**Addendum**

**Family Caregiving: Our Community’s Journey to Understanding, Compassion and Hope**

**2024 Philoptochos Convention – July 2, 2024**

**San Diego, CA**

**RESOURCES, PROGRAMS, SERVICES, POLICIES AND**

**POLICY INITIATIVES THAT CAN EASE THE BURDEN OF CAREGIVERS:**

* **Eldercare Locator –** *nationwide public service of Administration on Aging of US Administration for Community Living that connects older Americans and their caregivers with local support resources including local Area Agencies on Aging, and Offices for the Aging throughout the country.* 
  + [**https://eldercare.acl.gov/Public/About/Index.aspx**](https://eldercare.acl.gov/Public/About/Index.aspx) **| 1.800.677.1116**
* **ALZHEIMER’S ASSOCIATION** – *information about Alzheimer’s and other dementias including stages and behaviors, caregiving and care options, legal and financial planning, safety (home, medication, driving, etc.), wandering, preparing for emergencies, and more.*
  + [**alz.org**](https://www.alz.org/) **| 24/7 Helpline 1.800.272.3900**
* **AARP** *Listing of state-by-state caregiver resources*
  + **<https://www.aarp.org/caregiving/local/info-2021/state-caregiver-resources.html>**
* **Family Caregiver Alliance** *– Services by State*
  + [**https://www.caregiver.org/connecting-caregivers/services-by-state/**](https://www.caregiver.org/connecting-caregivers/services-by-state/)
* **Aging Life Care Association** *Professional, certified life care managers who can serve as family’s “coach” to help assess and find appropriate care for loved ones. Fees are charged.* 
  + **<https://www.aginglifecare.org/>**
* **MEDICARE RIGHTS CENTER**

[**https://www.medicarerights.org/**](https://www.medicarerights.org/) **|** National Helpline:800-333-4114

*The Medicare Rights Center is a national, nonprofit consumer service organization that works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs, and public policy. It helps people with Medicare understand their rights and benefits, navigate the Medicare system, and secure the quality health care they deserve.*

* **MEDICAID.GOV**

*Medicaid provides health coverage to eligible* ***low-income*** *adults, children, pregnant women, elderly adults and people with disabilities.  It is administered by states according to federal requirements and is funded jointly by states and the federal government Services and programs offered* ***vary from state to state****.*

* **FirstLight Homecare:** *12 Online Resources for Family Caregivers*
  + **<https://www.firstlighthomecare.com/blog/a-helpful-dozen-12-online-resources-for-family-caregivers/>**
* **Better Help:** *Calming the Storm of Caregiver Stress to Prevent Elder Abuse, by Catherine Pearson*
  + **<https://www.betterhelp.com/advice/abuse/calming-the-storm-of-caregiver-stress-to-prevent-elder-abuse/>**
* **CAREGIVER’S TOOLKIt |** <https://claritylegalgroup.com/caregiver-toolkit>
  + Caregiver Support
  + General
  + Home Safety *(includes driving assessment checklist)*
  + Medical Care
  + Assisted Living
  + Funeral
* **THE QUIET RAGE OF CAREGIVERS |** by Catherine Pearson

<www.nytimes.com/2023/11/09/well-family/caregivers-anger-illness.html>

* **DEMENTIAL ROAD MAP – A GUIDE FOR FAMILY AND CARE PARTNERS**

*Prepared by the Dementia Action Collaborative, State of Washington, provides information, support and guidance to family members who are caring for a loved one with memory loss or dementia.*

* <https://www.dshs.wa.gov/sites/default/files/ALTSA/stakeholders/documents/AD/Dementia%20Road%20Map%20-%20A%20Guide%20for%20Family%20and%20Care%20Partners.pdf>
* **Guardianship / Conservatorship:**

*When someone is incapacitated and/or no longer competent to handle their own financial or personal affairs, the court can appoint an individual or professional to act on their behalf. As states define these terms differently, consult an attorney in your state to determine the laws and how they impact your situation. For more information, go to* ***Family Caregiver Alliance****:*

* + **<https://www.caregiver.org/resource/conservatorship-and-guardianship/>**
* **FMLA – FAMILY MEDICAL LEAVE ACT -** *entitles eligible employees to take unpaid, job-protected leave for specified family and medical reasons with continuation of group health insurance coverage under same terms and conditions as if the employee had not taken leave.* 
  + **Family Medical Leave** can be up to 12 weeks in a 12-month period. It does not have to be taken all at once but can be taken in increments of hours or days.
    - **Not all states provide family medical leave.** To find out which states offer family medical leave, go to: **National Conference of State Legislatures** at **www.ncsl.org.**
  + **Military Care Leave:**
    - *Family members who take a leave of absence from their job to care for an injured or seriously ill servicemember or veteran (who served within 5 years of need for such leave) can take up to 26 weeks of unpaid leave during a single 12-month period.* 
      * For details, go to **LAW FOR VETERANS** at [**https://lawforveterans.org/**](https://lawforveterans.org/)
* **PAID FAMILY LEAVE**

*Many caregivers cannot afford to take unpaid leave – whether job protected or not. In response, some states have begun enacting paid family leave systems:*

* + **Only 13 states and the District of Columbia** have mandatory paid family leave systems. Another 8 have voluntary systems through private insurance.
    - *In New York State – the State in which Philoptochos is incorporated – Paid Family Leave is paid for through an employee’s payroll contribution capped at an annual maximum of about $300.*
    - *In California - where we are today - paid family leave was incorporated into the State’s Temporary Disability benefits.*
  + **To find states with paid family leave,** go to **BIPARTISAN POLICY CENTER**
    - *<https://bipartisanpolicy.org/explainer/state-paid-family-leave-laws-across-the-u-s/>*
* **employer / hr policies that support caregivers**

*As over 60% of caregivers work, policies that accommodate caregivers are needed:*

* + Flexible work schedules
  + Gender-friendly HR policies – that accommodate not only women, but men, too
    - **A Better Balance** at **[www.abetterbalance.org](https://www.abetterbalance.org/)**
* **CAREGIVER TAX CREDIT**

**CREDIT FOR CARING ACT:**

* + *A* ***bipartisan bill has been introduced in Congress that would reduce a caregiver’s tax bill*** *and**provide up to a $5,000 nonrefundable federal tax credit for eligible caregivers to help offset expenses such as home care aides, adult day care, home modifications, respite care, and more.* 
    - Find information **AARP** at: [**https://www.aarp.org/caregiving/financial-legal/info-2024/credit-caring-act.html**](https://www.aarp.org/caregiving/financial-legal/info-2024/credit-caring-act.html)
* **CAREGIVER TAX DEDUCTIONS**

*Tax deductions that lower a caregiver’s taxable income are available in some localities:*

* + For more information, consult with an elder law attorney who is a member of the **National Association of Elder Law Attorneys.** 
    - Go to <https://www.naela.org/> **to find an elder law attorney near you.**
* **RESPITE CARE** *provides short-term relief for caregivers*.
  + For information about state-by-state innovations to advance **respite care**:
    - **<https://nashp.org/state-innovations-to-advance-respite-care-policy-strategies-shared-at-the-state-federal-respite-summit/>**
  + For more information including locations of respite services by state and possible resources to help pay for respite care, go to the

**ARCH National Respite Network and Resource Center:**

* + - * **<https://archrespite.org/>**
      * [**https://archrespite.org/caregiver-resources/respitelocator/**](https://archrespite.org/caregiver-resources/respitelocator/)
* **CLAIMING LOVED ONE AS A DEPENDENT**

*To claim a relative as a dependent, that family member cannot have a gross annual income above $5,050 in 2024 and $4,700 in 2023. Gross income includes all earned and unearned income. The relative must also live with you for the entire year.*

* + **[www.irs.gov/faqs/irs-procedures/for-caregivers/for-caregivers](http://www.irs.gov/faqs/irs-procedures/for-caregivers/for-caregivers)**
* **GET PAID TO CARE FOR A FAMILY MEMBER***If the care recipient has Medicaid or is Medicaid eligible, ten states have programs that will pay a family member or other designated person to be their caregiver.* 
  + The programs have different names in different states. In NYS, it is called **“Consumer Directed Personal Assistance Program” (CDPAP),** other states it is a Medicaid Waiver, yet others In-Home Supportive Services.
    - **To find out if your state offers this assistance go to:** 
      * **Senior Home Companions**
        + [**https://seniorhomecompanions.com/what-states-pay-you-to-take-care-of-a-family-member/**](https://seniorhomecompanions.com/what-states-pay-you-to-take-care-of-a-family-member/)
* **HR / EMPLOYER POLICIES***To learn about initiatives being promoted regarding caregiving and the workplace such as gender -neutral policies and flexible work schedules, go to:* **A Better Balance:** [**www.abetterbalance.org**](www.abetterbalance.org)

* **2025 White House Conference on Aging**

*In May 2024, The Interagency Coordinating Committee on Healthy Aging and Age-Friendly Communities published a “Strategic Framework for a National Plan on Aging”.*

* + It will inform the 2025 White House Conference on Aging including age-friendly ways to *“sustain health and well-being at all ages and recognize and support family caregivers”. Information:* 
    - <https://www.hhs.gov/about/news/2024/05/30/hhs-delivers-strategic-framework-national-plan-aging.html>
    - **National Academy of Social Insurance**[**:** https://www.nasi.org/discussion/time-to-get-moving-on-a-white-house-conference-on-aging/](:%20%20https:/www.nasi.org/discussion/time-to-get-moving-on-a-white-house-conference-on-aging/)
* **NATIONAL COUNCIL ON AGING** *(NCOA.org)*
  + *Tips and best practices for advocacy on specific public policy issues, e.g. transportation barriers for older adults, retirement planning for women, elder abuse and more at:* 
    - **<https://www.ncoa.org/caregivers/public-policy>**
    - **<https://www.ncoa.org/page/public-policy-positions>**
  + **Support for Caregivers of People With Mental Illness: A Practical Guide** *(NCOA March 2024)*
    - [**https://www.ncoa.org/article/support-for-caregivers-of-people-with-mental-illness-a-practical-guide**](https://www.ncoa.org/article/support-for-caregivers-of-people-with-mental-illness-a-practical-guide)
  + **Medicare Savings Programs: Who Qualifies and How to Apply**
    - **<https://www.ncoa.org/article/medicare-savings-programs-who-qualifies-and-how-to-apply>**
  + **BenefitsCheckUp®**
    - *Free confidential online screening tool to connect older adults and people with disabilities with public and private benefits programs that can help pay for health care, medicine, food, utilities and more. Print-out will identify benefit programs for which the person may be eligible. Each must be applied for separately. (Organized by zip code)*
    - To access the screening tool:
      * [**https://benefitscheckup.org/#/prescreen**](https://benefitscheckup.org/%23/prescreen)
* **RECOMMENDED PSALMS:** 
  + 23, 31, 34, 38, 42, 56, 70, 88, 103, 121, 146
* **PASTORAL HEALTH CARE of the Ecumenical Patriarchate**

**MENTORING CAREGIVERS OF THE ELDERLY** by*Marilena Kavoura*

<https://www.pastoralhealth-ep.com/library/pastoral/pt12122023?lang=en-us>

* **You Are the Beloved: 365 Daily Readings and Meditations for Spiritual Living**: **A Devotional,** [Henri J. M. Nouwen](https://www.amazon.com/Henri-J-M-Nouwen/e/B000AQ4ZZ0/ref=dp_byline_cont_book_1)
* **CAREGIVER’S SURVIVAL GUIDE: CARING FOR YOURSELF WHILE CARING FOR A LOVED ONE,** Robert Yonover and Ellie Crowe
* **The Caregiver's Survival Handbook (Revised): Caring for Your Aging Parents Without Losing Yourself**,  [Alexis Abramson](https://www.amazon.com/Alexis-Abramson/e/B001KDNQBQ/ref=dp_byline_cont_book_1), [Mary Anne Dunkin](https://www.amazon.com/s/ref=dp_byline_sr_book_2?ie=UTF8&field-author=Mary+Anne+Dunkin&text=Mary+Anne+Dunkin&sort=relevancerank&search-alias=books)
* **The Unexpected Journey of Caring: The Transformation From Loved One to Caregiver,** Donna Thomson, Zachary White
* **Take Back Your Life: A Caregiver’s Guide to Finding Freedom in the Midst of Overwhelm,** Loren Gelberg-Goff
* **Where The Light Gets In: Losing My Mother Only to Find Her Again,** Kimberly Williams-Paisley
* **Additional CAREGIVER / CAREGIVER SUPPORT fact sheets** organized by category can be found at ……………………………..