REPLICATING JAMES MADISON UNIVERSITY'S CAREGIVERS COMMUNITY NETWORK

Joint Commission on Health Care
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PRESENTATION OUTLINE

- Purpose of Study

- Informal Caregivers' Contributions and Needs

- JMU's Caregivers Community Network

- Replicating the Caregivers Community Network

- Policy Options

2

PURPOSE OF STUDY

- 2009 JCHC Study: Improving Aging-at-Home Services & Support for Culture Change Initiatives
  - Policy Option Adopted:
    - Include on the JCHC 2009 workplan a staff study of the feasibility of replicating James Madison University's Caregivers Community Network in other areas of the Commonwealth.

3

FAMILY CAREGIVERS' CONTRIBUTIONS AND NEEDS

4

IMPORTANCE OF FAMILY CAREGIVERS

- Caregivers provide help with household chores, personal care, transportation, medication, companionship, paying bills, and coordinating services outside the home.

- In the U.S.: 44 million Americans (1 in 5 adults) provide unpaid care, valued at a cost of $350 billion a year.*

- In Virginia: 900,000 caregivers provide 970 million hours of unpaid care, valued at a cost of $9.9 million a year.**

*AARP Public Policy Institute, 2006.
**Source: http://www.caregiver.org/caregiver/jsp/content/pdfs/state_profile_va.pdf (2007 data).

5

FAMILY CAREGIVERS' NEEDS

- A 2007 study conducted by the National Alliance for Caregivers and AARP found that many caregivers struggle with a range of concerns.
  - Finding time for themselves (35%)
  - Keeping the person they care for safe at home (30%)
  - Balancing work and family responsibilities (29%)
  - Managing emotional and physical stress (29%)
  - Finding easy activities they can do with the person they care for (27%)

- The burden of caregiving can lead to increased stress, exhaustion, declining health, depression and isolation. Often these problems result in early placement of loved ones into nursing homes.*

*Delivering on the Promise. U.S. Department of Health and Human Services. 2002.

6

JMU's Caregivers Community Network

"Sharing the Gift of Time"

Components of the Caregivers Community Network

○ CCN is an innovative program that addresses the need for affordable caregiver services by partnering with James Madison University.

- CCN began in 2001 as an Alzheimer's Demonstration Model with $84,600 in start-up funding provided by the Virginia Department for the Aging (VDA).
- The program is housed in JMU's Institute for Health and Human Services and is administered by the Nursing Department.
- Services are provided for frail elders and their caregivers on a sliding fee scale*:
  ○ Personalized in-home companion care on a regular basis that provides respite for the caregiver
  ○ Errand running, such as picking up prescriptions, groceries or dry-cleaning to aid the caregiver
  ○ Educational workshops and support services
  ○ Telephone consultation to supply caregivers with support, caregiver tips, referrals and other resources

*71% of clients are low-income and receive services free of charge.

COMPONENTS OF THE
CAREGIVERS COMMUNITY NETWORK

○ Program staff consists of a full-time program director supported by a course instructor and one additional professor.*

○ Students (as part of an elective course offered by the Nursing Department) and community volunteers are trained and assigned to families that have requested services.

○ Most of the budget needs of the program are provided in-kind by the University (i.e. professors' time, office space, supplies, and fiscal management and marketing services).

○ Award winning program:

 • In 2006, CCN received the Commonwealth Council on Aging "Best Practices Award" in the education category.

 • In 2009, CCN received the National Family Caregiving Award from the National Alliance for Caregiving and MetLife Foundation for innovation, effectiveness and responsiveness to caregivers needs.

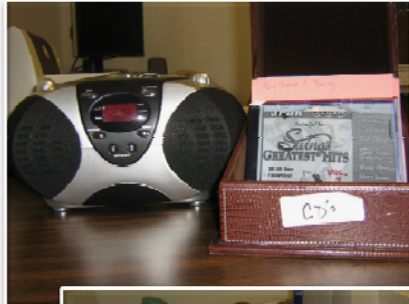*The professors provide 10% of their course time to CCN.

9

COMPONENTS OF THE
CAREGIVERS COMMUNITY NETWORK

○ CCN Toolkits

 • Innovative, research-based therapeutic activities that were designed specifically for CCN by a participating professor.

 • Students learn about the different therapeutic activities (including the theories on which they are based and the proper techniques for administering them) and must pass an exam for each toolkit before allowed to use the activities with clients.

○ The CCN Toolkits include:

 ○ Music
 ○ Reminiscence
 ○ Arts & Crafts
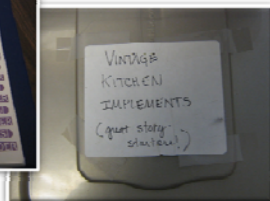 ○ Aroma
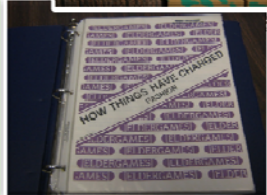
10

MUSIC TOOLKIT

- Benefits
  - Promotes relaxation
  - Can reduce heart rate and blood pressure
  - Decreases anxiety, stress and depressive symptoms
  - Assists with chronic pain
  - Improves social function
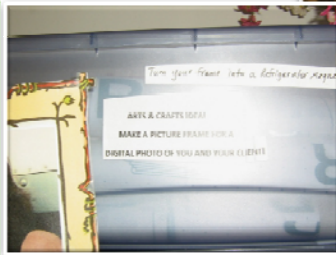 - Improves immune function

11

REMINISCENCE TOOLKIT

- Benefits
  - Improves cognitive function
  - Improves behavior and social function
  - Increases well-being
  - Decreases depressive symptoms, agitation and anxiety
  - Improves ability to perform activities of daily living

12

ARTS & CRAFTS TOOLKIT

- Benefits
  - Provides sensory stimulation
  - Encourages the mind to work in new and creative ways
  - Increases ability to communicate
  - Increases well-being and self-confidence
  - Decreases feelings of isolation and depression

13

AROMA TOOLKIT

- Activities
  - Hand and/or foot massages with essential oils
  - Facials
  - Baking
  - Reminiscence using familiar scents

- Benefits
  - Promotes relaxation
  - Decreases anxiety and stress
  - Assists with chronic pain
  - Improves sleep patterns
  - Improves appetite

14

EXPANSION OF TOOLKITS

Games

Exercise

Manicures &
Pedicures

15

EXPANSION OF TOOLKITS

A Roomful
of Activities

16

8

UNIQUE BENEFITS OF CCN PROGRAM

- Provides needed caregiver services cost effectively by partnering with a university
- Delays institutionalization of the elderly
  - Programs like CCN provide support that many caregivers need in order to continue to care for their loved one at home. Enabling elders to live at home longer prevents or delays the use of Medicaid for the provision of LTC services for a significant segment of the elderly population.
  - First year evaluation of the CCN program indicated that an estimated 28% of care recipients would have been placed in a nursing care facility if their caregiver had not received respite care from CCN.
- Addresses workforce shortages of geriatric nurses by encouraging students to specialize in geriatric care.
  - "As this is the second semester I have taken this class, I am sad to know I cannot take this class again. I am seriously considering going into the geriatric field in nursing because of this class." -- CCN student

17

REPLICATING THE
CAREGIVERS COMMUNITY NETWORK

18

9

REPLICATING THE
CAREGIVERS COMMUNITY NETWORK

- To encourage other Virginia universities and colleges to create their own CCN program, 2 to 3 demonstration grants would be awarded via a competitive grant process.
  - VDA has agreed to manage the RFP and award selection process.
- Demonstration grants would provide two years of funding to give the schools adequate time to develop and implement the program.
  - First Year: Create and organize the specific components of the program, including a program evaluation plan, a new course in the Nursing Department* and student enrollment.
  - Second Year: Implement the program for one full year.
- After the first two years, the new CCN programs should be sustained using a combination of grants, student tuition, fundraising and a sliding fee scale.

*Other healthcare related departments, such as a social work department that offers a specialization in geriatric care, also would be appropriate.

19

DEMONSTRATION GRANT BUDGET NEEDS

	Two Demonstration Sites (for 2 years)	Three Demonstration Sites (for 2 years)
VDA Staffing and Supplies	$1,500	$1,500
Toolkits for Sites	$5,000	$ 7,500
JMU Demonstration Grant Coordinator	$86,000	$ 86,000
Site Staff Position	$172,000	$ 258,000
Site Graduate Student Time	$32,000	$ 48,000
Site Faculty Buy-Out Time	$56,000	$ 84,000
Site Overhead	$12,000	$ 18,000
JMU Overhead	$ 6,400	$ 6,400
Total Budget	$ 370,900	$ 509,400

20

10

POLICY OPTIONS

Option 1: Take no action.

Option 2: Introduce a budget amendment (language and funding) for the Virginia Department for the Aging to provide grant funding of $370,900 GFs for two demonstration projects to replicate JMU's Caregivers Community Network at other colleges or universities in the Commonwealth.

Option 3: Introduce a budget amendment (language and funding) for the Virginia Department for the Aging to provide grant funding of $509,400 GFs for three demonstration projects to replicate JMU's Caregivers Community Network at other colleges or universities in the Commonwealth.

Option 4: *Include on the JCHC 2012 workplan a staff study of the availability of respite services for caregivers in the Commonwealth* (Option requested by JCHC members).

21

PUBLIC COMMENTS

○ Written public comments may be submitted to JCHC by close of business on June 8, 2011.

○ Comments may be submitted via:
- E-mail: sreid@jchc.virginia.gov
- Fax: 804-786-5538
- Mail: Joint Commission on Health Care
             P.O. Box 1322
             Richmond, Virginia 23218

○ Comments will be summarized and reported during the June 14th JCHC meeting.

22

INTERNET ADDRESS

Visit the Joint Commission on Health Care website:
http://jchc.virginia.gov

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