que usted puede acceder con nuestro apoyo, para asistirle en su papel como cuidador.
- Visita nuestro sitio web o llámanos a nuestra línea de navegantes de cuidadores que le atenderá en su idioma preferido.

Tome la evaluación

- Se realiza una encuesta basada en los estudios para evaluar su bienestar como cuidador.
- Los factores incluyen: la gestión de las relaciones, la carga del estrés y los servicios de apoyo existentes.

Haga un Plan

- Usted establece sus prioridades para dar seguimiento. Un plan de cuidado personalizado destaca los recursos recomendados.

Introductory videos



YouTube link: https://youtu.be/iml0_-ccoIY



YouTube link: <https://youtu.be/VCZkDFgjNcM>

Testimonial Videos



<https://youtu.be/O-xKbpDoLps>



https://youtu.be/EwXTTStZI_c

Caring for others is a journey.



Did you know 1 in 4 Idahoans is a caregiver?

One's caregiving journey is unique, which is why our Navigators develop plans - or "maps" - tailored to the needs of individual caregivers. We connect you with the resources and services throughout Idaho that can reduce stress and increase quality of life for both you and the person you care for. Sponsored by the Idaho Caregivers Alliance, we provide telephone-based assistance to caregivers of any kind - free of charge.



Luckily,
we make maps.

Contact Us

26-5899

caregovernavigator.org

caregovernavigator.org

Mon-Fri, 8am-5pm or by appointment

How it works



Connect with a Navigator



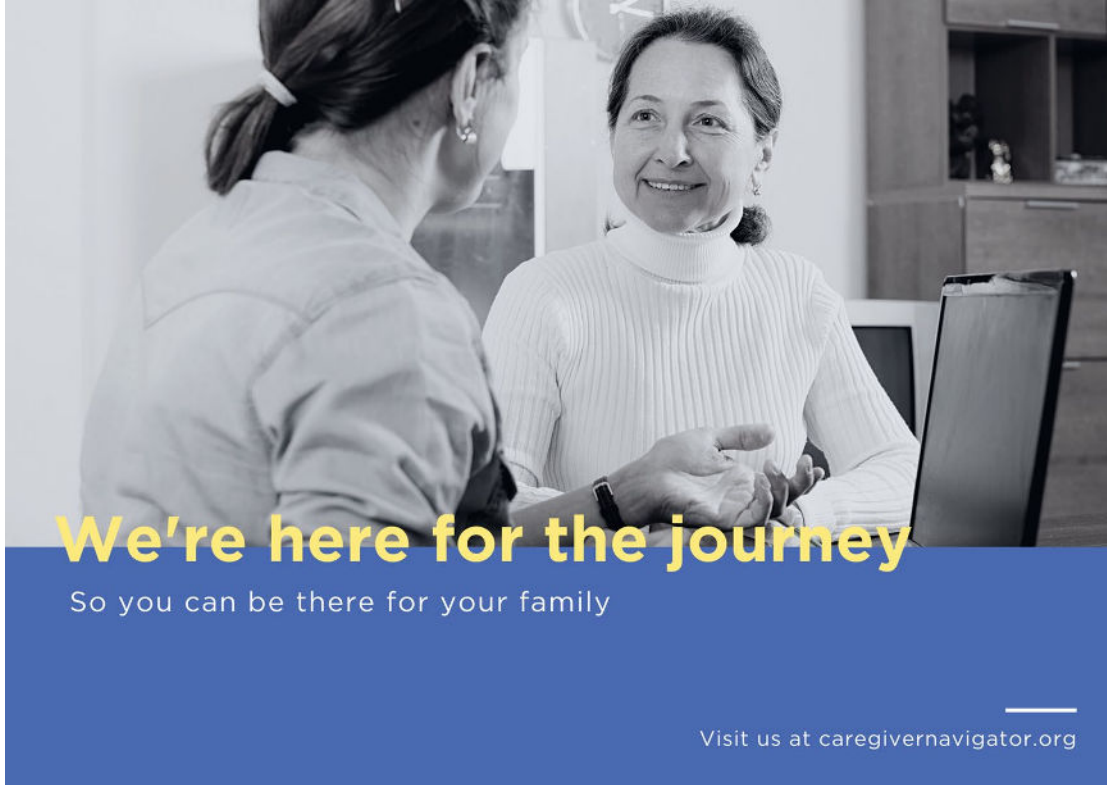
Take the Assessment



Make a Plan



Follow-up Postcard



Contact Us

208-426-5899
info@caregivernavigator.org



CAREGIVER:

REFERRER:

Tools for referring partners:

- Rx Pad
- Referral Step-by-Step Guide
- Magnets

Please contact Family Caregiver Navigator today for a free custom care plan to reduce stress and improve well-being

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All materials available on the
Family Caregiver Navigator site

caregivernavigator.org

Thank You!

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“There are four kinds of people in the world: those who have been caregivers; those who are caregivers; those who will be caregivers; and those who will need caregivers.”

-Rosalynn Carter

Please take a moment to complete our quick 4-question survey:

https://boisestate.az1.qualtrics.com/jfe/form/SV_6W4SfeLLz6FriDQ



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