

Office of Aging Services Coordination (OASC)

Family Caregiving

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“There are only four kinds of people in the world—those who have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers.”- Rosalynn Carter



Agenda

- Share overview of our OASC mission and vision
- Provide a snapshot of family caregivers in Texas
- Highlight the Strengthen the Care You Give campaign
- Review the National Strategy to Support Family Caregiver
- Discuss the Texas Roadmap to Support Family Caregivers and the Development of a Local Level Approach



Aging Services Coordination



Our mission is to support older Texans to age and live well by:

- Assessing the state's readiness to respond to the needs of older adults
- Raising awareness of aging-related issues and available resources
- Connecting the community to aging supports and innovative initiatives
- Engaging partners to strengthen and expand the aging network



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Health and Human
Services

Aging Services Coordination

Vision

We envision a Texas that empowers everyone to age well with dignity and purpose



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CAREGIVING SNAPSHOT



Caregiving in Texas



According to AARP, in Texas, an estimated 3.1 million caregivers provide unpaid care at an estimated value of \$41 million.

According HHSC's 2020 Profile of Informal Caregiving:

- Over half of caregivers are married
- About 75% caregivers are over the age of 39
- Over half are not employed



Caregiver Supports

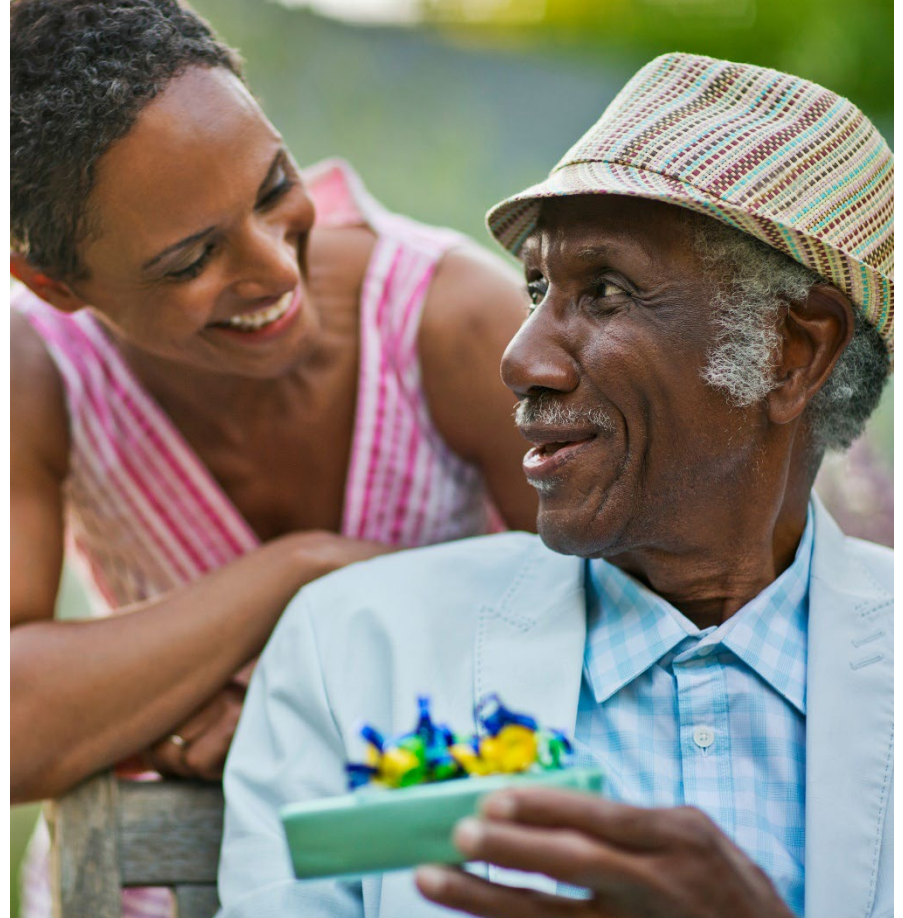


Family caregivers may provide support to a person with:

- Physical
- Behavioral
- Medical conditions

Caregivers may help a loved one with:

- Activities of daily living (e.g., bathing, eating, dressing and hygiene)
- Money management
- Social connection
- Transportation
- Meal preparation



Caregiver Support Areas



Self-Care

- Respite
- Mental and Behavioral Health Supports
- Support Groups

Training and Planning

- Online care topics
- Advance Care Planning
- Financial Tools
- Emergency Planning

Supportive Services

- Benefits/Eligibility
- In-home Care
- Transportation
- Home-delivered meals



CAREGIVING EFFORTS



Caregiving Workgroup



Texas Team Agencies:

- Texas Health and Human Services
- Texas Governor's Committee on People with Disabilities
- AARP Texas
- Texas Association of Regional Councils



Goals of the Workgroup:

1. Create a family caregiver awareness campaign
2. Create a Texas roadmap to support family caregivers

Caregiving Workgroup Efforts

Strengthen
THE CARE YOU GIVE



Gathered workgroup members for Technical Assistance Opportunity

Identified campaign goals

Researched existing campaigns

Created framework for campaign including:

- Target audience
- Main needs of caregivers
- Campaign components with and without funding



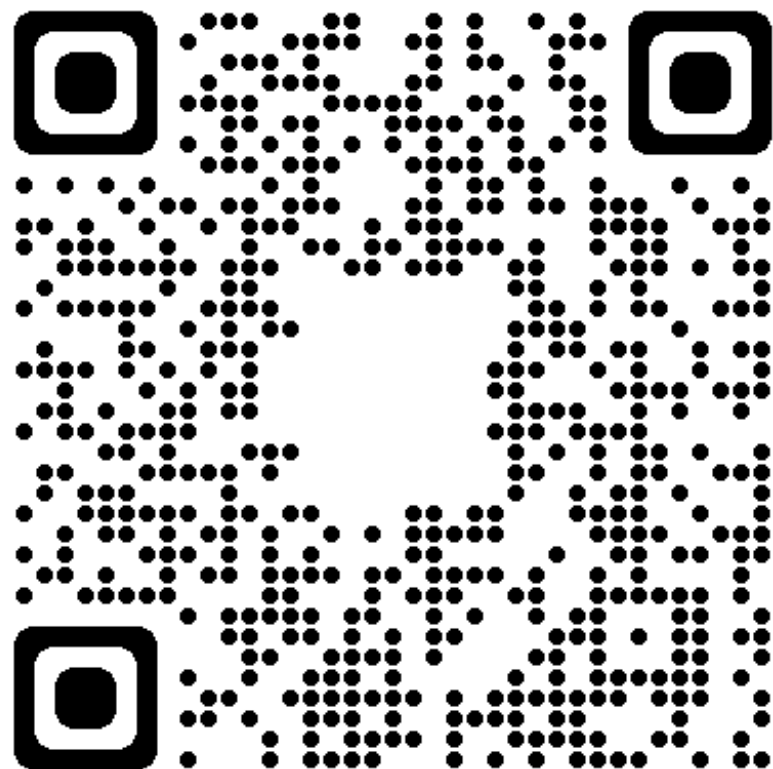
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Strengthen the Care You Give Campaign



GOALS:

- Build awareness of the role of a caregiver.
- Help caregivers connect to their role.
- Show the physical, emotional and mental strength caregivers have.
- Highlight community resources that could help.



Campaign Website



TexasCaregivers.org

CuidadoresDeTexas.org

Caregiver Self-Care



Support your mental health wellness with resources to take a scheduled break, find peer support or learn of other ways to connect with support.

[**Get Help**](#)

Training & Planning



Trainings to help you strengthen the care you provide to your loved one now and resources to help plan for the future.

[**Plan Ahead**](#)

Support & Resources



A range of supportive services for caregivers and care recipients, including resources for specific populations.

[**Find Resources**](#)

NATIONAL CAREGIVING STRATEGY



RAISE Family Caregiver Act

The RAISE (Recognize, Assist, Include, Support, Engage) Family Caregivers Act, which became law on Jan. 22, 2018, directed the Secretary of Health and Human Services to develop a national family caregiving strategy. It also established the RAISE Family Caregiving Advisory Council.



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Recognize, Assist, Include, Support, & Engage (RAISE)
Family Caregivers Act

Initial Report to Congress

Prepared by: RAISE Family Caregiving Advisory Council

With assistance from: Administration for Community Living,
an operating division of the U.S. Department of Health and Human Services

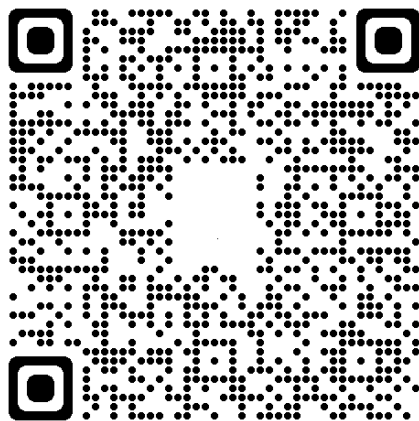


September 22, 2021

National Strategy to Support Family Caregivers



**2022 National Strategy
to Support Family Caregivers**



The National Strategy to Support Family Caregivers offers 150 steps states, communities, and the private sector can take to build a system that ensures family caregivers have what they need to maintain their health, well-being, & financial security.



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National Strategy to Support Family Caregivers Continued

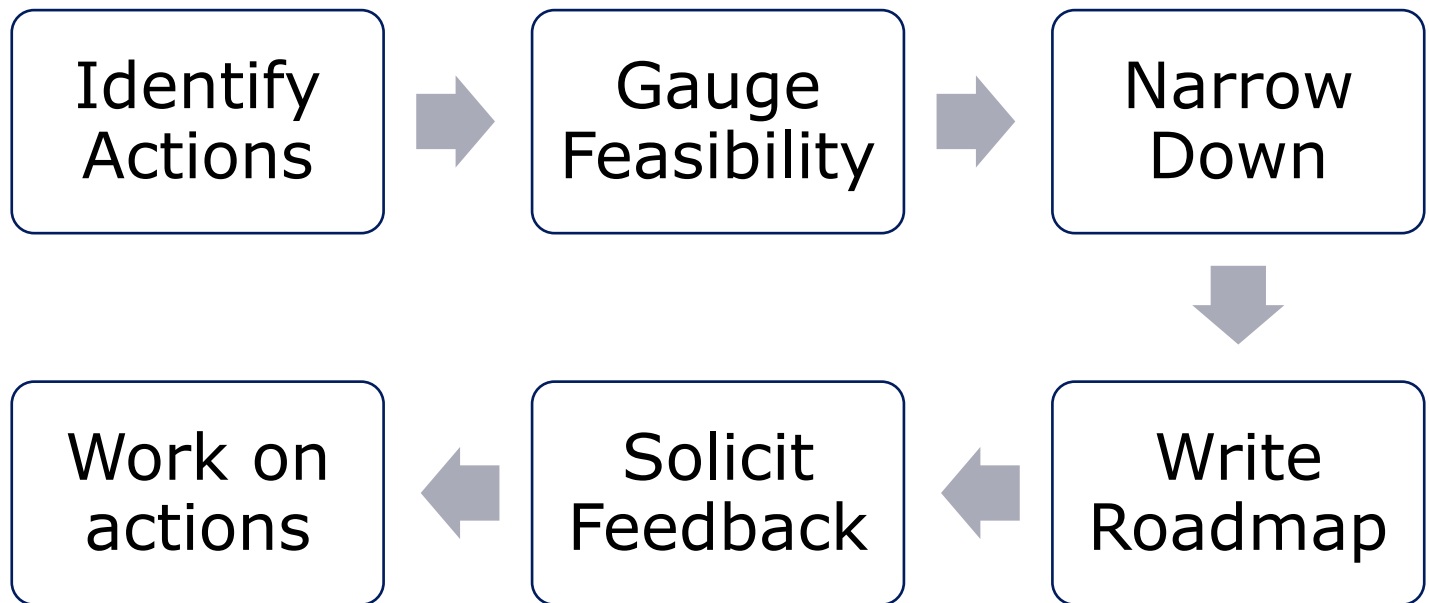
1. Increase awareness and outreach
2. Build partnerships and engagement with family caregivers
3. Strengthen services and supports
4. Ensure financial and workplace security
5. Expand data, research and evidence-based practices



TEXAS STATE ROADMAP AND LOCAL LEVEL APPROACH



Texas Family Caregiver State Roadmap



Area Agencies on Aging

Family Caregiving Survey Results

- 14** Use a Family Caregiver Intake
- 19** Provide In Home Respite
- 11** Utilize Grant Funding
- 6** Measure Caregiver Burden
- 12** Increased Case Loads and Reduced Budgets

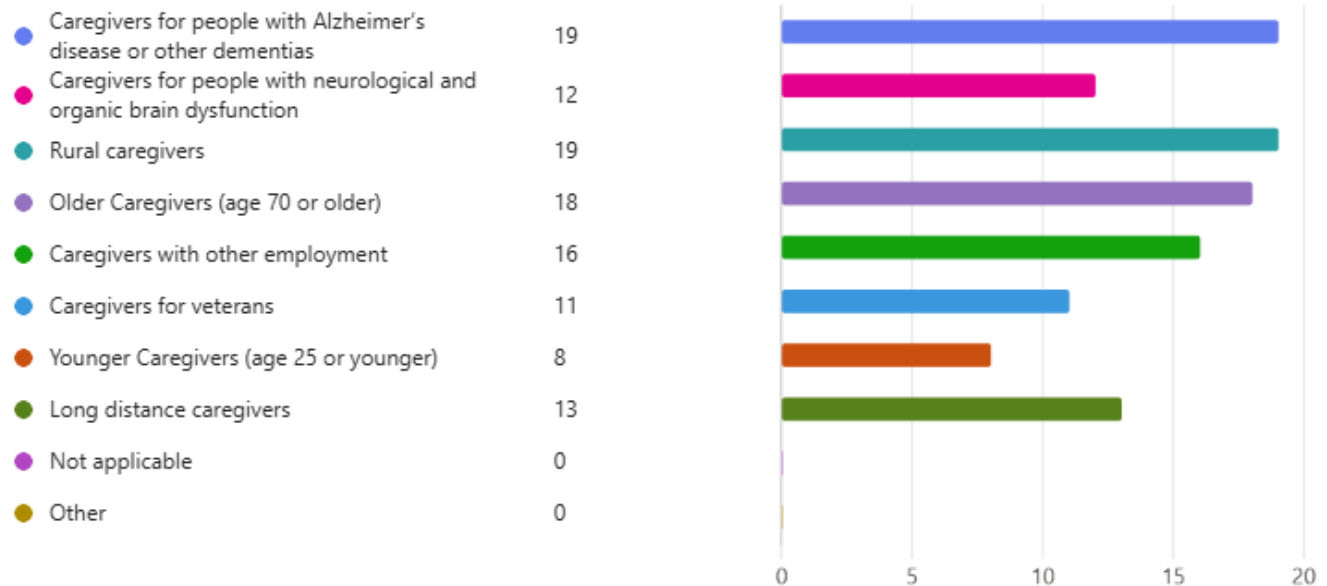


*As of 2/3/25 20 AAAs have responded to the survey



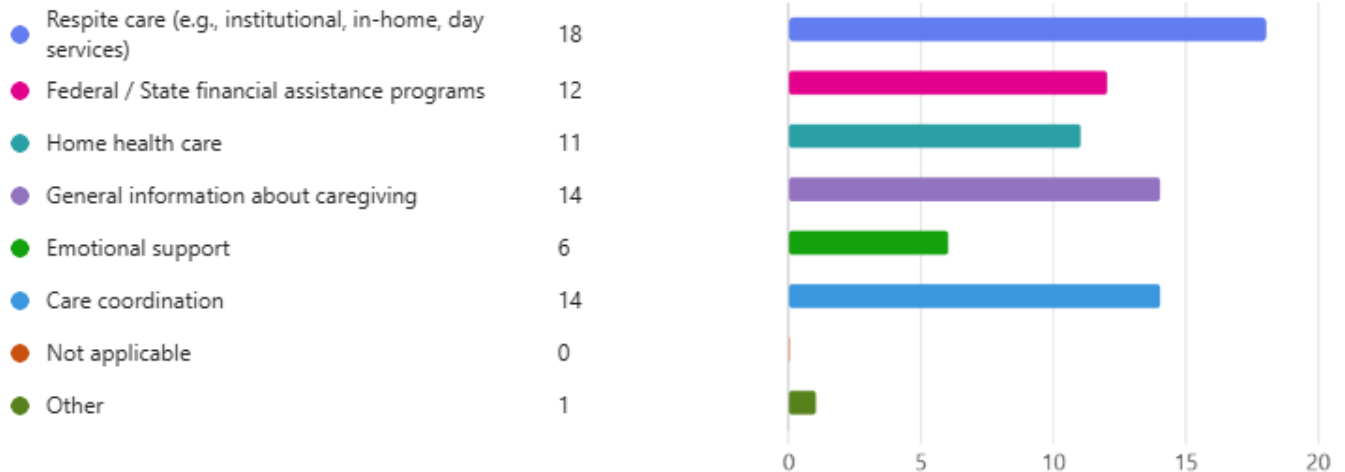
Types of Caregivers

Types of Family Caregivers



Requested Services

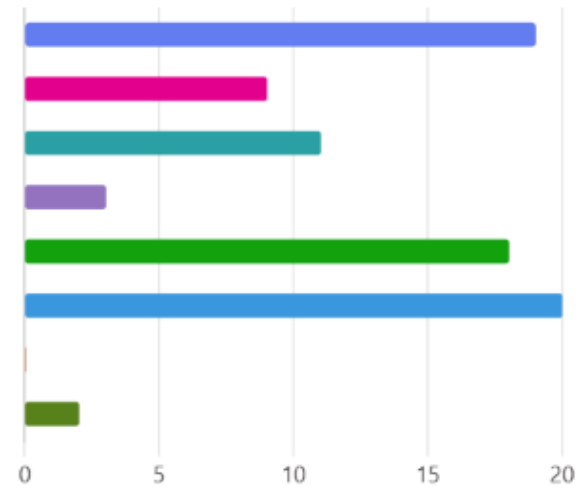
Requested Services by Family Caregivers



Services Delivered

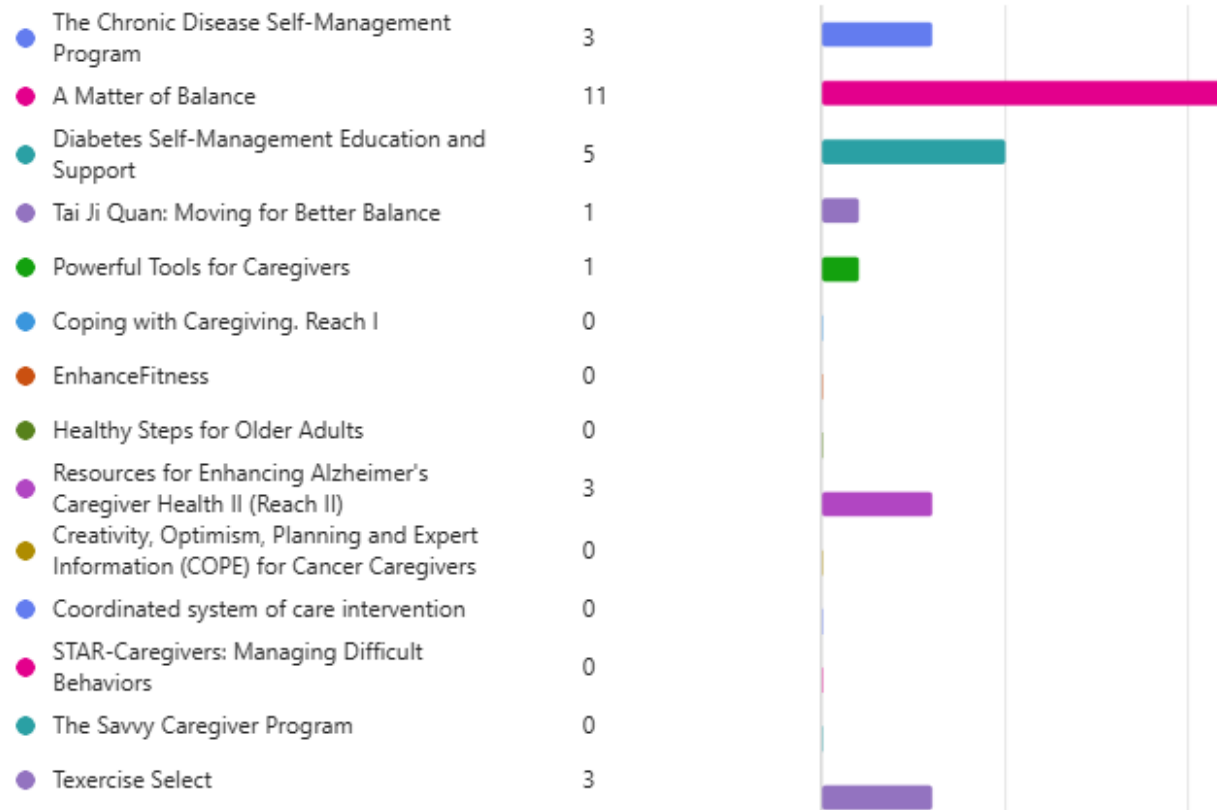
Programs and Services for Family Caregivers

● Respite care	19
● Support groups	9
● Education or training	11
● Individual counseling	3
● Care coordination or case worker support	18
● Information and referral	20
● Not applicable	0
● Other	2



Types of Programs

Programs and Trainings for Family Caregivers



Local Level Approach



Basic

Outreach

- Translated Materials

Assessment

- Identify Family Caregivers

Support

- Respite
- Information and Referral

Cost \$

Intermediate

Outreach

- Family Caregiver Trained/Knowledgeable Staff
- Targeted Marketing/Materials

Assessment

- Utilize a standardized caregiver intake

Support

- Care Coordination

Cost \$\$

Advanced

Outreach

- Develop Partnerships (e.g. VA)
- Person Centered Framework

Assessment

- Evidence based caregiver assessment tools




Support

- Education and Training for Family Caregivers
- Support Groups

Cost \$\$\$

Area Agencies on Aging II

Next Steps: Align Local Level Approach with State Roadmap and Strategy

-  Increase awareness of family caregiver services and supports including respite services.
-  Increase trainings, partnerships and resources for family caregiver supports.
-  Identify funding options for increasing family caregiver supports and services.

CLOSING



Stay Informed



GovDelivery: Sign up now for [aging services topic on GovDelivery](#) for access to agency aging related policy updates, published reports, newsletters program highlights and more.

Resources: The [Aging Well Resources Order Form](#) is an easy way to access helpful factsheets, toolkits, issue briefs and more. Visit, enter some basic information about yourself, and explore the resources available.

Contact Us!



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Area Agencies on Aging
Caregiving Programs and Services
Survey



References



Slide 7:

AARP (2023). *Number of Family Caregivers, Hours, and Economic Value of Caregiving, by State, 2021*. Public Policy Institute. <https://www.aarp.org/content/dam/aarp/ppi/2023/3/valuing-state-estimates.doi.10.26419-2Fppi.00082.009.pdf>

Texas Health and Human Services (2020). *A Profile of Informal Caregiving in Texas*. <https://www.hhs.texas.gov/sites/default/files/documents/laws-regulations/reports-presentations/2020/profile-of-informal-caregiving-2020.pdf>