In-Home Education and Therapeutic Support Program for In-Formal Family Caregivers: A Grant Proposal

Annabelle De La Torre
California State University Long Beach
May 2014
Introduction

• As our population ages, the likelihood of chronic illness and co-morbidity adults face will cause an increased demand for support and assistance from family and friends (Aggar, Ronaldson, & Cameron, 2011). Most adults with these needs require caregiving assistance.

• An estimated 44 million Americans age 18 and older provide unpaid assistance and support to older adults with disabilities (National Alliance for Caregiving [NAC], 2012; American Association of Retired Persons [AARP], 2012).

• By the year 2050, family members will undertake most of the at-home care required by the 11-16 million people in the United States expected to develop dementia (McLennon, Habermann, & Rice, 2011).

• **Goal:** The overall goal of the proposed program is to prevent and/or reduce caregiver burden.
Social Work Relevance

• The aging population presents social, economic, and political inferences for families, the social work profession, and the global community.

• The social work profession recognizes that advanced aging adults face multiple challenges as they age including changes in physical and cognitive abilities, barriers accessing health and mental health care, and decreased economic security (Montgomery, Jung & Rowe, 2011).

• These challenges often affect families who provide physical, emotional, financial, and support to their aging family member (National Association of Social Workers [NASW], 2010).

• Informal caregivers are crucial to the care of elders, social workers must also be knowledgeable in supporting families of older adults.
Cross-Cultural Relevance

• Caregiving is an activity that is overrepresented by women and within that group minority women face significant challenges (AARP, 2012; NAC, 2012). The largest number of California’s caregivers (75%) are women, and 60% are married (AARP, 2012; NAC, 2012).

• Among immigrant caregivers, Mexico is cited as the most frequent country of origin (6%). Minority and low-income caregivers deal with additional barriers. Approximately 41% of single African American women ages 65+ are poor. The poverty rate for elderly Hispanic women is 49% (AARP, 2012; NAC, 2012).
Methods

• **Target Population:** The program’s target audience will be caregivers over the age of 50 who are currently providing non-paid caregiving support to chronically ill older adults.

• **Strategies used to identify and select a funding source:** In an effort to identify a funding source and grant application the grant writer used a comprehensive approach that included the following steps: Step 1- identify criteria; Step 2- data gathering; Step 3- weight each criterion and funding source Step 4- select appropriate funding source.

• **Identify the funding source selected:** The funding source selected for this project was The Annenberg Foundation since their range of funds distributed match best with the grant writer’s proposal project and because they provide funding for non-profits that work in low-income and underserved areas.
Methods

• **Sources used for the needs assessment:** To assess the needs of a in-home support group for informal caregivers, a thorough analysis of research and interviews were conducted to determine the need for an in-home support group. Consultation with staff members and informal caregivers that assist chronically ill older adults. Additional information was gathered through the world wide web.

• **Projected budget range and categories:** The proposed budget for year one will be $150,000.

• The Host Agency will offer in-kind contributions to cover volunteer staff, office supplies and needed equipment.
Grant Proposal

• **Program Summary and Description:** The purpose of this project was to write a grant proposal to seek funding for a program to provide home-based education and therapeutic support for family caregivers in the Los Angeles area. The overall goal of the program is to prevent and/or reduce caregiver burden. The proposed program will offer interventions that will permit caregivers to receive supportive services in the comfort of their own homes. For some caregivers, home-based services are easier to participate due to barriers they face on a daily basis including transportation or lack of respite care. The proposed program will provide support for caregivers to educate and address caregiver burnout before it happens. These services will empower and assist caregivers with skills and techniques to meet the demands of their responsibilities as caregivers. The services can assist caregivers in maintaining their physical, psychological, and emotional wellbeing.

• **Population Served:** The program’s target audience will be caregivers over the age of 50 who are currently providing non-paid caregiving support to chronically ill older adults residing in the East Los Angeles area.
Grant Proposal

- **Sustainability:** AltaMed Health Services works to find positive and innovative ways to help the elderly and their caregivers. AltaMed Health Services is devoted to the implementation of this program and will train employees who specifically deal with informal caregivers.

- **Program Objectives:** Caregivers will have the opportunity to learn (a) positive coping techniques in order to manage caregiver stress, (b) what resources are available for caregivers in the community, and (c) discover ways of working together with family members to reduce frustrations and barriers in the caregiving experience.

  - **Objective 1:** Provide caregivers with techniques and educational materials to increase understanding of stress and strain through modeling, coaching, and direction.
  
  - **Objective 2:** Provide caregivers with a resource book of available community resources and educate and teach how to seek services through modeling and coaching.
  
  - **Objective 3:** Provide caregivers with educational tools for effective family communication through modeling and coaching.

- **Program Evaluation:** To evaluate the proposed program an external consultant will be hired to review outcomes. The external consultant will evaluate the trainer’s knowledge and capabilities. The external consultant will review the pre and post test method of evaluation and will assess an informal caregiver’s knowledge of community resources, decline in burden, and self-care behaviors.
Lessons Learned/ Social Work Implications

• The grant writer found the process to be lengthy, however beneficial.
• The grant writer encountered some difficulties in completing the grant. These difficulties included locating appropriate funders and lack of knowledge on the grant writing process. However, the grant writer learned what entails to successfully complete a grant proposal.
• The grant writer also learned how important it is to develop suitable grants that are useful for the community agencies to strive to meet the needs of their clients.
• Social workers need a foundation in gerontological capabilities. Because informal caregivers are important to the care of older adults, social workers must also be knowledgeable in supporting families and receiving continuous specialized training to better assist caregivers.
• Social workers can work with individuals to provide referrals that can assist caregivers to prevent stress and burden through educational materials, case management, and training.
References


• National Alliance for Caregiving & AARP. (2012). Caregiving in the U.S. Washington, D.C.