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**ADVOCACY. ACTION.
ANSWERS ON AGING.**

**PROJECT
C.A.R.E.
CAREGIVER ALTERNATIVES TO
RUNNING ON EMPTY**



Project C.A.R.E. is a state funded program of the local Area Agency on Aging. This program covers 16 counties of the Foothills Territory.

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Area Agency on Aging



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You Are Not Alone.



What is Project C.A.R.E.?

Project C.A.R.E. (Caregiver Alternatives to Running on Empty) is a state funded dementia-specific support program for family caregivers. The program uses a family consultant to provide comprehensive support to caregivers of those caring for someone at home with Alzheimer's disease or related dementia.

Within the next ten years, as the first wave of baby boomers reaches the age of greatest risk from Alzheimer's disease, the number of people affected by dementia will increase dramatically. Alzheimer's is the sixth leading cause of death for people of all ages and the fifth leading cause for adults over age 65. In North Carolina, over 170,000 older adults currently have Alzheimer's disease or other types of dementia. By 2030, this number is projected to rise to over 288,000.

Project C.A.R.E. Family Consultants assist caregivers with education, resources and access to funds to alleviate some of the stress caregiving can create. The Family Consultant

receives referrals to the program and schedules in-home visits to meet with the caregiver and the person with dementia. A thorough assessment is conducted on the primary family caregiver's physical and mental health, financial situation, functional capabilities, social support, and environmental and cultural concerns. Family strengths, needs and preferences are discussed, as well as all available options for respite and other support services. The level of assistance provided by the

Family Consultant varies and is dependent upon what the caregiver needs and prefers.

Services

- **Care Management:** Offering persons with dementia and their caregivers (phone and face-to-face) counseling, care consultation, dementia-specific information, caregiver assessments, caregiver education and connections to strong social support networks.
- **Information and Referral:** Connecting families with available community resources in an attempt to meet unmet needs of family caregivers. This includes but is not limited to local support groups, supportive services, entitlement programs and other community resources.
- **Training:** Providing training and assistance to the community-at-large to increase capacity to assist persons with dementia and their families.
- **Respite Vouchers:** Eligible caregivers can receive vouchers to provide in-home respite care and/or respite in group settings such as Adult Day Care/Health. Funds are limited.

Eligibility requirements

- Caregivers of any age caring for someone with Alzheimer's disease or related dementia who are not currently receiving similar services through programs such as VA, Medicaid, etc.
- While there are no specific income limitations, Project C.A.R.E. gives priority to low-income, rural and minority families.

You Are Not Alone

Care for most people with dementia is provided in the home by family members or friends. This type of care is constant and allows few opportunities for rest or time to meet the other demands of "normal" life such as work, family, and personal health concerns. Too often, the long term result is the depletion of financial resources along with the deterioration of the caregiver's health and well-being.

The work life balance for caregivers is increasingly challenging over time. Although caregivers report positive feelings about caregiving, such as family togetherness and the satisfaction of helping others, they also report high levels of stress when providing care. Many caregivers are not aware there is help available.

Project C.A.R.E. services are provided at no cost. Learn more at www.wpcogaaa.org or call 828-485-4267. You are not alone. Call for help!