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**Caregiver Support Programs**

Overview of Programs

**FY 23**

1. ***Dementia Respite Grant (DRG) -***
* **When:** SFY 23– July 1, 2022 – June 30th, 2023 (renewable each year)
* **Who:** unpaid, family caregivers who are the *primary caregiver* for an individual diagnosed with dementia or Alzheimer’s and who are NOT on any other state funded programs including: CFC High or Highest Needs (MN is ok), Attendant Services Program, Veteran’s Directed Program, or any National Family Caregiver Support Program (NFCSP) Respite Grants.
* Income Requirements – by the *client’s* household income: ***$38,470.00/yr*** *(single) or* ***$52,230.00*** *(married/partnership)*
* **Why:** So the family caregiver can get access to much needed respite
* **What** (can funds be used for)**:** adult day care, in-home respite provided privately *or* by an in-home health agency, homemaking services, institutional respite (short-term stay at a rehab facility, etc.), small home modifications (ramps, grab bars, etc.), assistive/adaptive devices.
* **How (**to apply)**:** complete a DRG packet including:
* DRG Application
* VT Caregiver Registration Form
* VT Caregiver Assessment/Survey
* Proof of client’s household income
* Proof of physician’s diagnosis or Alzheimer’s Disease or related dementia (ADRD)
* NOTE: approved, eligible caregivers are awarded a *minimum* of **$500.00** and a maximum of ***$2000.00*** *per fiscal year*. Awarded grant amounts depend on need and total DRG funds remaining for that fiscal year. On a *reimbursement* basis unless the services are provided by an institution or agency in which case *direct payment* is available
1. **Random Acts Grant (NFCSP Respite Grant) –**
* **When:** FY 23 – October 1, 2022 – September 30, 2023 (renewable each year)
* **Who:** unpaid, family caregivers who are the *primary caregiver* for an individual(s) with a disability or who is 55+ and has a chronic disease/health condition and needs assistance with ADLs and/or IADLs. Additionally, the care receiver can NOT be receiving services through any other state funded programs including: CFC High or Highest Needs (MN is ok), Attendant Services Program, Veteran’s Directed Program, or the Dementia Respite Grant (DRG) Program. Note: However, caregivers *may* be eligible if they’ve received a DRG but have used all of their available DRG funds up for that specific fiscal Year (dependent upon approved variance from DAIL – see SVCOA’s Caregiver Coordinator)
* Income Requirements – There is *NO* income requirements
* **Why:** So the family caregiver can get access to much needed respite
* **What** (can funds be used for)**:** adult day care, in-home respite provided privately *or* by an in-home health agency, homemaking services, institutional respite (short-term stay at a rehab facility, etc.), small home modifications (ramps, grab bars, etc.), assistive/adaptive devices.
* **How (**to apply)**:** complete a Random Acts packet including:
* Random Acts application
* VT Caregiver Registration Form
* VT Caregiver Assessment/Survey

NOTE: approved, eligible caregivers are awarded a *maximum* of **$1000.00***per fiscal year, although the typical initial award is $500.00*. Awarded grant amounts depend on need and total NFCSP grant funds remaining for that fiscal year. The Grant is on a *reimbursement* basis unless the services are provided by institution or agency in which case *direct payment* is available

1. **Vermont Kinship Grant (VKAP) –**
* **When:** FY 22 – October 1, 2021 – September 30, 2022 (renewable each year)
* **Who:** unpaid, family caregivers who are the *primary caregiver* for an individual(s) with a disability or who is 55+ and has a chronic disease/health condition and needs assistance with ADLs and/or IADLs. Additionally, the care receiver can NOT be receiving services through any other state funded programs including: CFC High or Highest Needs (MN is ok), Attendant Services Program, Veteran’s Directed Program, or the Dementia Respite Grant (DRG) Program. Note: However, caregivers *may* be eligible if they’ve received a DRG but have used all their available DRG funds up for that specific fiscal Year (dependent upon approved variance from DAIL – see SVCOA Caregiver Coordinator)
* Income Requirements – There is NO income requirements
* **Why:** So the kinship caregiver can get access to much needed respite
* **What** (can funds be used for)**:** adult day care, in-home respite provided privately *or* by an in-home health agency, homemaking services, institutional respite (short-term stay at a rehab facility, etc.), small home modifications (ramps, grab bars, etc.), assistive/adaptive devices.
* **How (**to apply)**:** complete a Random Acts packet including:
* Random Acts application
* VT Caregiver Registration Form
* VT Caregiver Assessment/Survey

NOTE: approved, eligible *kinship* caregivers are awarded a *maximum* of **$100.00***per fiscal year*.

1. **SVCOA’s Caregiver Counseling Program –**

SVCOA is now offering free caregiver support counseling for qualified unpaid family caregivers in the community. This program is grant funded and provided by Rutland Mental Health Services/Community Care Network at no cost to recipients. The purpose of the program is to provide caregiver support intended to reduce caregiver stress and to encourage caregivers to take care of themselves as well as the individual(s) they provide care for. Education about the importance of self-care and skill building around self-care, boundaries and limit setting will be provided. We find that caregivers tend to take better care of others than they care for their selves. We will also help caregivers connect with other needed services and options for care.

The support will be provided by Cinda Donton who has years of experience in supporting caregivers and has provided numerous trainings to professional and family caregivers, with a focus on those caring for loved ones with ADRD. The support can be provided in the caregiver’s home or via phone, whichever is preferred. Cinda’s office is located at the Southwestern Vermont Council on Aging at 143 Maple Street, Rutland and her phone. Her phone number there is: 802-786-5990 ext. 849.

To be eligible for the program, caregivers must be providing care in Rutland County, must be providing care for someone who is age 55+ or who has a diagnosis of Alzheimer’s Disease or related dementia (ADRD), or they themselves must be 60 or older and providing care for an adult or younger disabled Vermonter. Grandparent caregivers caring for children under the age of 18 must be 55+ and would also qualify. The person they are caring for does not have to live in the home with them. However, caregivers whose loved ones who have been placed in long term care facilities permanently are ineligible for the program. Lastly, SVCOA places a priority on those caregivers whom are caring for loved ones diagnosed with Alzheimer’s Disease and/or dementia (ADRD)

1. **Powerful Tools for Caregivers –**

A six-week, evidence-based series of classes for family caregivers designed to help you restore the balance between caring for others and caring for yourself. Each week is focused on different facets of family caregiving including but not limited to stress management, communication, self-care, among others. SVCOA and its community partners typically run several Powerful Tools series in the community each year.

1. **Rutland and Bennington County Memory Cafés –**

A social gathering held once a month where people experiencing memory loss and their care partners come together to connect and support one another in a relaxed, non-judgmental atmosphere. Participants enjoy social time, music, and other fun, interactive activities. Please see the attached Memory Café Brochures to get more information on the structure and benefits of memory cafés

*NOTE: Due to the COVID-19 pandemic, both the Rutland County and Bennington County Memory cafés are no longer being held in-person. SVCOA is currently in the process of adopting and planning a monthly virtual memory café that will combine both the Bennintgon and Rutland County cafés and that will be open to family caregivers, their care receivers, and older Vermonters who live in Vermont. Once a set date has been chosen, SVCOA will announce the new virtual café and put the word out*

1. **Other Caregiver Supports –**

SVCOA also supports other local organizations such as the Alzheimer’s Association in order to provide quality, evidence-based caregiver support programs such as Support Groups, Alzheimer’s/Dementia education and training, among others. For more information please contact Aaron Brush at SVCOA to get more details on what supports are currently being held

*For information on any of the above Caregiver Support Programs offered by SVCOA or its community partners, please contact SVCOA’s Caregiver Coordinator, Aaron Brush. Please also note that ALL current caregiver support programs listed above are being offered strictly by phone or virtually (via Zoom, MS Teams, or other online platforms). Due to the uncertainty caused by the pandemic, things could change very quickly, which highlights the importance of staying up-to-date and informed by communicating with SVCOA regarding the current state of its Caregiver Support Progrom*