



Title III-E Service Definitions Effective 01.01.2014

1. *Caregiver Counseling* (One session per participant) – Services under this category assist family caregivers in making decisions and solving problems related to their caregiving roles. This includes: individual or family counseling, coaching, support groups, training and education, and self-directed support services. These services may be provided in person, by telephone or via the internet depending on the needs of the caregiver/s. Note: All Caregiver Counseling Services require NAPIS Registration.
 - a. *Individual or Family Counseling*: Assistance provided to caregivers in making decisions and solving problems related to their caregiver roles. Counseling may include: identification of needs and preferences, development of individualized approaches and plans, problem solving, decision support, service planning and coordination, access assistance and referrals; exploring personal lifestyle and the impact of caregiving on health status, relationships and finances. Developing an informal support network.
 - b. *Coaching/Consulting*: An individualized support service that equips caregivers with the knowledge, skills and tools to perform their caregiving role while achieving a balanced lifestyle. At minimum, the caregiver coach/consultant service includes a comprehensive caregiver assessment to identify the caregiver's needs, and values, and strengths related to their caregiving role, and development of a customized plan that includes goal setting, and problem solving, coaching, and ongoing support to reach established goals. Support may be provided as education, skills development including self-advocacy, coping and disease management; self-care skills, managing difficult behaviors, and creating an informal support network; coaching skills such as cognitive reframing, crisis management, problem solving, family meetings and resource information. Title III-E funded CCs will conduct a caregiver assessment on those caregivers receiving ongoing support. This assessment will address the caregiver's needs, risk factors, strengths and abilities, and informal support network, as well as, key domains and constructs outlined in Caregiver Assessment: Principles, Guidelines and Strategies found at: http://www.caregiver.org/caregiver/jsp/content/pdfs/v1_consensus.pdf. The assessment tool will include a validated stress/burden and depression measure with

follow up strategies and support to improve individual outcomes. Caregiver coaches/consultants meet state Title III-E Caregiver Coach Consultant standards and competencies [Revised 08.17.10 07.05.07], complete the Caregiver Coaching/Consulting basic training using state owned curriculum, and participate in state or locally sponsored coach training.

- c. *Support Groups*: Group sessions that offer caregiver education, information about community resources, or emotional support and networking with other caregivers. Title III-E funded support groups must include an educational component as a part of sessions.
 - d. *Caregiver Training and Education*: Individual or group sessions (Registered service) that build caregiver capacity to provide, manage, and cope with caring for an older adult or other eligible person, and promote or preserve their own health and well-being. These services may include training or education on managing risk factors (e.g., caregiver stress and depression), caregiver role development and identity change, family dynamics, direct care skills, disease management, managing difficult behaviors, communicating with health care providers, navigating health and long-term care systems, building a support network, and financial and legal issues.
2. *Respite (One Hour)* – Services that offer temporary, substitute care, supervision, support, or living arrangements to older persons in order to provide a brief period of relief or rest for informal caregivers. Respite Care includes: (1) in-home respite; (2) out-of-home respite; and (3) facility-based respite. Note: All Respite services require NAPIS Registration.
 - a. *In-home Respite*: This includes personal care, homemaker, chore, companion, supervision, or nursing care provided by an organization or agency. Trained volunteers may be utilized to provide companionship respite (e.g., assistance with meals, medications reminders and general supervision). Respite volunteers are screened, trained and matched with older adults and supervised by provider.
 - b. *Out-of-Home Non-Facility Respite*: This option may be provided on a group or individual basis and include licensed Adult Day Services, licensed adult foster care, services by a family, friend, neighbor, or volunteer in a non-licensed private residence, or escorted transportation to medical appointments or community activities.
 3. *Self-Directed Caregiver Support Services*: Services and supports directly chosen and purchased by an individual through using an individual budget allocation to meet their identified caregiver support service needs.