

## Fact Sheet

# Transforming Lives

### Family Caregiver Support Program

#### Overview

The Family Caregiver Support Program (FCSP), established in 2000, through legislative action (SHB 2454), provides needed supports and services to unpaid caregivers throughout the state. Family caregivers, totaling more than 860,000, are the backbone of our state's long-term care system. In 2001, federal funding was authorized for the National Family Caregiver Support Program (NFCSP) through Title III-E of the Older Americans Act. Present funding is enough to serve less than 1% of Washington's caregivers.

A Department of Social and Health Services Research and Data Analysis evaluation showed a statistically significant improvement in depression and burdens for participating caregivers and a delay in use of Medicaid long-term services and supports (LTSS).

The COVID pandemic necessitated service delivery in new ways. With COVID funding, Area Agencies on Aging rallied to deliver meals to an increased number of family caregivers and their care receivers. The state provided increased mental health services including geriatric depression screening, care transitions, access assistance to mental health services and telephone reassurance to assist with isolation, anxiety, and depression. Hospital discharge support was provided virtually to support medication management and help with post hospitalization goals to prevent re-hospitalization. Assistive technology, durable medical equipment, face masks and other PPE and personal emergency response systems were provided to maintain safety.

TCARE® is the screening and assessment tool used as it provides an objective and reliable way to assess the stress, depression and burdens of unpaid family caregivers and recommends strategies and services that can best help those caregivers to cope with their unique caregiving responsibilities. The caregiver population served through the FCSP is both a vulnerable and resilient one. Four out of five caregivers reported that the FCSP helped them understand the importance of taking care of themselves.

In FFY 2021, a total 13,623 caregivers received Information and Assistance regarding long-term care and caregiver support services and/or evidence-based screening of caregiver needs.

A total of 4,035 caregivers received one or more of the following services:

- Evidence-based assessment of caregivers' needs and care planning tailored to meet individuals' needs;

#### Information Contact

Dana Allard-Webb, Family Caregiver Program Manager, Home and Community Services Division  
(360) 725-2552, [Dana.Allard-Webb@dshs.wa.gov](mailto:Dana.Allard-Webb@dshs.wa.gov)  
<https://www.dshs.wa.gov/altsa/home-and-community-services/caregiver-resources>

	<ul style="list-style-type: none"> <li>▪ Caregiver training and education to increase skill building and self-care, including more than three evidence-based models;</li> <li>▪ Caregiver support groups (disease-specific or general);</li> <li>▪ Counseling/consultation services to cope with challenges;</li> <li>▪ Respite care services (in and out-of-home settings) to provide breaks;</li> <li>▪ Supplemental services such as bath bars and incontinent supplies; and</li> <li>▪ Health/wellness referrals to cope with depression and medical issues.</li> </ul>
<b>Eligibility Requirements</b>	An eligible caregiver is a spouse, relative, or friend who has responsibility for the care of an adult with a functional disability and does not receive financial compensation for the care provided. Individuals previously eligible for this program, but now eligible for Medicaid Alternative Care (MAC) or Tailored Supports for Older Adults (TSOA) will have the option of transitioning to MAC or TSOA or remaining on FCSP.
<b>Authority</b>	Chapter 74.41 RCW
<b>Budget</b>	<p>State Fiscal Year 22 Expenditures (\$14.9M):</p> <ul style="list-style-type: none"> <li>▪ State Family Caregiver Support Program 11.7M (78.5%)</li> <li>▪ OAA Federal Funding Expenditures: \$3.2 M (21.5%)</li> </ul> <p>Average annual cost per caregiver client: \$ 1094</p>
<b>Rates</b>	The 13 Area Agency on Aging (AAA) contract with a wide variety of providers, including home care agencies, adult day services, mental health therapists, educational workshop leaders, nursing homes, durable medical equipment suppliers among others. Where an established Medicaid provider rate exists (e.g. nursing homes, home care agencies, etc.) the AAAs reimburse services at that rate (unless an exception has been established). For all other services, a negotiated rate is established between the AAA and the provider.
<b>Partners</b>	ALTSA partners with the 13 AAAs that employ 167 licensed TCARE Assessors and other support staff, plus local community service providers.
<b>Oversight</b>	<p><b>External</b></p> <ul style="list-style-type: none"> <li>▪ State Auditor’s Office</li> <li>▪ AAAs monitor their subcontracted providers</li> </ul> <p><b>Internal</b></p> <ul style="list-style-type: none"> <li>▪ ALTSA’s Home and Community Services Division, State Unit on Aging</li> <li>▪ ALTSA, Management Services Division</li> </ul>



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