

## **APPENDIX B**

### **NFCSP Program Resources**



## Special Thanks to the Following Contributors

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## **Innovation Grants To Support Family Caregivers, Fiscal Year 2001**

Approximately \$6 million was awarded for 34 projects to develop innovative approaches to assist families and informal caregivers of older persons as well as grandparents and older relatives who are caregivers of children. These innovative grants are one component of the new National Family Caregiver Support Program established as part of the Older Americans Act. Following is a list of grantees and their awards, listed alphabetically by state:

**Pima Council on Aging, Tucson, AZ** - will develop, test and implement a culturally proficient model of family caregiver support to meet the needs of Mexican-American caregivers and elders.

Pima Council on Aging  
5055 East Broadway Blvd., Ste C104  
Tucson, AZ 85711  
Contact: Marian Lupu  
520-790-7262

**United Cerebral Palsy of Southern Arizona, Tucson, AZ** - will increase services to grandparents and older caregivers who are raising children with mental retardation or developmental disabilities. The project will identify barriers to access and implement a voucher system to access services.

United Cerebral Palsy of Southern Arizona  
3914 E. 29<sup>th</sup> St, Ste. 603  
Tucson, AZ 85711  
Contact: Dr. Ellie Ward  
520-795-3108

**Contra Costa County Aging and Adult Services Bureau, Martinez, CA** - will provide assistance, support, educate and empower family caregivers of older persons who have been placed in or are transitioning back to the community after receiving care in skilled nursing facilities.

Contra Costa County  
Employment and Human Services Dept.  
40 Douglas Dr.  
Martinez, CA 94553  
Contact: Robert Sessler  
925-313-1605

**Asian Community Center, Sacramento, CA** - will sustain and support Asian American and Pacific Islanders family caregiver efforts through a community-based wellness, lifelong learning and information program.

Asian Community Center  
7801 Rush River Dr  
Sacramento, CA 95831  
Contact: Dr. Donna Yee  
916-393-9026

**Family Caregiver Alliance, San Francisco, CA**, - will examine the growth and enhance the development of caregiver programs nationwide. The project will analyze family support services and identify model caregiver programs that could be replicated in other areas.

Family Caregiver Alliance  
690 Market St. Ste. 600  
San Francisco, CA 94104  
Contact: Lynn Friss Feinberg  
415-434-3388, ext 324

**American Society on Aging, San Francisco, CA** - will collaborate with the American Nurses Association, the National Association of Social Workers, and the American Occupational Therapy Association to increase the skill and knowledge of their members who provide professional services to family caregivers and to link these groups with the aging network.

American Society on Aging  
833 Market St., Ste. 511  
San Francisco, CA 94103  
Contact: Jim Emerman  
415-974-9628

**University of Denver, Institute of Gerontology, Denver, CO** - will demonstrate an empowerment-oriented intervention that increases the value of older care-receivers in self-care, use of services and support networks, communications skills and other aspects of care-receiving that assists their caregivers and improves the quality of the overall care process.

University of Denver  
Graduate School of Social Work  
2199 S. University Blvd.  
Denver, CO 80208  
Contact: Enid Cox  
303-871-4018

**Generations United, Washington, D.C.** - will establish the “*National Center on Grandparent and Other Relatives Raising Children*” which will develop and coordinate groups of experts who will provide technical assistance and training to the aging network and enhance the growth of caregiver intergenerational programs nationwide.

Generations United  
122 C St., Ste. 820  
Washington, DC 20001  
Contact: Donna Butts  
202-638-1263

**National Association of State Units on Aging, Washington, D.C.** - will identify barriers, challenges, opportunities and recommend potential approaches to link caregivers with existing state home and community-based services. The project will also convene a series of national teleconferences and develop a series of educational materials to assist states.

National Association of State Units on Aging  
1201 M St., Ste. 350  
Washington, DC 20005  
Contact: Virginia Dize  
202-898-2578

**Alliance for Aging, Miami, FL** - will demonstrate a 24-hour crisis respite and referral system for caregivers of elders and adults with disabilities. This will increase flexibility and convenience of current services; provide crisis respite for elder caregivers of children and adults with disabilities; recommend ways to reduce stress, and minimize or prevent future crisis events.

Alliance for Aging, Inc.  
9500 S. Dadeland Blvd., Ste. 400  
Miami, FL 33156  
Contact: Michael Weston  
305-670-6500

**Hospice Institute of the Florida Suncoast, Largo, FL** - will establish and evaluate a multifaceted national project on end-of-life issues providing hospice, palliative care professionals, and family caregivers with in-depth training on caregiver concerns.

Hospice Institute of the Florida Suncoast  
300 East Bay Dr.  
Largo, FL 33770  
Contact: Kathleen Egan  
727-586-4432, ext. 2771

**Georgia Department of Human Resources, Division of Aging Services, Atlanta, GA** - will increase service options available to caregivers by developing five self-directed voucher care projects in rural areas that can be duplicated in other states.

Georgia Department of Human Resources  
Division of Aging Services  
Two Peachtree St., NW, Ste. 36.385  
Contact: Cliff Burt  
404-657-5336

**Georgia Southwestern State University, Americus, GA** - the Rosalynn Carter Institute for Human Development will establish a statewide network of caregiving communities, and a caregiver capacity index that will allow communities to assess their caregiving strengths and needs, and then develop action plans for a coordinated response to improve services.

Georgia Southwestern State University  
800 Wheatley St  
Americus, GA 31709  
Contact: Dr. Ronda Talley  
229-928-1234

**University of Hawaii Center on Aging, Honolulu, HI** - will work with community partners to explore the impact of group-targeted messages and individually tailored support on end-of-life planning by multi-ethnic caregivers of elders receiving long-term care services.

University of Hawaii at Manoa  
Center on Aging, John A. Burns School of Medicine  
2530 Dole St., SAG D200  
Honolulu, HI 96822  
Contact: Kathryn Braun  
808-956-5768

**The Healthcare Consortium of Illinois, Dolton, IL** - will establish a caregivers assistance registry that will improve identification and support of caregivers and expand access to in-home respite services by enhancing coordination among service providers in four predominantly African-American communities on Chicago's south side.

Healthcare Consortium of Illinois  
1350 E. Sibley Blvd.  
Dolton, IL 60419  
Contact: Salem Al Nurridin  
708-841-9515

**Mather Lifeways, Evanston, IL** - will implement a regional family caregiver education project to deliver a cadre of experienced trainers who will work with a coalition of local aging service providers to improve caregiver outreach, service referrals and follow-up.

Mather LifeWays  
1603 Orrington Ave., Ste. 1080  
Evanston, IL 60201  
Contact: Dr. David Lindeman  
847-492-6810

**Illinois Department on Aging, Springfield, IL** - will provide supportive services to frail older caregivers and their adult children with developmental disabilities to maximize independence, through using a holistic family approach and through the use of joint waivers and shared resources with the potential of cost cutting.

Illinois Department on Aging  
421 East Capitol Ave., Ste. 100  
Springfield, IL 62701  
Contact: Jean Blaser  
217-785-3393

**Easter Seals, Chicago, IL** - will produce a transportation-solutions package that the aging network can use to address caregivers concerns about transporting relatives with behavioral problems; use of assistive technology; best practices of volunteer supported transportation; use of escorts; and the Americans With Disabilities Act.

Easter Seals  
230 W. Monroe St., Ste. 1800  
Chicago, IL 60606  
Contact: Jed Johnson  
1-800-221-6827

**Ten County Aging Board, Inc. Arkansas City, KS** - will support a statewide caregiver marketing and media campaign to increase public awareness of caregiving, provide caregiving tips, and inform people of available resources.

Ten County Aging Board, Inc.  
P.O. Box 1122  
Arkansas City, KS 67005  
Contact: Stacey Boothe  
316-681-2144

**Commonwealth of Massachusetts, Boston, MA** - will develop regional training centers for caregivers of deaf older adults. The project will consist of a multi-curriculum caregiver training program and a respite care center for the deaf.

Commonwealth of Massachusetts  
Elder Affairs  
One Ashburton Pl.  
Boston, MA 02108  
Contact: Eliza Lake  
617-222-7481

**The ARC of the USA, Silver Springs, MD** – will provide training and technical assistance to enhance the capacity of the aging network and disability provider organizations to plan, coordinate and provide supportive services to older caregivers of children and adults with intellectual and developmental disabilities.

The ARC of the USA  
1010 Wayne Ave., Ste. 650  
Silver Spring, MD 20910  
Contact: Dr. Sharon Davis  
301-565-5478

**Eastern Area Agency On Aging, Bangor, ME**- will demonstrate that primary health care is an effective and efficient point of caregiver intervention in a rural setting because caregivers will more likely use information, support and training when a need is validated by a trusted healthcare provider and assistance is personally tailored to their needs.

Eastern Area Agency on Aging  
420 Essex St.  
Bangor, ME 04401  
Contact: Roberta Downey  
207-941-2865

**The Center for Social Gerontology, Inc., Ann Arbor, MI** - will use mediation to help resolve problems and disputes that occur when families face the physical, emotional and financial demands of providing long-term care to an older family member.

The Center for Social Gerontology, Inc.  
2307 Shelby Ave.  
Ann Arbor, MI 48103  
Contact: Penelope Hommel  
734-665-1126

**Normandale Ministry for Healing and Wholeness, Edina, MN** - will develop model volunteer care teams who will provide training, respite and resource counseling and tools to help caregivers arrange for other community services as needed.

Normandale Ministry for Healing and Wholeness  
6100 Normandale Rd.  
Edina, MN 55436  
Contact: Jean Sigford  
952-929-1697

**St. Andrew's Resources For Seniors, St. Louis, MO** - will develop cost-effective eldercare management services that allows employed caregivers to provide quality care and continue working. The program will establish a business advisory council and a pilot project to evaluate alternative eldercare approaches and provide assessments and services to caregivers.

St. Andrew's Resources For Seniors  
6633 Delmar Blvd.  
St. Louis, MO 63130  
Contact: Ann Bannes  
314-802-2192

**New Jersey Department of Health and Social Services, Division of Senior Affairs, Trenton, NJ** - will expand the *NJ EASE (Easy Access Single Entry) Caregivers* program with caregiver assessment and care planning tools; pilot staff caregiver training; critical pathways for caregiver decision making and service protocols to guide worker actions.

New Jersey Department of Health and Social Services  
Division of Senior Affairs  
P.O. Box 807  
Trenton, NJ 08625  
Contact: Barbara Fuller  
609-943-3463

**Senior Service Centers of the Albany Area, Inc., Albany, NY** - will assess the effectiveness of telephone support groups for caregivers of frail elders. This multi-component group program includes emotion-focused and problem-focused coping strategies and support.

Senior Service Centers of the Albany Area, Inc.  
25 Delaware Ave.  
Albany, NY 12210  
Contact: Ann DiSarro  
518-465-3322

**Catholic Charities of the Diocese of Rochester, NY** - will collaborate with 15 national and local organizations to create an integrated care management approach to support relative caregivers of grandchildren and adult children with developmental disabilities.

Catholic Charities of the Diocese of Rochester  
25 Franklin St.  
Rochester, NY 14604  
Contact: Irene Coveny  
716-262-7053

**Ohio Department of Aging, Columbus, OH** - will design and test an outcome-based system for enhancing the quality of caregiver support services. Recommendations of caregivers, older adults, the aging network and service providers will be used to develop a guide to improve the quality of caregiver support services delivered through the aging network.

Ohio Department of Aging  
50 W. Broad St., 9<sup>th</sup> Floor  
Columbus, OH 43215  
Contact: Richard LeBlanc  
614-644-7967

**Mid-County Senior Services, Newtown Square, PA** - will evaluate the addition of caregiver care management to its adult day services, and evaluate outcomes that reflect positive and negative aspects of caregiving including caregiving strain, self-efficacy, perceived rewards of caregiving, depression, health, and the length of stay of the care receiver.

Mid-County Senior Services, Inc.  
22 Media Line Rd.  
Newtown Square, PA 19073  
Contact: Karen Reeve  
610-353-6642

**Philadelphia Corporation For Aging, Philadelphia, PA** - will develop a model health care and training intervention that targets African American daughters who serve as caregivers. The intervention will focus on identifying the health related issues and caregiver challenges specific to the target population. Anticipated outcomes include improved quality of life, health status, and caregiving skills. A clinical pathway protocol will be developed to assist other organizations in replicating the intervention for African American or other minority family caregivers.

Philadelphia Corporation For Aging  
642 N. Broad St.  
Philadelphia, PA 19130  
Contact: Joan Klein  
215-765-9000

**Pennsylvania Department of Aging, Harrisburg, PA** - will implement a support system for older caregivers of adult children with mental retardation or developmental disabilities. The program will be individually tailored and will reimburse consumers for expenditures related to caregiving and given resources for all caregiving needs.

Pennsylvania Department of Aging  
555 Walnut St., 5<sup>th</sup> Floor  
Harrisburg, PA 17101  
Contact: Joan Dougherty  
717-783-6207

**Pennsylvania State University, Gerontology Center, University Park, PA** - will provide a structured, time-limited program of counseling to family caregivers and patients in the early stages of dementia. Through positive communications and active participation in their care, care recipients and their family caregivers will have a better understanding and knowledge about available services and preferences for care.

Pennsylvania State University  
Gerontology Center  
110 Technology Center Bldg.  
University Park, PA 16802  
Contact: Steven Zarit  
814-863-9980

**Virginia Department for the Aging, Richmond, VA** - will provide specialized services for male caregivers, particularly retired military personnel and men who live in rural and farming communities, who are less likely to share their concerns and challenges as a care provider, or to seek services that can provide them with respite.

Virginia Department for the Aging  
1600 Forest Ave., Ste. 102  
Richmond, VA 23229  
Contact: Bill Peterson  
804-662-9325

## Native American Caregiver Support Program Grants, Fiscal Year 2001

Grants were awarded to 110 tribal organizations to provide families of Native American and Native Hawaiian elders with access to information, respite care, counseling, training, and supplemental services to help them meet their real-life caregiving challenges. In addition, nine tribal organizations each received \$100,000 demonstration grants in the following areas:

- ***“Starting at the Beginning”*** grants were awarded to the Central Council, Tlingit and Haida Indian Tribes of Alaska; the Jamestown S’Klallam Tribal Center in Washington; and the Blackfeet Tribe of Montana. These grants will be used to identify and prioritize the most critical needs of family caregivers, and then develop and demonstrate the benefits of services that address those needs.
- ***“Coordination and Leverage”*** grants were awarded to four tribal organizations: the Oneida Tribe of Wisconsin; the Confederated Salish and Kootenai Tribes of Montana; the South Puget Intertribal Planning Agency for Chehalis and Nisqually in Washington; and the Hana Community Health Center in Hawaii. These grants will be used to demonstrate the benefits of coordinating and leveraging all the family caregiver support programs and services in these four tribal areas.
- ***“Quality Standards and Mechanisms of Accountability”*** grants were awarded to Alu Like, Incorporated in Hawaii and the Rosebud Sioux Tribe of South Dakota to design and test quality standards and assurance mechanisms for multifaceted systems of supportive services for family caregivers.

**The 110 tribal organizations receiving the formula grants and each award amount**

<b>ORGANIZATION</b>	<b>STATE</b>	<b>AMOUNT</b>
Association of Village Council Presidents	AK	\$63,020
Cook Inlet Tribal Council	AK	\$63,020
Hoonah Indian Association	AK	\$18,010
Metlakatla Indian Community	AK	\$27,010
Fairbanks Native Association	AK	\$45,020
Maniilag Association	AK	\$63,020
Chugachmiut	AK	\$18,010
Klawock, I.R.A.	AK	\$18,010
Kootznoowoo Inc.	AK	\$18,010
Native Village of Fort Yukon, I.R.A.	AK	\$18,010
Craig Community Association	AK	\$18,010
Sitka Tribes of Alaska	AK	\$36,010
Yakutat Native Association	AK	\$18,010
Ketchikan Indian Corporation	AK	\$36,010
Gila River Indian Community	AZ	\$72,030
Hopi Tribal Council	AZ	\$63,020
Hualapai Tribal Council	AZ	\$18,010
Navajo Nation	AZ	\$63,020
Pascua Yaqui Association	AZ	\$36,010
Salt River Pima-Maricopa Community	AZ	\$36,010
White Mountain Apache Tribe	AZ	\$45,020
Ak-Chin Indian Community	AZ	\$18,010
Havasupai Tribal Council	AZ	\$18,010
Inter-Tribal Council of Arizona	AZ	\$18,010
Bishop Indian Tribal Council	CA	\$27,010
Karuk Tribe of California	CA	\$63,020
Pit River Health Services	CA	\$18,010
Southern Indian Health Council-Area I	CA	\$27,010
Southern Indian Health Council-Area II	CA	\$27,010
United Indian Health Services (for Resighini)	CA	\$18,010
United Indian Health Services (for Smith River)	CA	\$36,010
California Indian Manpower Consortium	CA	\$18,010
California Indian Manpower Consortium -- LaJolla and Susanville Rancheria	CA	\$18,010
California Indian Manpower Consortium -- Ysabel, Pasual	CA	\$18,010
Redding Rancheria Indian Health Services	CA	\$63,020
Nez Perce Tribe of Idaho	ID	\$54,020
Kickapoo Nation in Kansas	KS	\$18,010
Aroostook Band of Micmac Indians	ME	\$18,010

Grand Traverse Band of Ottawa and Chippewa Indians	MI	\$27,010
Inter-Tribal Council of Michigan	MI	\$27,010
Keweenaw Bay Indian Community	MI	\$27,010
Leech Lake Reservation Business Committee	MN	\$45,020
Minnesota Chippewa Resource Development	MN	\$36,010
White Earth Reservation Tribal Council	MN	\$27,010
Assiniboine and Sioux Tribes	MT	\$54,020
Chippewa-Cree Tribe	MT	\$36,010
Fort Belknap Community Council	MT	\$36,010
Northern Cheyenne Tribe	MT	\$36,010
Crow Tribal Elders Program	MT	\$54,020
Spirit Lake Nation	ND	\$36,010
Standing Rock Sioux Tribe	ND	\$63,020
Trenton Indian Service Area	ND	\$36,010
Turtle Mountain Band of Chippewa Tribe	ND	\$63,020
Omaha Tribe of Nebraska	NE	\$27,010
Laguna Rainbow Corporation	NM	\$54,020
Pueblo de Cochiti	NM	\$27,010
Pueblo of Acoma	NM	\$54,020
Pueblo of Isleta	NM	\$63,020
Pueblo of San Felipe	NM	\$36,010
Pueblo of Zuni	NM	\$63,020
San Juan Pueblo	NM	\$63,020
Inter-Tribal Council of Nevada, Inc. (Duckwater)	NV	\$18,010
Inter-Tribal Council of Nevada, Inc. (South Fork)	NV	\$18,010
Inter-Tribal Council of Nevada, Inc. (Moapa)	NV	\$18,010
Shoshone-Paiute Tribes	NV	\$27,010
Pyramid Lake Paiute Tribe	NV	\$27,010
Elko Band Council	NV	\$18,010
St. Regis Mohawk	NY	\$63,020
Seneca Nation of Indians	NY	\$45,020
Cherokee Nation of Oklahoma	OK	\$72,188
Chickasaw Nation	OK	\$72,030
Choctaw Nation of Oklahoma	OK	\$72,030
Citizen Band Potawatomi of Oklahoma	OK	\$72,030
Iowa Tribe of Oklahoma	OK	\$63,020
Muscogee (Creek) Nation	OK	\$72,030
Pawnee Tribe of Oklahoma	OK	\$63,020
Quapaw Tribe of Oklahoma	OK	\$45,020
Wyandotte Tribe of Oklahoma	OK	\$63,020
Fort Sill Apache Tribe	OK	\$27,010
Confederated Tribes of Siletz Indians of Oregon	OR	\$27,010
Confederated Tribes of the Umatilla Indian Reservation	OR	\$45,020

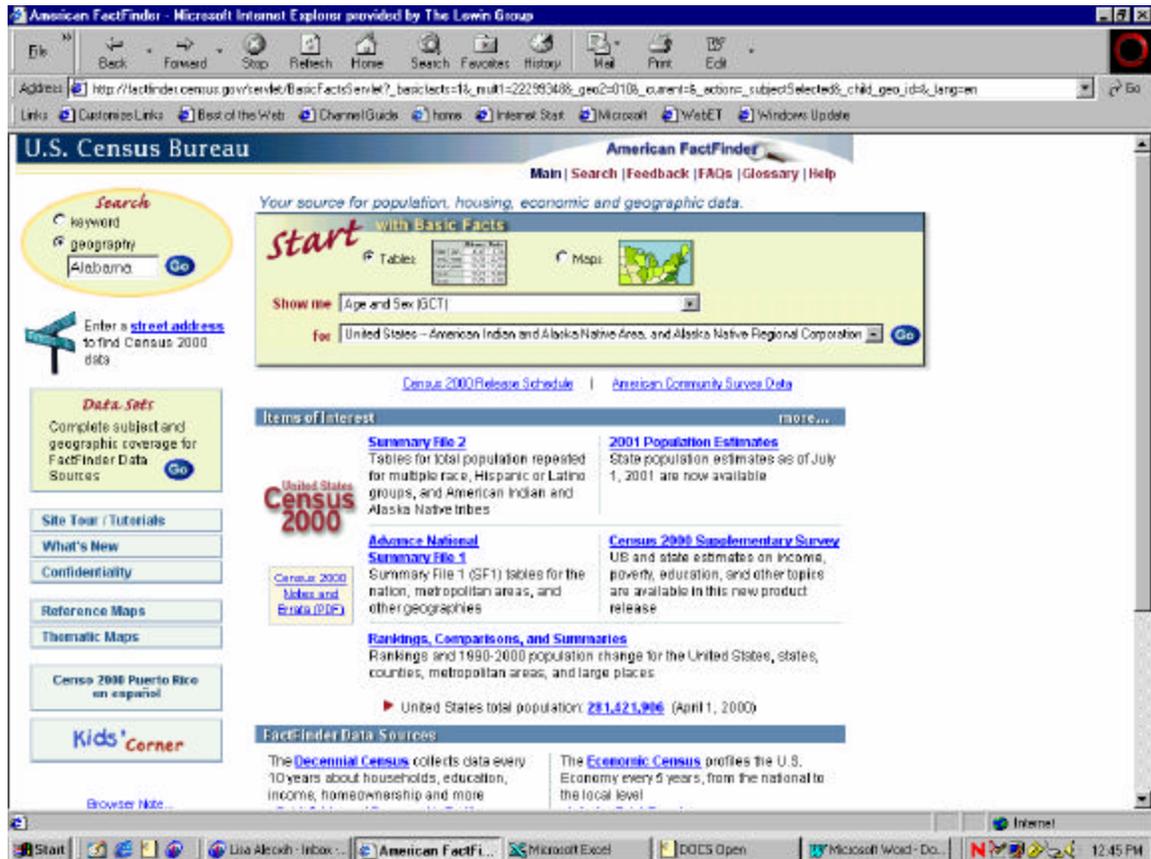
Appendix B: NFCSP Program Resources

Confederated Tribes of Warm Springs	OR	\$36,010
Confederated Tribes of Grand Ronde	OR	\$27,010
Klamath Tribe	OR	\$36,010
Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indian	OR	\$27,010
Lower Brule Sioux Tribe	SD	\$18,010
Uintah and Ouray Business Committee	UT	\$27,010
Lummi Indian Business Council	WA	\$45,020
Makah Indian Tribal Council	WA	\$18,010
Muckleshoot Indian Tribe	WA	\$36,010
Nooksack Indian Tribe	WA	\$27,010
Puyallup Tribal Health Authority	WA	\$63,020
Quinault Indian Nation	WA	\$36,010
South Puget Intertribal Planning Agency for Skokomish & Squazin	WA	\$45,020
Swinomish Indian Tribal Community	WA	\$18,010
Spokane Tribe of Indians	WA	\$27,010
Yakama Indian Nation	WA	\$18,010
Tulalip Tribes	WA	\$63,020
Quileute Tribal Council	WA	\$18,010
South Puget Intertribal Planning Agency – Shoalwater Bay	WA	\$27,010
Stillaguamish Tribe of Indians	WA	\$27,010
Sauk-Suiattle Indian Tribe	WA	\$18,010
The Suquamish Indian Tribe	WA	\$18,010
Port Gamble S'Klallam Tribe	WA	\$18,010
Bad River Band of Lake Superior Chippewa	WI	\$36,010
Forest County Potawatomi Community	WI	\$18,010
Lac du Flambeau Band of Lake Superior Chippewa Indians	WI	\$27,010
Menominee Indian Tribe of Wisconsin	WI	\$63,020
Red Cliff Band of Lake Superior Chippewa	WI	\$18,010
Ho-Chunk Nation Committee	WI	\$45,020
<b>TOTAL</b>		<b>\$4,087,708</b>

## Instructions for Using the U.S. Census Bureau American FactFinder Tool

The American FactFinder tool is available on the U.S. Census Bureau Web site at <http://factfinder.census.gov>. In order to retrieve the needed data, first select “Advanced National Summary File 1” (middle of page), as shown in *Exhibit 1*.

**Exhibit 1**



Then, the page shown in *Exhibit 2* will appear. In the bottom paragraph, click “detailed tables.”

## Exhibit 2

The screenshot shows a Microsoft Internet Explorer browser window displaying the American FactFinder website. The address bar shows the URL: <http://factfinder.census.gov/home/br/sf1.html>. The page title is "U.S. Census Bureau American FactFinder".

The main content area is titled "Census 2000 Summary File 1 (SF 1)". It contains the following text:

The **Advance National** release of Summary File 1 (SF 1) adds the United States, regions, divisions, metropolitan areas, and more to the previously released data.

Summary File 1 (SF 1) contains data on age, sex, households, families, and housing units. These data are based on answers to the questions common to both the Census 2000 [Short-Form](#) and [Long-Form](#) Questionnaires. These results are now available for the nation, all states, and other geographic levels.

For quick access to results, select a table or map, select a geographic area from the drop-down menu, then click Go. Choose Change Selections on the result screen to select other tables and maps and other geographic areas.

**Tables**

- General Demographic Characteristics (DP-1) - United States or a state
- Age Groups and Sex (QT-P1) - United States or a state
- Age and Sex (GCT-P5) - United States and states, or state and counties
- General Housing Characteristics (QT-H1) - United States or a state
- General Housing Characteristics (GCT-H5) - United States and states, or state and counties

**Maps**

- Average Household Size - United States by state, or state by county
- Persons per Square Mile - United States by state, or state by county

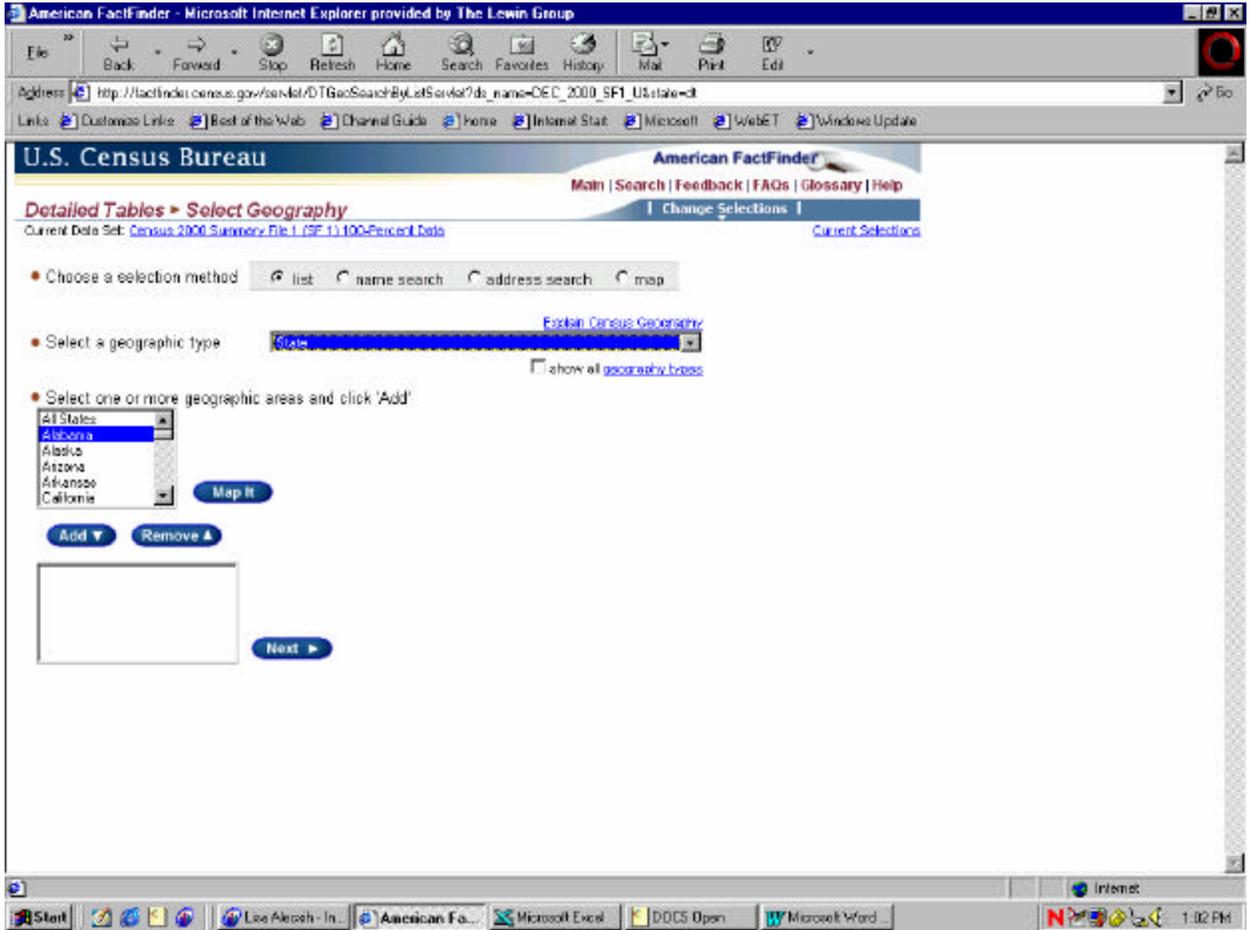
Alabama

Summary File 1 (SF1) contains [286 detailed tables](#) focusing on age, sex, households, families, and housing units. These tables provide in-depth figures by race and Hispanic origin; some tables are repeated for each of nine race/Latino groups. Counts also are provided for over forty American Indian and Alaska Native tribes and for groups within race categories. The race categories include eighteen Asian groups and twelve Native Hawaiian and Other Pacific Islander groups. Counts of people of Hispanic origin (twenty-eight Hispanic or Latino groups) are also shown.

The taskbar at the bottom shows several open applications: Start, Lee Alexch - In..., American Fa..., Microsoft Excel, DDOS Open, and Microsoft Word. The system clock shows 12:52 PM.

*Exhibit 3* displays the resulting page. On this page, choose “list” as the selection method and choose “state” as the geographic type. Next, select the state for which you want data and click “Add.” Then click “Next.”<sup>1</sup>

### Exhibit 3



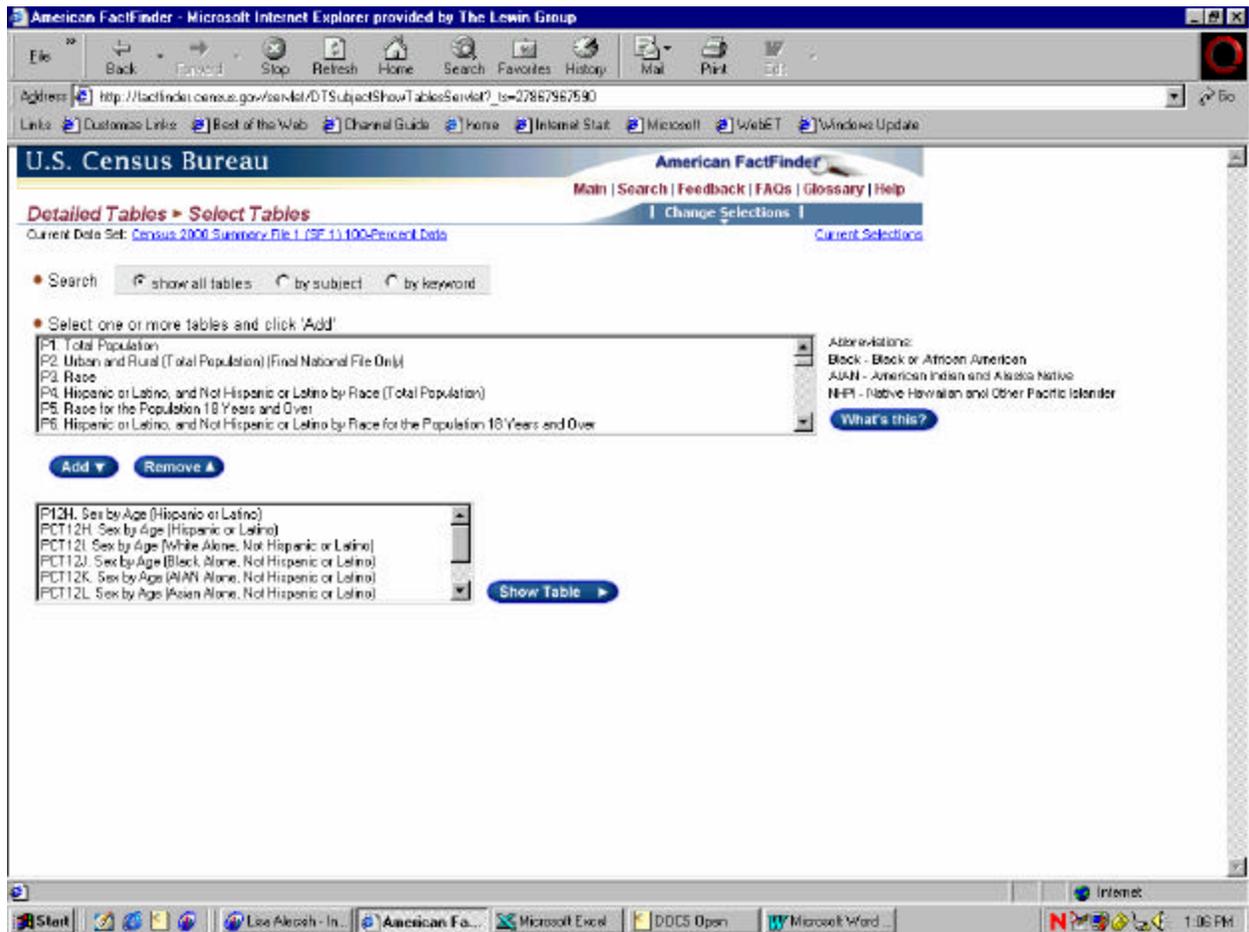
<sup>1</sup> Similarly, data can be obtained at the county level by selecting “county” as the geographic type. Then, a new, very similar page will appear. Select the state for which you want data. Again, a new page will appear to add the county/counties for which you want data. Select the county/counties and click “Add.” Then click “Next.”

The page shown in *Exhibit 4* will appear. Select “show all tables” as the search. Then select the following tables (they will be highlighted once selected):

- PCT12 -Sex by Age (Total Population)
- PCT12I-Sex by Age (White Alone, Not Hispanic or Latino)
- PCT12J-Sex by Age (Black Alone, Not Hispanic or Latino)

Click “Add” and then click “Show Table.”

**Exhibit 4**



Copy the tables into Excel. To calculate “Other,” subtract Hispanic, White Alone, and Black Alone from Total. To calculate non-White and Hispanics, subtract White Alone from Total. For the White, Black, Hispanic, and Other race categories, sum the ages into the same age groups provided in the matrix depicted in *Exhibit III.5*.

**Sample Request for Collaboration (RFC)  
Issued By Senior Spectrum (AAA in Maine)**

## Family Caregiver Support Program Request for Collaborations

### **Introduction and Goals**

Senior Spectrum, an agency that provides an array of options for vital and independent living, announces a Request for Collaborations (RFC) to initiate the Family Caregiver Support Program. On November 13, 2000, President Clinton signed the Reauthorization of the Older Americans Act. As part of the reauthorization, additional Title 111, Part E funds have been appropriated for the National Family Caregiver Support Program. Area Agencies on Aging, or agencies that contract with AAA'S, will provide multifaceted systems of support services for family caregivers and for grandparents or older individuals who are relative caregivers. These Caregiver Funds are designated to provide services along the following guidelines:

- ❖ Information about services
- ❖ Assistance with access to services
- ❖ Individual counseling, organization of support groups and' caregiver training  
Respite care
- ❖ Supplemental services on a limited basis

In Maine, we are committed to specifically applying the funds to:

- ❖ Support newly identified caregivers
- ❖ Organize and fund Caregiver Support Groups
- ❖ Work with employers to identify caregivers
- ❖ Provide community education and resources
- ❖ Provide counseling, information and referrals
- ❖ Partner with community organizations

This RFC addresses the last item listed above - Partner with community organizations. Senior Spectrum has created a fund for seed money to support collaborations between community organizations or businesses and Senior Spectrum to effectively identify and provide resources to caregivers in our communities.

The Older Americans Act defines caregiver as an adult family member, or another individual, who is an informal provider of in-home and community care to an older individual. Caregivers are also grandparents taking care of grandchildren under age 18 or parents caring for disabled adult children.

Examples of caregivers include a 42-year old mother of teenagers who works full-time and helps her 75-year old father get to doctor's appointments and the grocery store, or a 65-year old mother caring for her 40-year daughter with Down's Syndrome who lives with her. Caregivers are a diverse group of people.

### **Eligibility Criteria**

Applicants may be nonprofit or for profit organizations or businesses that can successfully form a collaborative relationship with Senior Spectrum to identify and support caregivers. Senior Spectrum Community and Resource Centers, Housing Plus and Bridges are not eligible for this RFC.

### **Funding Available**

The awards will provide seed money of between \$500-\$2,500 for an organization or business to institute the collaboration and/or pay for necessary supplies and overhead. The funds should cover a 9-month collaboration, with the goal of identifying internal organizational resources that will maintain the relationship in subsequent years. There will be between two and ten awards distributed.

### **Selection Criteria**

Senior Spectrum seeks RFC applications that: [a] address one or more of the guidelines listed in the Introduction and Goals, [b] demonstrate and document how caregivers will be reached through this collaborative relationship, [c] identify and describe who will complete tasks outlined in the RFC, [d] describe how reporting documentation will be completed in a clear and timely manner\*, [e] outline the benefits to both the applicant organization or business and Senior Spectrum, and [f] build capacity to sustain the collaborative relationship beyond the seed money.

\* Seed money recipients will be required to submit a 1 -page progress report by January 22, 2002 and a 2-page final report by June 25, 2002 describing [1] progress toward outlined goals and objectives, [2] number of caregivers reached to date through collaborative efforts (please provide a clear definition of how caregivers are reached and in what capacity they are being "reached" - number taking literature at a health fair; 1:1 contact repeatedly through counseling sessions; estimated readership of a newsletter or listening area of a radio station; etc), and [3] any challenges confronted in completing the goals and objectives of this collaborative project.

### **How to Apply**

Please send seven copies of the application to:  
Senior Spectrum  
Family Caregiver Specialist  
One Weston Court  
Augusta, ME 04330  
(207) 622-9212

Applicants are encouraged to contact Senior Spectrum with any questions regarding this RFC. Proposals may be up to four pages in length (single space, 12-point font and one inch margins). Applications should include the following:

- ❖ Cover Letter (include name/address of applicant; name/title of contact person; requested amount of seed money)
- ❖ Narrative - up to four pages
  - Describe how collaborative relationship will satisfy [a-f] from Selection Criteria
  - Outline goals and measurable objectives associated with the collaboration
  - Provide definitions for reporting documentation of how caregiver contacts will be counted and what it means to "reach" or "make contact with" caregivers
  - Create a plan for sustaining the collaboration beyond the seed money
- ❖ Budget (see attached sample worksheet)

**Timeline**

Application Due Date	September 14, 2001
Seed Money Awards	October 1, 2001
Mid-point Progress Report	January 22, 2002
Final Report	June 25, 2002

**Request for Collaboration  
Sample Budget Worksheet**

Senior Spectrum  
Family Caregiver Support Program

	Seed Money Request	In-kind Other Sources
Personnel		
Consultants		
Travel		
Equipment		
Supplies		
Postage		
Printing & Copying		
Telephone & Fax		
Rent & Utilities		
Other		
<b>Total</b>		

Notes/Description of Line Items:

**Request for Collaboration  
Sample Layout for Goals & Objectives**

Senior Spectrum  
Family Caregiver Support Program

Please note, this worksheet provides a guideline for applicants and is not required. The following is an example:

Goal:	To contact previously unidentified caregivers among the workforce of TWRP Company.
Objective I:	By January 2, 2002, the Employee Assistance Program contracted by TWRP Company will be offering sessions on Eldercare Planning for employees.
Responsible Party(ies):	Abe Fiction, Personnel Manager and the Employee Satisfaction Committee of TWRP Company
Action Item:	Mr. Fiction and the Employee Satisfaction Committee will work with the EAP to identify current employee needs.
Action Item:	Mr. Fiction and the Employee Satisfaction Committee will work with the EAP and Senior Spectrum to identify meaningful resources and educate employees about the rollout of this new benefit.
Action Item:	The Employee Satisfaction Committee will use paycheck stuffers and notices in internal monthly newsletters to inform employees of the added benefit to their EAP.

Goal:	
Objective:	
Objective:	
Responsible Party(ies):	
Action Item:	
Action Item:	
Action Item:	

**Family Caregiver Program**  
**Request For Collaboration Application Review**  
 September 2001  
 Score Sheet

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Name of Applicant (organization):

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Name/Title of Contact Person:

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Amount Requested:

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Please score the application based on each of the selection criteria using a scale of 1 to 5; 1 = not addressed; 2 = inadequately addressed; 3 = addressed and adequate; 4 = better than adequately addressed; 5 = addressed and proposed plan is excellent. (Total scores will range between 6-30).

[a] Application addresses one of more of the guidelines listed in the Introduction & Goals. [Information about services; Assistance with Access to services; Provides individual counseling, organizing support groups and caregiver training; Provides respite services; Provides supplemental services on a limited basis; Work with employers to identify caregivers; Provide community education & resources; provide counseling, information & referrals]	Score  _____
--	--------------------

Comments:

[b] Application demonstrates and documents how caregivers will be reached through this collaborative relationship between applying agency and Senior Spectrum.	Score
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Comments:

[c] Application identifies and describes who will complete the tasks outlined in this RFC application.	Score  _____
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Comments:

[d] Application describes how reporting documentation will be completed in a clear and timely manner. Score

Comments:

[e] Application outlines the benefits to both the applicant organization/business and Senior Spectrum. Score

Comments:

[f] Application describes how capacity will be built or maintained to sustain the collaborative relationship beyond the terms of this seed money. Score

Comments:

Total Score of a + b + c + d+ e + f

Additional Comments/Suggestions:

Reviewer: \_\_\_\_\_ Date: \_\_\_\_\_

## North Carolina Data Collection

### Family Caregiver Support Program

**Note:** The following is a report generated from the current North Carolina Division on Aging data collection spreadsheet. The Division plans to convert this into a database product.

<b>Region:</b>		<b>Date Submitted:</b>	
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#### A. TOTAL CAREGIVERS SERVED

<b>1</b>	<b>Total Category 1</b>	<b>19</b>
<b>2</b>	<b>Total Category 2</b>	<b>9</b>
<b>3</b>	<b>Total Category 3</b>	<b>3</b>
<b>4</b>	<b>Total Category 4</b>	<b>5</b>
<b>5</b>	<b>Total Category 5</b>	<b>2</b>
<b>6</b>	<b>Total – Grand</b>	<b>38</b>

#### B. Services Delivered:

<b>Information About Services</b>	<b># Activities</b>	<b># Participants</b>	<b># Caregivers</b>	<b># Professionals</b>
1. Publicity Campaigns	0	0	0	0
2. Information/Educational Programs	0	0	0	0
3. Outreach Programs	6	34	20	20
4. Public Information	4	24	8	17
5. Relations & Advocacy	0	0	0	0
6. Program assessment, planning	9	60	25	50
7. Participate in Community Events	0	0	0	0
8. Program Promotion	0	0	0	0
<b>TOTAL</b>	<b>19</b>	<b>118</b>	<b>19</b>	<b>87</b>
<b>Information About Services</b>	Printed Media Count	0	Broadcast Media Count	<b>0</b>

<b>Access to Services</b>	<b># Caregivers</b>	<b>Access to Services</b>	<b># Caregivers</b>
Total Caregiver Served-Category 2	9	Total Economically Needy	0
Total Males	4	Total Spouse Caregivers	2
Total Females	9	Total Children Caregivers	9
Total Whites	12	Total Grandparent Caregivers	0
Total Blacks	0	Total Grandparents - DD Children	0
Total Hispanic	0	Total Other Caregivers	1
Total American Indian	1	Lives with Care Recipient	4
Total Asian Pacific	0	Total Rural Caregivers	13
Total Multi-racial	0	Total Handicapped Caregivers	0

<b>Access to Services</b>	<b># Caregivers</b>	<b>Access to Services</b>	<b>Caregivers</b>
<b>Enter # I&amp;A Calls from Log</b>			
Care Management	0	<b>Age:</b>	
In-Home Assessment-Caregiver	0	Under 59	0
Care Planning	1	60 - 64	3
Benefits Screening/assessment	0	65 - 69	0
Develop caregiver emergency plan	0	70 - 74	3
Program Coordn./resource Devlp.	8	75 and Over	0
Other:	11	<b>Total</b>	<b>6</b>
<b>Total</b>	<b>1</b>		
<b>Individual Counseling, Organization of Support Groups and Caregiver Training</b>	<b># Caregivers</b>	<b>Individual Counseling, Organization of Support Groups and Caregiver Training</b>	<b># Caregivers</b>
Total Caregiver Served-Category 3	3	Total Economically Needy	1
Total Males	0	Total Spouse Caregivers	0
Total Females	2	Total Children Caregivers	2
Total Whites	3	Total Grandparent Caregivers	0
Total Blacks	0	Total Grandparent-DD children	1
Total Hispanic	0	Total Other Caregivers	0
Total American Indian	0	Lives with Care Recipient	2
Total Asian Pacific	0	Total Rural Caregivers	3
Total Multi-Racial	0	Total Handicapped Caregivers	0
<b>Individual Counseling, Organization of Support Groups and Caregiver Training</b>	<b># Caregivers</b>	<b>Individual Counseling, Organization of Support Groups and Caregiver Training</b>	<b>Caregivers</b>
Counseling (Legal, Grief, Financial, End of Life)	0	<b>Age:</b> Under 59	1
Support Groups (caregiver, widows, peer, geriatric, etc)	3	60 – 64	1
Home Based Education/counseling	0	65 – 69	1
Caregiver Training	0	70 – 74	0
Workplace Caregiver Support/training	0	75 and Over	0
Legal Services	0	<b>Total</b>	<b>3</b>
Other:	0		
<b>Total</b>	<b>3</b>		
<b>Respite Care</b>	<b># Caregivers</b>	<b>Respite Care</b>	<b># Caregivers</b>
Total Caregiver Served-Category 4	5	Total Economically Needy	2
Total Males	2	Total Spouse Caregivers	1
Total Females	3	Total Children Caregivers	3
Total Whites	4	Total Grandparent Caregivers	0
Total Blacks	0	Total Grandparent-DD Children	0
Total Hispanic	0	Total Other Caregivers	0
Total American Indian	1	Lives with Care Recipient	2
Total Asian Pacific	0	Total Rural Caregivers	5
Total Multi-racial	0	Total Handicapped Caregivers	0

<b>Respite Care</b>	<b># Units</b>	<b>Respite Care</b>	<b># Units</b>
Adult Day Care/Adult Day Health Care	4	Emergency Respite	0
Group Respite Program	6	Senior Companion/home visitor	4
Institutional Respite program	0	Hospice Care	7
In-Home Respite Care	0	Other short-term Respite	0
Mobile Day Respite	0		
<b>Total</b>	<b>10</b>	<b>Total</b>	<b>11</b>
<b>Respite Care</b>	<b>Caregivers</b>		
<b>Age:</b>			
Under 59	0		
60 – 64	1		
65 – 69	1		
70 – 74	2		
75 and Over	1		
<b>Total</b>	<b>5</b>		
<b>Supplemental Services</b>	<b># Caregivers</b>	<b>Supplemental Services</b>	<b># Caregivers</b>
Total Caregiver Served-Category 5	2	Total Economically Needy	1
Total Males	1	Total Spouse Caregivers	1
Total Females	1	Total Children Caregivers	0
Total Whites	1	Total Grandparent Caregivers	0
Total Blacks	0	Total Grandparents-DD Children	0
Total Hispanics	0	Total Other Caregivers	1
Total American Indian	1	Lives with Care Recipient	1
Total Asian Pacific	0	Total Rural Caregivers	2
Multi-Racial	0	Total Handicapped Caregivers	1
<b>Supplemental Services</b>	<b># Caregivers</b>	<b>Supplemental Services</b>	<b># Units</b>
Home Safety interventions	1	Nutritional Supplements	0
Home Modifications	0	Home Delivered Meals	10
Assistive Technology	0	Medical Transportation	0
Emergency Alarm response system	0	In-Home Services	0
Handy man, yard, household, etc	1	No of Other Services Provided	0
Incontinence Supplies/other	1		
Lgal Assistance	1		
Telephone Reassurance	1		
Equipment Loans	0		
<b>Total</b>	<b>5</b>		
<b>Supplemental Services</b>	<b>Caregivers</b>		
<b>Age:</b>			
Under 59	0		
60 - 64	0		
65 - 69	1		
70 - 74	0		
75 and Over	1		
<b>Total</b>	<b>2</b>		

**\*Total Information and Assistance and Hotline Assisted Caregivers not included in the demographic totals.**

**Statewide I&A Reform: A Self Assessment**

<b>Leadership</b>	
	Which governmental, private, and consumer organizations will help push for reform to create statewide systems for long-term care I&A?
	Is there a clear vision and strong enough leadership to effect and sustain reform?
	Is State legislation needed or will voluntary movements by local agencies suffice?
	How much local variation can be supported?
	Will staff in county/local agencies embrace the change?
	What is the extent of consumer advocacy and involvement?
<b>System Design/Coordination and Data Collection</b>	
	How can the local agency that establishes Medicaid financial eligibility be better linked to the information, assistance, and care management agency?
	Which organizations will pay for what?
	Is the National Eldercare Locator effort well integrated into this effort?
	How will the emerging 211 system affect these efforts?
	Will there be duplication of effort?
	What data are needed for tracking and monitoring purposes?
	How can the State develop a centralized system that meets these data needs without overburdening local staff?
	Do older adults and families get the I&A they need to make long-term care choices that suit their needs, preferences, and resources?
	How satisfied are consumers (caregivers and care recipients) who use the system?
	What systems can be put in place that can effectively answer these questions?
<b>Funding</b>	
	How should a State department establish an adequate level of funding for I&A (particularly in the absence of data about unmet need for this service) ?
	What is needed in terms of level of staffing, technology, outreach and promotion, development of standards and protocols, training, data collection, evaluation, database assembly and maintenance?
	How should a State garner the political support they need to obtain that funding?
	What are the implications for designing an I&A system that increases demand for a LTC system that may already have a long waiting list and limited funds for services?
<b>Personnel and Staffing</b>	
	Are the I&A staff properly trained and sufficient in number to meet the level of requests by caregivers for assistance?
	What degree of variance in credentials and experience of staff is acceptable?
	What local government rules govern the hiring process?
	Is certification (e.g. AIRS) desired?
	Is the staff culturally competent? Do they meet the language needs of I&A seekers?
<b>Outreach and Promotion</b>	
	What mission do local staff embrace? If the State desires to reach out to all income levels, do local staff endorse this?
	To what extent are current State and local methods to reach caregivers of different incomes and cultures effective (e.g., TV, radio spots, supermarket bags, Internet)?
	To what extent to middle -income persons want to turn to government agencies for information and assistance?
	What are possible entities to market information to (e.g., faith-based, businesses)?

Adapted from Reinhard and Scala (2001). *Navigating the Long-Term Care Maze: New Approaches to Information and Assistance in Three States*. Prepared for the Public Policy Institute, AARP.