



## Program History & Goals

The National Family Caregiver Support Program (NFCSP), established in 2000, provides grants to States and Territories, based on their share of the population aged 70 and over, to fund a range of supports that assist family and informal caregivers to care for their loved ones at home for as long as possible.

Families are the major provider of long-term care, but research has shown that caregiving exacts a heavy emotional, physical and financial toll. Many caregivers who work and provide care experience conflicts between these responsibilities. Twenty two percent of caregivers are assisting two individuals, while eight percent are caring for three or more. Almost half of all caregivers are over age 50, making them more vulnerable to a decline in their own health, and one-third describe their own health as fair to poor.

The NFCSP offers a range of services to support family caregivers. Under this program, States shall 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

These services work in conjunction with other State and Community-Based Services to provide a coordinated set of supports. Studies have shown that these services can reduce caregiver depression, anxiety, and stress and enable them to provide care longer, thereby avoiding or delaying the need for costly institutional care.



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[www.aacounty.org/Aging](http://www.aacounty.org/Aging)

### ***Department of Aging & Disability Programs:***

- Information & Assistance (I&A)
- Adult Evaluation & Review Service (AERS)
- Adult Public Guardianship
- Americans with Disabilities Act Office
- Assisted Living Facilities Program
- Long Term Care Bureau
  - ◆ Evidence Based Programs
  - ◆ Senior Center Plus
  - ◆ Senior Care
  - ◆ In-Home Aide Services (IHAS)
  - ◆ Community Personal Assistance Program
  - ◆ Community First Choice
  - ◆ Community Options Waiver Program
- National Family Caregiver Support Program (NFCSP)
- Nutrition
- Ombudsman Program
- Respite Care Referral Program
- Senior Activity Centers and Nutrition Sites
- State Health Insurance Program (SHIP) and Senior Medicare Patrol (SMP)
- Telephone Reassurance Program
- Volunteer Programs.

# NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM



**DEPARTMENT OF AGING  
AND DISABILITIES**

**410-222-4257**

*Providing information  
and support services to  
people who provide care  
to family and friends.*

**Family caregiver:** a person who provides direct care (as for children, elderly people, or the chronically ill) <spouses, parents, adult children and other *caregivers*>



## Grant Eligibility\*

Persons eligible for a Family Caregiver Grant:

- Adult family members or other informal caregivers age 18 and older providing care to individuals 60 years of age and older;
- Adult family members or other informal caregivers age 18 and older providing care to individuals of any age with Alzheimer's disease or related disorder;
- Grandparents and other relatives (not parents) 55 years of age and older providing care to children under the age of 18; and
- Grandparents and other relatives (not parents) 55 years of age and older providing care to adults age 18-59 with disabilities.

\* Grant award based on availability of funds; caregiving recipient must live in Anne Arundel County.

## Support & Education Services

- Monthly Support Groups
- Educational Workshops
- Quarterly Newsletter
- Annual Caregivers' Conference
- Annual Caregiver Appreciation Event
- Stipends to assist with respite care or supplemental services
- Caregiver Resources ([www.aacounty.org/Aging/NeedingCare](http://www.aacounty.org/Aging/NeedingCare))



*When funds are available, the National Family Caregiver Support Program provides financial assistance to caregivers to pay for respite care or supplemental services. This assistance is meant to enhance existing support programs and is for the caregiver's benefit.*

## Information & Grant Application

For more information on Anne Arundel County's Family Caregiver Program's workshops and other support services and grants or to be placed on the program's mail/e-mail list to receive program updates:

call **410-222-4375/4339**

email [caregiver\\_support@aacounty.org](mailto:caregiver_support@aacounty.org)

If the person you care for is enrolled in a program that has a case manager, you may request assistance through the case manager.

**Please note:** You will be required to submit a W-9 form and a Funds Acknowledgement form before a request for respite care can be processed and payment disbursed. Upon receipt of these forms and approval of the grant, payment will be issued in approximately 4-6 weeks.

Visit our website at <http://www.aacounty.org/Aging>. You can also like us on Facebook at [www.Facebook.com/ArundelSeniors](http://www.Facebook.com/ArundelSeniors)

### Additional Resources

- ◇ Eldercare Locator
- ◇ Family Caregiver Alliance - National Center on Caregiving
- ◇ National Alliance for Caregiving
- ◇ The National Family Caregivers Association
- ◇ Generations United
- ◇ The Brookdale Foundation Group – Relatives as Parents Program (RAPP)