

NDSU NORTH DAKOTA
STATE UNIVERSITY

Identifying Gaps in Family Caregiver Supports and Services Study

Interim Report- March 9, 2016

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Family Caregiver Study

Aim 1: To identify current caregiving resources in North Dakota

- Create database of
 - a) informal community supports
 - b) private community supports
 - c) governmental supports
- Categories will include: information/referral, education, advocacy, respite care, care management, direct service provision, etc.

Aim 1: Progress To-Date

- 18 categories of services/supports were determined
- Services/supports were identified by region
- Qualtrics online regional surveys developed [Region V](#)
- Survey links emailed to County Social Service Directors

Family Caregiver Study

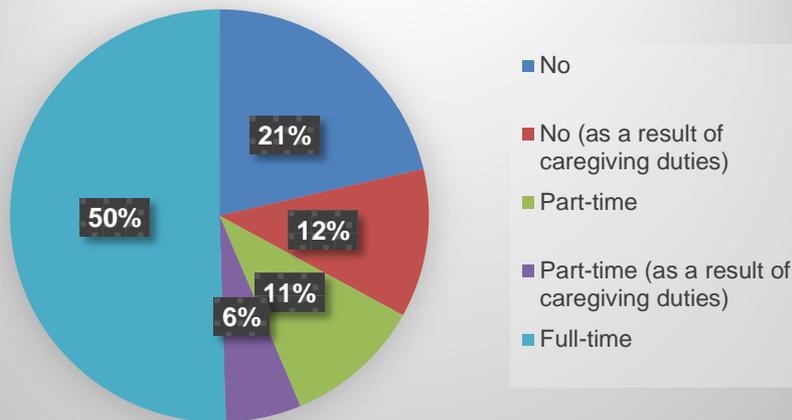
Aim 2: To identify barriers and challenges

- Phase A. Family caregivers
 - Access recent family caregiver data from AARP-ND, including online survey of caregiver, listening groups and stories submitted to iheartcaregiving.org
 - Access caregiver data from Family Caregiver Support Program

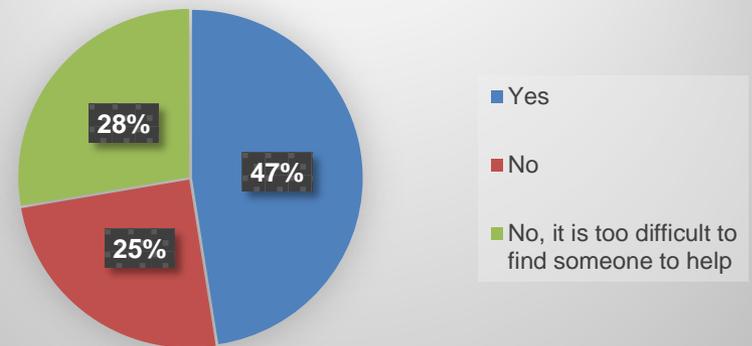
Aim 2: Progress To-Date

- Data from AARP Caregiver Survey analyzed (Fall 2015) – 110 Caregivers across ND

Current Employment



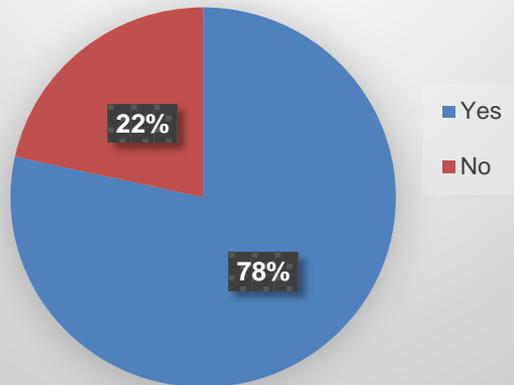
As a caregiver, do you get enough breaks or respite from your caregiving duties?



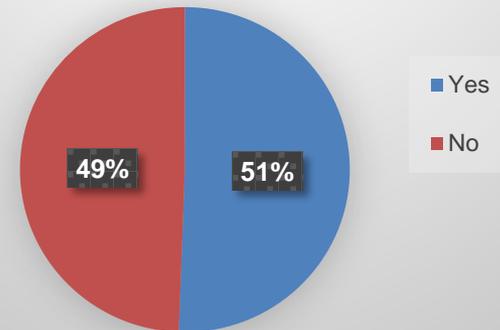
Aim 2: Progress To-Date

- Data from AARP Caregiver Survey (Fall 2015) – 110 Caregivers across ND

Do you provide medical or nursing cares?



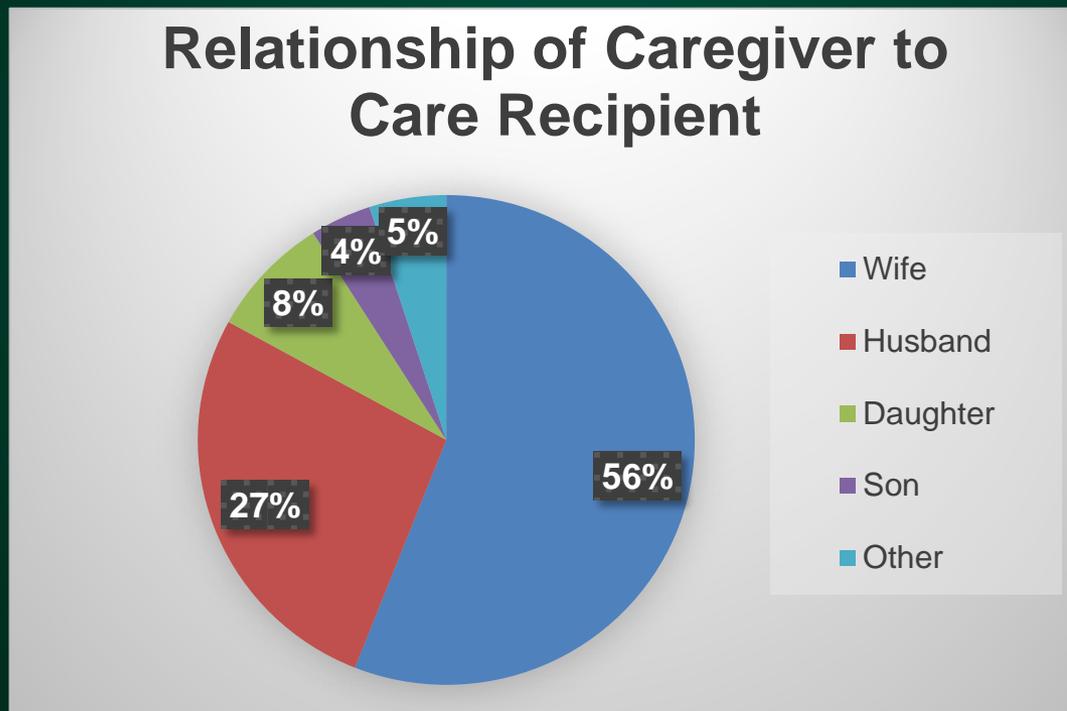
Did you receive any instruction or training on providing medical cares?



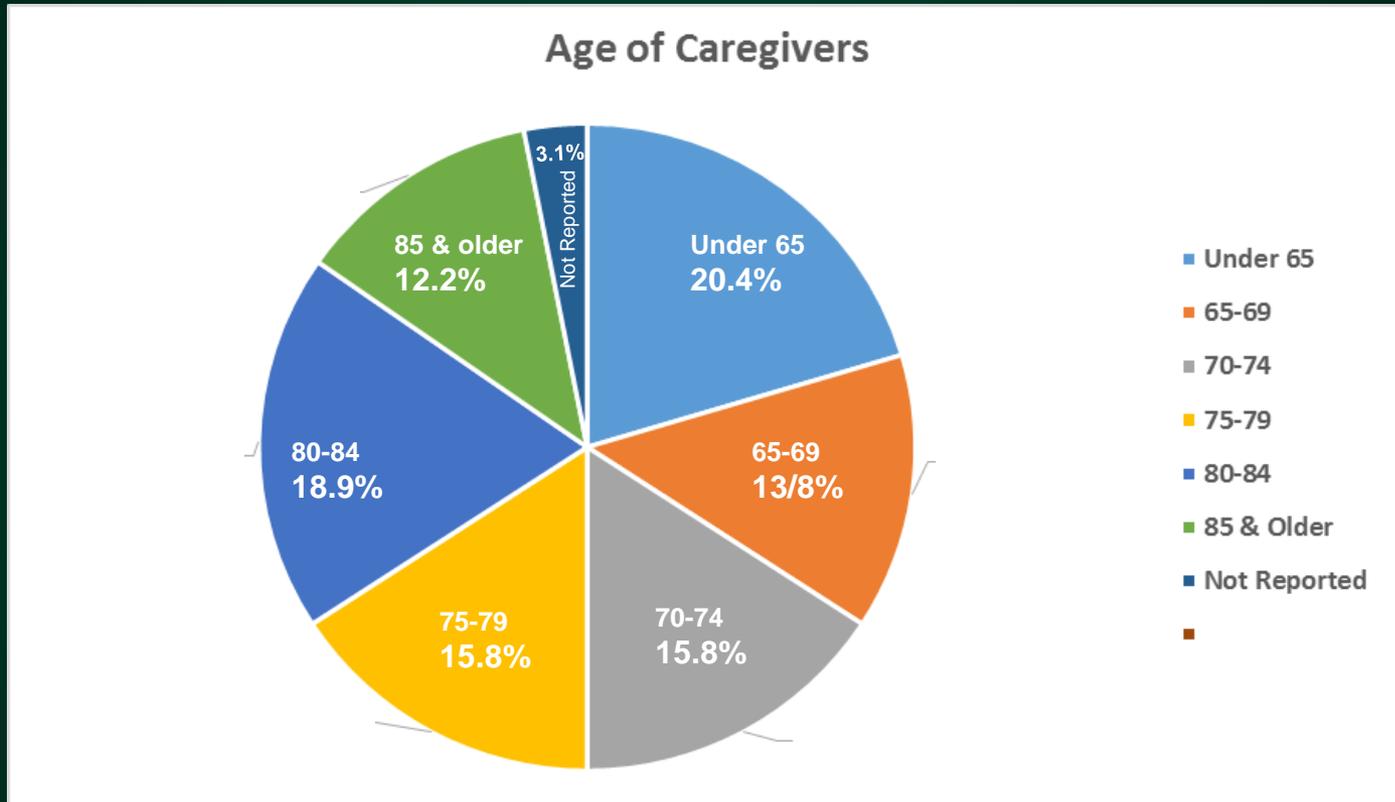
- Currently analyzing qualitative data on challenges of caregiving

Aim 2: Progress To-Date

- Data from ND Family Caregiver Support Program –Caregivers' Survey (Winter 2014) – 196 Caregivers across ND



Aim 2: Progress To-Date



Will begin analyzing qualitative data on challenges facing caregivers

Aim 2: Progress To-Date

- Phase B. Stakeholders
 - Identify stakeholders across state
 - Online survey using Qualtrics and interviews
 - Types of questions asked:
 - Challenges faced by family caregivers in your community
 - Barriers to using caregiver services and supports in your community
 - Challenges facing organizations providing services & supports
 - Ways to improve services/supports for family caregivers
 - Initiatives or policies to improve experiences of family caregivers

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Aim 3: Identify best practices &

Aim 4: Identify emerging practices

- Review scientific literature and relevant websites (i.e., NIA, AoA, AARP, National Caregiver Alliance, etc.) to identify successful models nationally and internationally
- Analyze key themes to identify best practices and new promising practices

Aims 3 & 4: Initial review...

- Adult day care & recreational activities in rural
 - need for facilities; mobile day care works well in rural areas
- Technological advances – from low-tech to high-tech
- Care management – need for more comprehensive programs that assist caregivers including training and family integration
- Transportation – trained volunteers work best for long-distance needs

Aims 3 & 4: Initial review...

- Caregiver training and education: using skills training, role-playing, and interactive practice were the most successful training methods in reducing caregiver burden
- Vouchers to pay for services- more flexibility
- Respite care: families prefer in-home respite care for many reasons. Can be provided by “trained” volunteers, if carefully matched
- Bring services to the caregiver – best in rural areas

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Aim 5: Provide recommendations

- Synthesize information gathered in Aims 1-4
- Write final report identifying conclusions
- Recommendations for best practices for community and technology supports, policy needs, and top priorities for family caregiver supports and services.
- **Final Report due May 11, 2016**

Questions?
Thank you!