



WA CARES CONVERSATIONS

Resources for New Family Caregivers

November 4, 2024



Webinar slides and recording will be available at wacaresfund.wa.gov/webinars

What we'll cover

Host

Kristen Maki (she/her)
Community Relations & Outreach
Program Manager, WA Cares Fund

Agenda

- Introductions & opening poll
- Panelist remarks
- WA Cares Fund overview
- Audience Q&A

Panel

Lexie Bartunek, Community Living
Connections Program Manager, DSHS

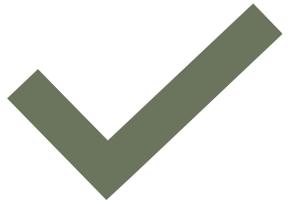
Kelsey Lovik, Dementia Program
Specialist, NWRC

Margaret Westervelt, Community
Services Supervisor, AAADSW

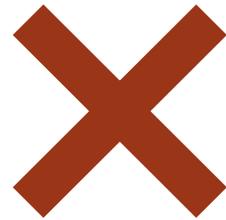
Dana Allard-Webb, Family Caregiver
Support Program Manager, DSHS

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Defining long-term care and caregiving



help with activities
of daily living
like bathing, eating & dressing



not medical care

like doctor visits & treatment for
medical conditions



paid care from a
professional



help from a
family member
or friend, often unpaid



services & supports provided
in your own home



care provided
in a residential setting
like a nursing home or assisted living



Identifying Caregivers and How to Access Resources and Supports

Lexie Bartunek Community Living Connections Program Manager

*“There are only four kinds of people in the world – those that have been caregivers, those who are currently caregivers, those who will be caregivers, and those who will need caregivers. Caregiving is universal” –
Rosalynn Carter*

Who are Caregivers?

A family caregiver isn't always family. Caregivers could also be...

- A neighbor
- A friend
- An ex-spouse
- A step-child or step grandchild
- A domestic partner
- A co-worker
- A godparent or godchild

Identifying Caregivers – Questions to Think about...

- Do you provide someone help with?
- Transportation to medical appointments?
- Purchasing or organizing medications?
- Monitoring their medical condition?
- Communicating with health care professionals?
- Advocating on their behalf with providers or agencies?
- Getting in and out of beds or chairs?
- Getting dressed?
- Bathing or showering?
- Grocery or other shopping?
- Housework?
- Preparing meals?
- Managing finances?

Community Living Connections – Who We Are

- Community Living Connections (CLC) is part of the Federal Aging and Disability Resource Center (ADRC) No Wrong Door (NWD) initiative.
- ADRC's are the front door to access services available through the Area Agencies on Aging (AAA's) as well as connect to additional community programs and services.
- CLC network partners are highly visible and trusted organizations and places where consumers can learn about and access the full range of Long Term Services and Supports available in the local community and tailor these options to meet the personal preferences, goals and health and safety needs of each consumer.

Community Living Connections – How to Access

- Community Living Connections (CLC) organizations provide supports and services via phone, e-mail, in office and in person.
- A toll-free number is available at 1-855-567-0252. This number directs callers to their local agency.
- The Community Living Connections website www.waclc.org provides Washington state residents and others with information on the full range of LTSS options and how to access local, statewide, and nationwide services and supports.
- CLC services are focused on (but not limited to) older adults, adults with disabilities and unpaid family caregivers regardless of economic circumstances.

Spot the Signs: How to
Recognize When Someone
Needs Your Support





Difficulty with:

- Keeping track of appointments
- Managing monthly bills
- Making good decisions
- Recalling details of recent events
- Switching focus



Changes in:

- Appetite
 - Under or overeating
- Ability to cook/follow a recipe
- Desire to attend or organize large gatherings



Decreased:

- Mobility
- Driving ability
- Skill or desire to do familiar hobbies or cultural activities
- Sleep
- Hygiene

Someone may appear:

- Disheveled
- Angry
- Suspicious
- Anxious
- Paranoid
- Easily Frustrated
- Withdrawn
- Socially inappropriate



What Next?

One thing at a time:



- Encourage a medical check up
- Complete/update legal and financial documents
- Hold a family meeting
- Research local supports
 - Contact your Area Agency on Aging

Area Agency on Aging: Your Connection to Services & Support for Caregivers

Margaret Westervelt

Nov. 4, 2024

AREA AGENCY ON
Aging & Disabilities
OF SOUTHWEST WASHINGTON

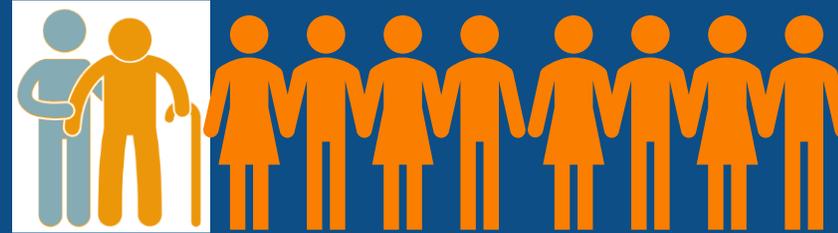
Where can people go for help?



90%

of adults age 65+ say
they hope to stay in
their homes for as long
as possible

AARP Report, 2018



Nearly one in five will be a caregiver for
someone else

Half of people over age 75 report difficulties
with physical functioning

ACL's 2017 Profile of Older Americans

Area Agencies on Aging (AAA)

- Developed by the Older Americans Act in 1973
- An agency designated by the state to address the needs and concerns of all older adults at the local and regional level
- Exist across the country, there are 600 AAAs
- Goal: To help older adults live with independence in their communities and connect them to need resources
- We support aging in place!

AAA Based Services

AAAs can help you connect to supports and services, including:

1. Nutrition – Congregate meal sites or Home-delivered meals
2. Health and Wellness – Education* and Fitness Classes
3. Supports for family caregivers
4. Supports for older adults



*we will discuss later in presentation

Local AAAs in Washington State



Aging & Disability Resource Center

The “front door” for services

- Our specialists are trained to ask the right questions to determine a person’s needs
- Program screening
- Provide information
- Client advocacy



Caregivers

Family Caregiver: Someone who routinely helps a friend, neighbor or loved one and is NOT paid to do it.

Helps with ADLs or IADLs.

Many will not think of themselves as a “caregiver.”

Critical to the health outcomes of the patient.



In-Home Personal Care Services

- Designed to help people get caregiving help at home
- Caregivers who can help with the tasks of daily living
- Multiple programs available for people at different income levels
- Free or low cost

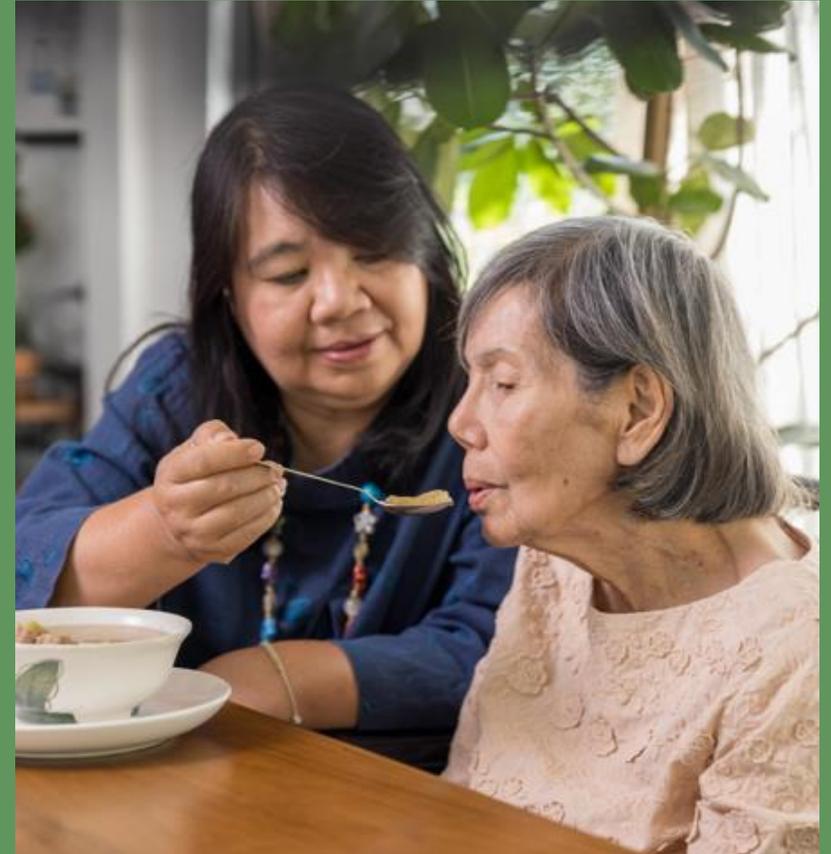


Supporting Unpaid Family Caregivers

Assessment and support for unpaid caregivers

Services may include:

- Case management
- Education
- Support groups
- Respite
- Supplies and equipment
- Counseling



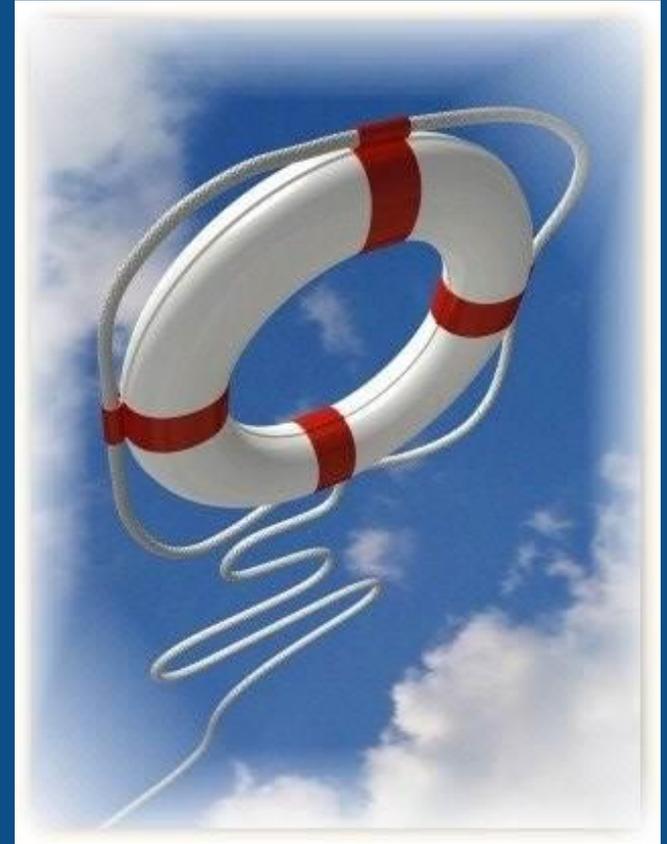
Support for family caregivers

Caregivers need to know that there is help available
-- connection with the local AAA

Caregiver support in Washington

We use an evidence-based assessment measures where a caregiver is at on their journey.

This creates a structured way to target services based on where the caregiver is at on their journey.



Questions? Thank you!



AREA AGENCY ON
Aging & Disabilities
OF SOUTHWEST WASHINGTON



Becoming a Family Caregiver

RESOURCES AND TIPS FOR A CAREGIVING JOURNEY

Make a Plan

- Organize medications, paperwork, schedule
- Learn caregiving skills
- Learn about medical equipment and assistive technology
<https://www.caregiver.org/resource/assistive-technology/>
- Give yourself permission to take care of your own needs
<https://www.caregiver.org/resource/taking-care-you-self-care-family-caregivers/>

Do your Homework

- Ask their doctor questions and take notes
- Internet search for their condition
- Talk to other caregivers and family members
- Join the Washington Caregiver Learning Portal
- Contact your local Area Agency on Aging



For information regarding Coronavirus (COVID-19), please visit the Washington State Department of Health Information page at <https://www.doh.wa.gov/Emergencies/Coronavirus>. Or contact your local health department.

Search for Resources



Community Services, Volunteer Activities and Recreation



Disability Services and Supports



Employment and Education



End of Life Care



Understanding and accessing services
[Get Help](#)

[Connect to Local Services](#)



[Learn About and Report Potential Abuse or Neglect of a](#)

Washington Community Living Connections **1-855-567-0252**

Ask Others for Help!

- Have a family meeting –acknowledge that you need support and explain how family members can alleviate some of the tasks and stress.
- Make a list of tasks that need to be completed
- Family or friends who live out of the area can help too with banking, insurance and bills, ordering deliverable supplies like incontinence supplies, gloves etc.
- If not able to help, can siblings or other relatives pitch in to pay for a direct care provider?
- Or pay for medical Equipment or Assistive Devices?

Take Care of Yourself

- Take time away from caregiving, even short breaks **(RESPITE)** is helpful for your mental and physical health
- Learn about Washington's Paid Family and Medical Leave options
- <https://paidleave.wa.gov/>
- Take the Caregiver Stress Survey
Caregiver stress survey
- Join a Support Group
- Join Washington Family Caregiver Learning Portal
wacaregivingjourney.com



Better Days With Practical Caregiving Support

On-demand answers for caregiving challenges precisely when you need them most. Explore our online lessons and events to get help today and every day.

wacaregivingjourney.com

- Free to all unpaid family caregivers in Washington
- Smart device- phone, tablet, laptop, etc.
- English and Spanish

A Lifeline For Caregivers

“Being transparent, I am in a bit in of shock over how much that improved my outlook on the day ahead. This group hit the spot.”

“I’m kind of a private person, but this is a very lonely job. I’m feeling really isolated... so I thought I’d give it a try. I found that these are people in my same situation pretty much and they understand. So I find myself looking forward to the groups. It feels like it fills a gap.”



- Health Care Directives

<https://www.washingtonlawhelp.org/resource/health-care-directive-or-living-will>

- Power of Attorney

- Financial
- Medical

<https://www.washingtonlawhelp.org/resource/questions-and-answers-on-powers-of-attorney>

- Will and Estate Planning

<https://www.ncoa.org/adviser/estate-planning/estate-planning-guide-checklist/>

- Protect the Care receiver's Assets

<https://www.ncoa.org/adviser/estate-planning/estate-planning-guide-checklist/>



- If you are a caregiver, now you know!
- If you know a caregiver, please educate them about the importance of
 - Self care
 - Resources
 - Support
 - Help from others

Resources Presented Today

Community Living Connections

[Washington Community Living Connections](#)

1-855-567-0252

WA Caregivers Learning Portal

wacaregivingjourney.com

Lifespan Respite Washington

www.lifespanrespitewa.org

AARP for Working Family Caregivers

<https://www.aarp.org/work/caregiving-resources/>

Caregiver Stress Test

[Caregiver stress survey](#)

Kinship Family Support

[home-and-community-services-kinship-care/kinship-care](#)

Health Care Directives

<https://www.washingtonlawhelp.org/resource/health-care-directive-or-living-will>

Power of Attorney

<https://www.washingtonlawhelp.org/resource/questions-and-answers-on-powers-of-attorney>

Will and Estate Planning

<https://www.ncoa.org/adviser/estate-planning/estate-planning-guide-checklist/>

Caregiver Alliance- Assistive Technology

<https://www.caregiver.org/resource/assistive-technology/>

How the WA Cares Fund works

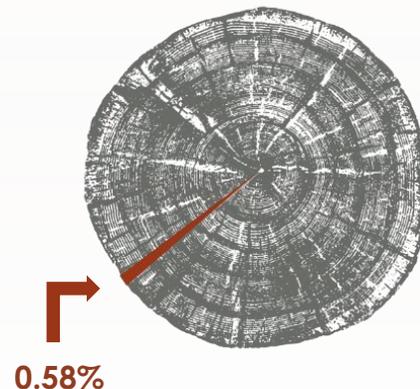
- Earned benefit
- Self-funded by worker contributions
- Works like an insurance program
- Only contribute while you're working
- Everyone covered at same rate regardless of pre-existing conditions
- No copays, no deductibles, and you never have to file a claim

Typical Income:

\$50,091

Typical Contribution:

\$291/year



Contributions

0.58%

Amount workers
contribute from wages



Contributions began

Benefits

\$36,500

Lifetime maximum benefit
(adjusted annually up to
inflation)



Benefits available

Affordable contributions across your career

\$35,000 annual salary	
Each year	\$203
Over 10 years	\$2,030
Over 20 years	\$4,060
Over 30 years	\$6,090

\$50,000 annual salary	
Each year	\$290
Over 10 years	\$2,900
Over 20 years	\$5,800
Over 30 years	\$8,700

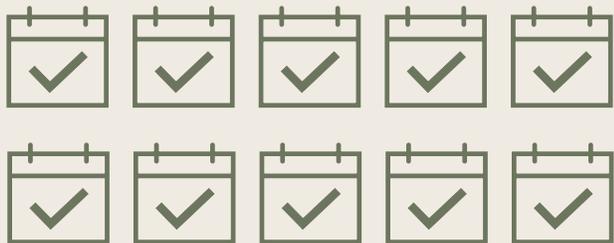
\$75,000 annual salary	
Each year	\$435
Over 10 years	\$4,350
Over 20 years	\$8,700
Over 30 years	\$13,050

\$36,500 benefit amount will be adjusted annually up to inflation.

Qualifying for benefits

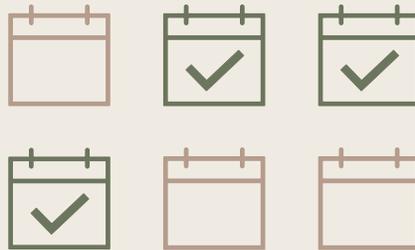
Lifetime access to full benefit

Contributed for a **total of 10 years** without a break of 5+ consecutive years



Early access to full benefit

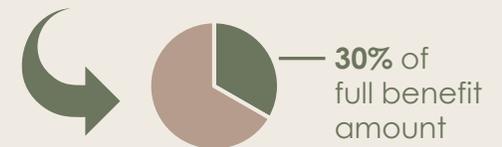
Contributed at least **3 of the last 6 years** at the time you apply for benefits



FOR NEAR-RETIRES

Lifetime access to partial benefit

People born before 1968 earn **10% of benefit amount** for each year worked



To earn benefits, must work at least 500 hours per year (about 10 hours per week)

The benefit is flexible

Up to **\$36,500** for any combination of services and supports, including:



Professional care at home or in a facility



Adaptive equipment & technology like hearing or medication reminder devices



Training & paying family member or friend to be your caregiver



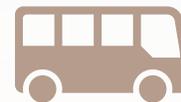
Home-delivered meals



Home safety evaluations & environmental modifications like wheelchair ramps



Support & respite for family caregivers



Transportation

Must need help with **3 activities of daily living** like bathing, dressing, eating, medication management

How far will the benefit go?



Family caregiver

Paying a family caregiver	\$31,300
10 hours/week for 2 years	
Care supplies	\$2,200
2 years of incontinence supplies	

Total **\$33,500**



Home accessibility

Home safety renovations	\$15,000
Electric wheelchair or scooter	\$2,600
Weekly meal delivery	\$9,200
7 meals/week for 3 years	

Total **\$26,800**



Temporary support & services

Part-time caregiver	\$31,300
20 hours/week for 1 year	
Transportation to appointments	\$3,200
for 1 year	
Crutches	\$50

Total **\$34,600**

Note: These are estimates and do not guarantee the cost of any services, which may vary based on your area and other factors.

Taking WA Cares benefits out of state

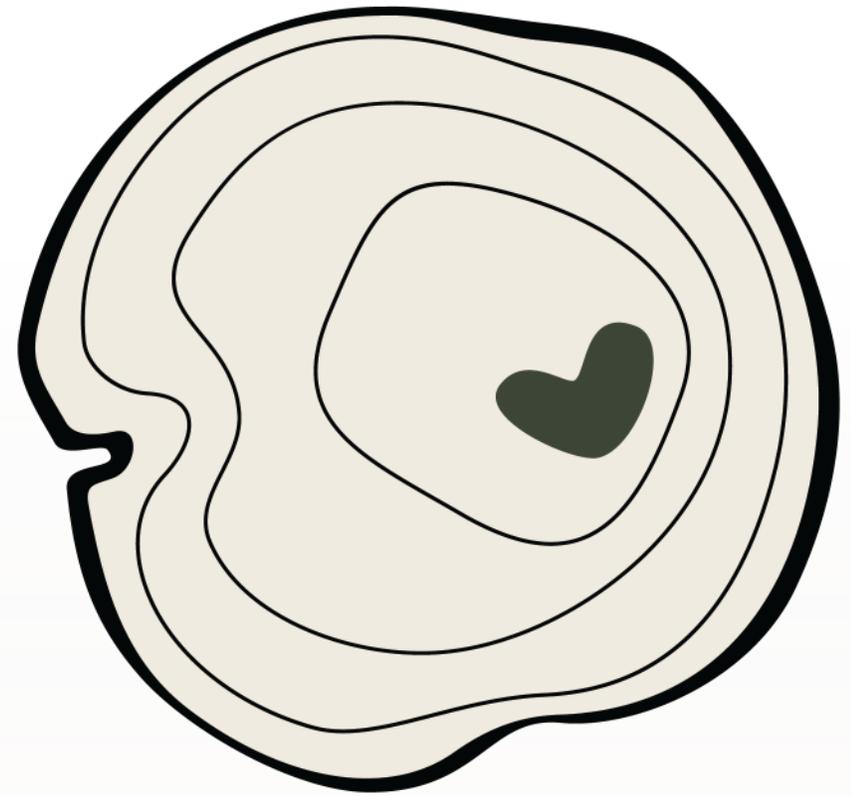
- New law passed this year to allow workers to use their benefit outside Washington
- Starting in July 2026, **workers can choose to continue participating in WA Cares** if they move out of state
- Must have contributed to WA Cares for **at least 3 years** (working 500+ hours per year) and must opt in **within a year of leaving WA**
- Like other workers, out-of-state participants keep contributing during working years
- Benefits available **starting July 2030**



“ If my family had WA Cares, I would’ve had a different reality. WA Cares and your ability to take it to another state is huge.

– Kendall, family caregiver (Seattle, WA)

Audience Q&A





Thank you

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[wacaresfund.wa.gov/
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**Contact us by phone
(employers & exemptions)**

833-717- 2273

**Contact us by phone
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844-CARE4WA