



**RCAW**  
Respite Care Association  
of Wisconsin

# Mental Health & Wellness Support for Family Caregivers

Advancing Goal #3:  
Strengthen Services and Supports

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## About the Program:

### Mental Health & Wellness Support for Family Caregivers

Allowable expenses: mental health counseling (in-person or telehealth), wellness classes such as yoga and meditation, gym or community memberships, self-help books, weighted blankets, light therapy, and virtual subscriptions.



- Wisconsin was one of four states awarded funds to implement the Strategy, allowing RCAW to include Mental Health & Wellness Support for Family Caregivers under the SRGP umbrella.
  - Allowable SRGP expenses include home modifications, safety or isolation-reducing technology, Nutritious Meals as Respite, household services, lawn care, snow removal, sensory items, and Mental Health & Wellness Support.
    - Allowable expenses for Mental Health and Wellness include counseling (in-person or telehealth), wellness classes such as yoga and meditation, gym or community memberships, self-help books, weighted blankets, light therapy, and virtual subscriptions.

**Eligible family caregivers can reapply every 90 days for \$250 – up to \$1,000 annually.**



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# Program Impact

**Below are three key actions under Goal #3 that directly drive the mission to *Strengthen Services & Supports*, turning vision into reality.**

1. Flexible and accessible respite care,
2. Education, counseling, and peer support,
3. Access to safe homes, nutritious meals, transportation, and technology.

*As a full-time caregiver, I often put my own well-being last. Thanks to RCAW's grant, I was able to access mental health counseling and a yoga membership, which have been life-changing. This support has helped me manage stress, find moments of peace, and be a better caregiver for my loved one. I'm so grateful for this program!*

**Testimonial from a recent grant recipient.**



**This program began on December 12, 2025.**



**Grant recipients are required to complete an *Impact Survey* 90 days after receiving the grant funds.**



**They are asked to self-measure wellness before and after receiving the funds for *Mental Health and Wellness*.**



**RCAW is actively collecting *Impact Surveys* and will have more data to share in the future.**

