

# North Carolina's web-based, on-demand training program for Health & Human Services Professionals is now available free of charge to Lifespan Respite Grantees

**Planning and Using Respite**  
**Working with Family Caregivers**  
**across the Lifespan**

Developed for the Division of Aging and Adult Services,  
North Carolina Department of Health and Human Services  
by  
CARES, the Center for Aging Research and Educational Services  
Jordan Institute for Families at the School of Social Work  
The University of North Carolina at Chapel Hill

In response to the growing challenge of family caregiving, ***“Planning and Using Respite: Working with Family Caregivers across the Lifespan”*** has been developed for human service professionals with funding through NC’s “Building Integrated and Sustainable Lifespan Respite Care Programs” grant from the Administration for Community Living.

## To register for these free online modules, go to:

<https://tmslearn.unc.edu?keyname=LifespanRespiteKey&keypass=bywNTvT6&autologin=true>

1. Enter the requested information.
2. You will be prompted to create your own unique username and password.
3. When you complete this enrollment page you will be emailed a message that confirms your username and password.
4. Log in with your new username and password.

If you return at a later date to start training or to continue a partially completed course, you must log in with your unique username and password. If you use the enrollment key again you will be creating a duplicate account and will have to start your training from the beginning. You can stop as you need to and return later as long as you log on to your original account. A completion certificate for 3 contact hours is available at the conclusion of the modules.

**"Planning and Using Respite: Working with Family Caregivers across the Lifespan"** is comprised of the following modules: 1) Introduction: Caregivers, Caregiving and Respite; 2) Engagement and Screening; 3) Assessing Caregivers; 4) Planning Principles and Tools; and, 5) Planning Examples and Following Up.

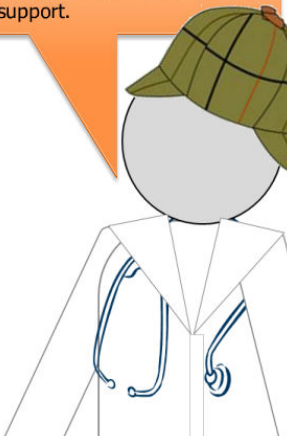
A few pieces include North Carolina demographics, but most of the content is national and may provide tools for individual or group training opportunities. Other groups and organizations have used these modules to provide "lunch and learn" or small group viewing, individual contact learning hours, and even reported it was helpful to them for their own families.

### Why Do You Want to Know Whether There's a Caregiver?

Providing care is both physically and emotionally challenging. Although the most recent NAC survey of US caregivers (2009) found that a majority were doing well, they also found that

- 26% spent 21 hours or more each week providing care
- 56% helped with ADLs
- 100% helped with IADLs
- 31% said they were emotionally stressed
- 17% said caregiving had made their own health worse.

The physical and mental health of the caregiver may be critical to the plan of care for the person who needs support.





### Why support family caregivers?

Our country's entire system of long-term services and supports for people with disabling conditions depends on them.

In 2009, to replace their work with paid care would have cost \$450 billion, according to AARP. By comparison, that year Medicaid paid about \$119 billion for long-term services and supports, and about \$184 billion came from other sources.

If for no other reason, preserving the well-being of family caregivers preserves our country's economy.

Registration for these modules will be available throughout 2015. Register today for your own free access to all five modules. **Questions?** Contact Alicia Blater at the NC Division of Aging and Adult Services. [alicia.blater@dhhs.nc.gov](mailto:alicia.blater@dhhs.nc.gov), 919-855-3413.