

SENATE HEALTH & WELFARE COMMITTEE
Tuesday, February 23, 2016

ATTACHMENT 1



CAREGIVERS IN IDAHO

Idaho Caregiver Alliance

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Mission and Vision

- advance the well-being of caregivers across the lifespan by promoting collaboration that improves access to quality, responsive support across the state
- a statewide voice, convener, and catalyst for sustaining and supporting these essential providers of care



Idaho Caregiver Alliance

- more than 50 public and private organizations and 250 individual members
- launched in 2013 with support from the Administration for Community Living
- led by the Idaho Commission on Aging in collaboration with the Center for the Study of Aging at Boise State University



More than 1 in 4 Idahoans are caregivers

- make it possible for children and adults living with disabilities, long term illnesses and frailty to live in their home and community
- provide estimated \$2 billion/year in unpaid care
- most juggle paid work and caregiving responsibilities



Idaho Caregivers

- Save Idaho resources by delaying need for institutional care
- Medicaid is the primary payer for institutional care in Idaho
 - \$2.4 billion expenditure in 2012
- Over 50% of Medicaid budget spent on institutional care

Medicaid Expenditures for Long-Term Services and Supports in FFY 2012, CMS, April 28, 2014. <http://www.medicaid.gov/medicaid-chip-program-information/by-topics/long-term-services-and-supports/downloads/ltss-expenditures-2012.pdf>

A Caregiver's Fear

AGING IN AMERICA

'Promise you'll never put me in a nursing home'

Many caregivers feel duty-bound to not break such a vow, despite the toll and possible danger

Feelings of failure are unwarranted, experts say, and add to stress of placing loved one in a facility

BY TARA BAHRBAKPOUR
The Washington Post

Whenever Sarah Harris and her husband, Ernie, drove past a nursing home, he would say the same thing: That's where you're going to put me. That's where I'm going to be sent.

"I would say, 'No, I don't think that's going to happen,'" said Harris, of Fairfax, Va.

Her husband had been diagnosed with Alzheimer's disease at 53. She was 30 years younger and believed she could care for him until the end.

"I knew that he did not like nursing homes," she

said. "His dad lived in a retirement community, and he really did not like facilities."

His fears, and her assurances, mirror conversations that are playing out increasingly between husbands and wives, children and parents, and others as the population of older Americans swells. By 2050, the number of people 85 and older is projected to triple.

"Promise you won't put me away." It is hard to say no to that request. But it often is even harder to honor it.

For many, the idea of

IT WAS ONE OF THE WORST DAYS OF MY LIFE, THE DAY I PUT HIM IN A NURSING HOME.

Sarah Harris, whose husband, Ernie, had Alzheimer's

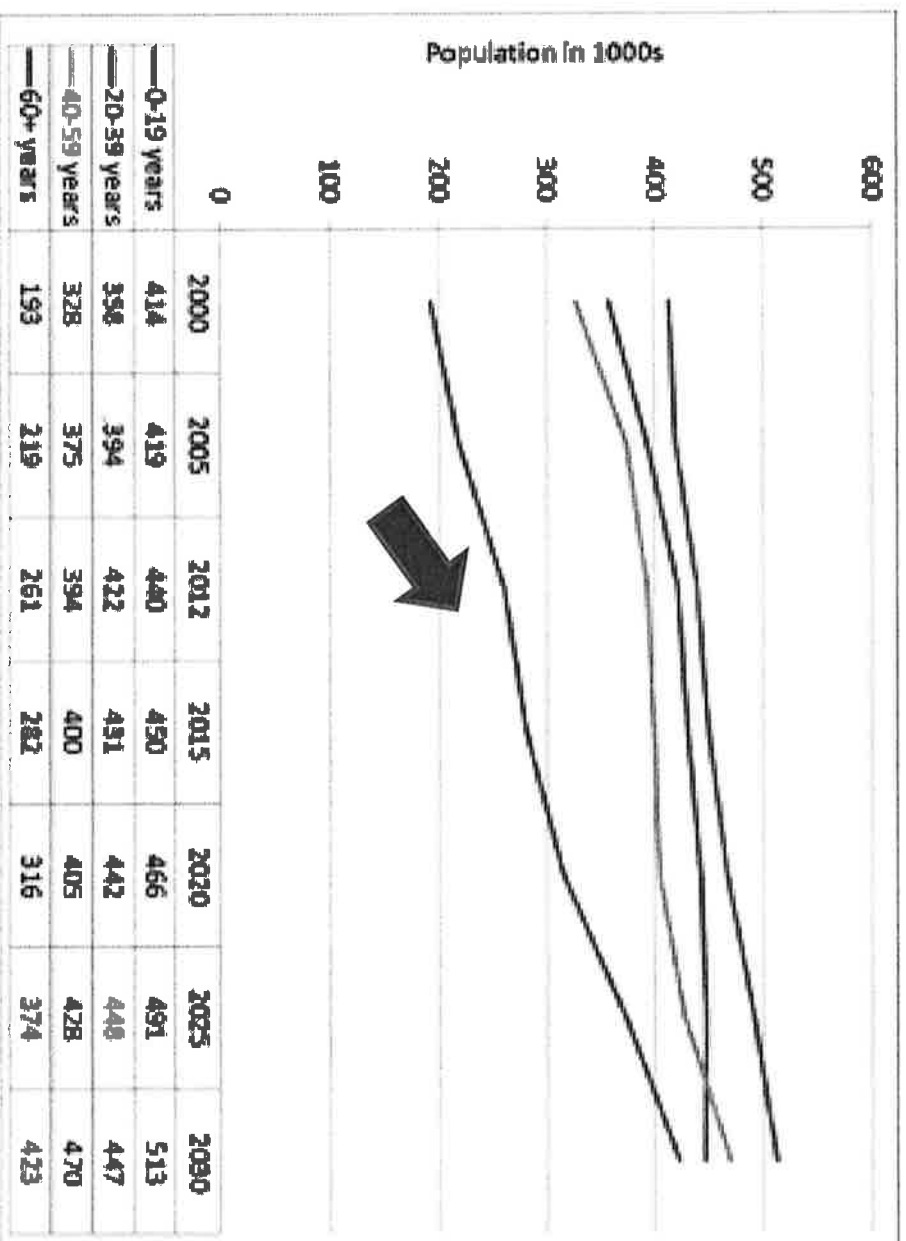
being sent to a facility implies abandonment.

Older Americans remember the poorhouse, where the old and infirm were hidden away to die. But many younger people also are repelled by the idea.

There's now a wider spectrum of facilities catering to different levels

SEE NURSING HOMES, 3C

60+ age group fastest growing in Idaho



Source: U.S. Census Bureau, 2009 Projections



House Concurrent Resolution 24

- create a caregiver taskforce
- examine policies, resources and programs available for caregivers in Idaho and other states
- study innovative ways to support unpaid family caregivers

Caregiver Taskforce: Membership

- AARP Idaho
- Ada County Community Paramedics
- Advocates for Families/Caregivers
- Area Agency on Aging - CSI
- Blue Cross of Idaho
- Caregivers
- Caregiver Support Agencies
- Center for the Study of Aging - BSU
- Community Partnerships of Idaho
- Disability Rights Idaho
- Friends in Action
- Home Care and Hospice Agencies
- Idaho Alzheimer's Planning Group
- Idaho Area Health Education Center
- Idaho Association of Counties
- Idaho Commission on Aging
- IDHW - Behavioral Health, Public Health, Medicaid
- Idaho Health Care Association
- Idaho Hospital Association
- Idaho Parents Unlimited
- Jannus
- Living Independence Network
- MS Society
- Northwest A.D.A. Center of Idaho
- Qualis Health
- Regence Blue Shield
- Senior Health Insurance Benefits Advisors (SHIBA)
- St. Luke's, Mountain States Tumor Institute
- Treasure Valley YMCA
- Veteran's Administration



Taskforce Findings: gaps in resources

- Assistance is limited, fragmented and based mostly on the care recipient.
- Inadequate training and information for caregivers.
- Caregiver support is lacking.
- Caregiver stress has costs.
- Non-profits have not been a sustainable resource.
- Respite resources are inadequate.
- Respite support is underfunded.
- No options for pediatric respite care in Idaho.



Taskforce Recommendations

Supports For Family Caregivers

- Equip and expand a network of individuals who assist family caregivers to understand, access, and arrange complex services.
- Provide access to training for caregivers on fundamental care responsibilities and self-care strategies.

Community Awareness And Engagement

- Increase public awareness about caregiving including helping people identify as caregivers.



Taskforce Recommendations

Integration of Family Caregivers into Health Systems Transformations

- Influence health care providers to recognize family caregivers as member of the health care team.
- Build community resources with the medical-health neighborhood to support family caregivers
- Partner with SHIP Regional Health Collaboratives.
- Integrate the needs and contributions of unpaid family caregivers in other system transformation efforts.



Going Forward

We ask that you:

- ✓ Learn more about the issues facing unpaid family caregivers in Idaho.
- ✓ Identify the caregivers in your life.
- ✓ Partner with the Idaho Caregiver Alliance to identify resources for family caregivers.
- ✓ Endorse the collaboration between the Idaho SHIP and the Caregiver Alliance.
- ✓ Support development of a state plan to implement the recommendations identified in this report.
- ✓ Become a caregiver champion!