

NDSU NORTH DAKOTA
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**Family Caregiver Study:
Priority Recommendations**

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Research Team

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Research Conclusions

1. High costs of care and lack of funding are a significant problem.
2. There is insufficient access to respite care.
3. Caregivers have difficulty finding, connecting to, and navigating available services and resources.

Research Conclusions (cont)

4. Caregivers lack training and education related to many aspects of caregiving, including logistics, financial management, nursing tasks, and best practices for activities of daily living.
5. Supports for eldercare in rural regions of ND is scant.

General Comments

- We evaluated the series of recommendations based on the following factors:
 - Ability to make a long-term impact
 - Whether it was practical and doable
 - The resources (funds, time) needed
- It is important to consider sustainability of the recommendations, such as continued funding, staff time, etc
- New solutions require evaluating results

Recommendation #1

Apply for the federal Lifespan Respite Care Program grant

The Lifespan Respite Care Program would provide some funding and the technical resources to address the state's significant gap in respite services.

Recommendation #2

Create a statewide family caregiver taskforce

A family caregiver taskforce of caregivers, service providers and community leaders could develop recommendations, with a particular focus on service gaps in rural areas. Seed money for pilot projects should be available to the taskforce.

Recommendation #3

Establish a
Caregiver
Resource
Center within the
Aging &
Disability
Resource LINK

A Caregiver Resource Center could:

- Increase access to existing programs and services
- House or connect family caregivers with relevant online resources, training, supports, respite, and planning tools

Recommendation #4

Support training programs to meet the variety of family caregiver training needs

A variety of training options (in-person and online) could include, but not be limited to:

- Caregiving basics
- Managing care of others
- Financial/legal issues
- Caregiver wellbeing
- Physical tasks
- End-of-life issues

Recommendation #5

Maintain funding for the Homemaker Services and update the fee schedule for the SPED Program

Family caregivers reported challenges in completing day-to-day tasks to live at home independently. These programs help caregivers in meeting these challenges.

Questions?
Thank you!