

Ideas for Spending NFCSP & AFCSP (post-pandemic ideas & updated spending requirements)

Marketing to extend the reach of the funds to new families and typically underserved populations.

- Focus marketing to grandparents/relative caregivers – Caregiver grants are available for caregivers to enroll whether or not they receive Kinship. [Relative Caregiver Fact Sheet](#)
- Build a strong relationship with the local Kinship Coordinator, Dementia Care Specialist, Volunteer Coordinator, Nutrition Director, and Transportation Coordinator (if your county or tribe has these positions) for collaboration and referrals.
- Form partnerships with schools, boys' and girls' programs, and YMCAs to reach typically underserved populations.
- There is a [NFCSP-Relative Caregiver Fact Sheet](#) that could be handed out to schools for backpacks or school newsletters. This Fact Sheet (and others) are available in Spanish and Hmong [here](#) along with other customizable posters and brochures.
- Connect with Head Start programs.
- Include churches/faith communities in your outreach and marketing – newsletters, bulletins, and emails.
- Educate local respite providers on grant programs so they can send referrals.
- Promote the Respite Care Association of Wisconsin's [respite registry](#) and Wisconsin's [Certified Direct Care Professional \(CDCP\)](#) program.
- Reaching caregivers through primary care clinics and therapy providers.
- Collaborate with other counties/tribes or other local/statewide agencies for marketing such as the Wisconsin [Respite Care Association](#).
- Marketing materials can include billboards, newspaper ads, PSAs, brochures, flyers, mailings, social media ads, etc.

Programmatic changes

- Suspend limits on allocations if you have them.
- Designate a single person as Caregiver Coordinator Coordinator/Specialist – use NFCSP and AFCSP reporting codes for their work & bill staff time to the grant(s). Up to 10% admin funds with AFCSP, and direct caregiver “Assistance” with NFCSP. “Assistance” includes 1:1 case management and 1:1 information & assistance (I&A). Staff and/or an Aging unit can also use III B admin to offset Caregiver Coordinator time/work.
- Trained staff could call caregivers regularly (e.g. phone tree) – we usually think of this as a volunteer role, but it could be paid.
- AFCSP people who have maxed out the limited amount to reach the \$4,000 can then enroll in NFCSP. Or if there are extenuating circumstances an AFCSP waiver can be requested. A waiver request potentially means more than the \$4,000 could be spent on a caregiver situation. Waiver requests should be emailed to Lynn.Gall@dhs.wisconsin.gov (cc bryn.ceman@gwaar.org).
- After exhausting local AFCSP and NFCSP, caregivers can apply for both RCAW's [caregiver respite care](#) and [supplemental respite](#) grants. An updated overview of each program can be found [here](#).
- Connect caregivers to [virtual, telephonic, and online](#) support groups, memory cafes, podcasts, training, and education.

New or expanded programs to meet the ever-changing needs of family caregivers.

- Purple Tube Project – Anyone with memory issues, has a purple tube with important docs, and contacts, put in the freezer with a sticker that goes on the doorframe so emergency personnel look

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for the sticker and take the info with the person if they need to be transported. Also, provide some info to dispatch so they know if a call goes to that house, they know a person with memory loss lives there. Includes a behavioral care plan of things that can help calm that particular person. Info and forms for Purple Tube Project: <https://gwaar.org/family-caregiver-support-for-professionals> .

- [File of life](#) to put on the fridge if a caregiver becomes incapacitated – for emergency responders to look for if the person with dementia in the home cannot provide that info. Include medical insurance. Include a DNR and medication list, etc. For EMTs upon arrival.
- The RCI “Dealing with Dementia” program is relatively inexpensive and easy to use <https://www.rosalynncarter.org/programs/dealing-with-dementia/>.
- Consider advanced technology such as [Wear Tech Companion | Detect - Predict - Protect \(wear-tech.com\)](#) and <https://www.dosehealth.com/>.
- E-respite for early memory loss – keep them occupied while the caregiver gets some respite nearby, singalongs, and personalized activities once or twice a week. Connect with the day program center and partner on these options for caregivers.
- Partner with the local library to start caregiver respite kits.
- Purchase books for caregiver support groups or book clubs – can purchase in bulk but have a plan to use them.

Training for Staff

- Staff training and enrichment - ensure a solid understanding of caregiver needs, how to assess individual needs, and connect caregivers with meaningful services and resources.
- Offer caregiver training/education OR access to caregiver training/education. Examples:
 - [State Alzheimer’s Conference](#) – for staff or caregivers.
 - [Healthy Aging Summit](#) – for staff or caregivers.
 - Specialized skills training – for staff or caregivers.
 - Motivational Interviewing or other interviewing/communication skills – for staff.
 - [Certificate in Grandfamilies Leadership](#) – for staff.
 - Other professional trainings

Supplemental Services

- Prepared meals, meal delivery services, and/or grocery delivery can be an enormous help to caregivers!
- Self-care! This could include:
 - Fees required to participate in wellness and social activities while the care recipient receives in-home or facility-based respite.
 - Educational and/or self-care products aimed at reducing family caregiving exhaustion and stress. This could include spa and salon services, alternative therapies such as massage, aromatherapy, and acupressure/acupuncture services.
- Creative ways to support caregivers where access to traditional respite (both in-home and at a day center) is not available or desired.
- The Hummingbird Project sells activity cards and offers therapeutic services and one-on-one services. <https://hummingbirdproject.net/>
- Purchase [MEtermally](#) Reminisce kits, themed and laminated cards, and DVDs that play on a loop.
- Music therapy – Art therapy – Counseling – sessions can be virtual.
- Acupuncture
- Minor home repairs and home safety upgrades - door alarms, bed alarms, night lights
- Ramps, Lifeline, Lift Chair
- Bathtub renovation for accessibility

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- Air conditioners
- Use caregiver funds for HDM meals, if the caregiver/recipient is INELIGIBLE or if there is a local waitlist for HDM. Be sure to follow the [Policy](#) and complete Form 2425 for *both* NF/AFCSP caregivers.
- Grocery pick-up/delivery or meal delivery in rural areas (or wherever).
- Subscription tv, cable.
- Caregiver self-care options could include pedicure kits or other relaxation items for caregiver and/or care recipient.
- Meaningful **respite** that includes getting out and about; offer respite for any activities the ADRC and/or AUs host.
- Apps that have fees – could be purchased using the grant if caregiver identifies a need (e.g. meditation, etc.
- Could use NCOA's [Benefits Check Up](#) to find ways to lower internet bills or [Everyone On](#) to find low-cost internet and computer options so caregivers have ongoing access to online supports.
- GrandPads and other tech for the older adult and caregiver – buy or loan (III-B, III-E, AFSP) – use for caregiver or care recipient to connect with family/friends or to participate in events/programs/classes <https://www.grandpad.net/>.
- Echo Show or cameras for caregivers to check in when mom/dad don't answer the phone.
- State Park Passes.
- GPS Tracking Watch – safety for persons with dementia. Can purchase from [The Alzheimer's Store](#)
- Fitbit for promoting health/exercise.
- Pelaton app - it has meditation, walking, etc. you don't need to have the equipment. There are probably a ton of app's that have a fee that would be helpful for Caregivers.

Conferences and Events

- Caregiver conferences
- Health/resource fairs.
- Plan events/celebration/advocacy efforts for November's National Family Caregiver Month.