



NC DEPARTMENT OF HEALTH AND HUMAN SERVICES

Caregiver Resources: Support at Every Level

Amanda Swanger, Family Caregiver Support Program Consultant and Lifespan Respite Project Director

Kasie Odham, Project C.A.R.E. Specialist and No Wrong Door Consultant

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Objectives

1

Understand the scope of national caregiver programs

2

Identify state-level supports and services

3

Locate and connect with local caregiving resources

4

Learn how to advocate and access services effectively

Who Are Caregivers- National Highlights

More than one in five Americans (21.3 percent) are caregivers

53 million unpaid caregivers in the United States

Unpaid caregivers in the United States provide care valued at approximately \$600 billion per year

61% of caregivers are women, average age of 49.4

26% of caregivers provide care for more than 20 hours per week

Many caregivers pay out-of-pocket for caregiving expenses (averaging \$7,242/year for long-distance caregivers)

Source: <https://www.aarp.org/ppi/info-2020/caregiving-in-the-united-states.html>
<https://www.aarp.org/ppi/info-2023/valuing-the-invaluable.html>

Who Are Caregivers- NC Highlights

**Over 1.3 million
unpaid family
caregivers in North
Carolina**

**The estimated
economic value of
unpaid care provided
in NC is over \$13.2
billion per year.**

**On average, NC
caregivers provide
20+ hours of care per
week**

**Most caregivers in NC
are women, typically
in their 40s to 60s.**

**A growing number are
part of the “sandwich
generation,” caring for
both children and
aging parents**

Source: <https://www.aarp.org/content/dam/aarp/ppi/2023/3/valuing-the-invaluable-2023-update.doi.10.26419-2Fppi.00082.006.pdf>

National Family Caregiver Support Program

- **Funded under the Older Americans Act (OAA) since 2000**
- **NFCSP grantees provide five types of services:**
 - information to caregivers about available services
 - assistance to caregivers in gaining access to the services
 - individual counseling, organization of support groups, and caregiver training
 - respite care; and
 - supplemental services, on a limited basis

National Strategy to Support Family Caregivers

What it is:

- **A comprehensive national plan to strengthen support for family caregivers in the U.S.**
- **Developed by the RAISE Family Caregiving Advisory Council and the Advisory Council to Support Grandparents Raising Grandchildren, with support from ACL (Administration for Community Living).**

Source: <https://acl.gov/CaregiverStrategy>

National Strategy to Support Family Caregivers

Key Goals

Increase awareness of and outreach

Advance partnerships and engagement

Strengthen services and supports

Ensure financial and workplace security

Expand data, research, and evidence-based practices

Source: https://acl.gov/sites/default/files/RAISE_SGRG/NatIStrategyToSupportFamilyCaregivers-2.pdf

AARP Caregiving Resources

- **Free guides and checklists for family caregivers**
- **Tools for legal, financial, and health planning**
 - Source: www.aarp.org/caregiving
- **Online Caregiving Resource Center**
- **Local support and advocacy information**
- **AARP Community for peer connections**
- **Caregiver support line: 877-333-5885**

Alzheimer's Association

- **National nonprofit supporting families facing Alzheimer's and other dementias.**
- **Caregiver Services:**
 - **24/7 Helpline: 1-800-272-3900 — crisis help anytime**
 - **Support Groups: Local & online connections**
 - **Education & Training: Free classes & workshops**
 - **Online Resources: Guides, AlzConnected community**

Source: <https://www.alz.org/help-support/caregiving>

The Department of Veteran Affairs Caregiver Support

- **Program of General Caregiver Support Services (PGCSS):**
 - Education, peer support, respite care, resources for all caregivers of Veterans enrolled in VA health care.
- **Program of Comprehensive Assistance for Family Caregivers (PCAFC):**
 - Monthly stipend for designated family caregivers of eligible post-9/11, Vietnam, and other Veterans with serious injuries.
 - Access to training, respite, and health insurance (if eligible).
- **VA Caregiver Support Line: 1-855-260-3274**

Source: <https://www.caregiver.va.gov/>

Other National Resources

- **ARCH National Respite Network**
 - Connects families and professionals to quality respite care resources and providers nation wide.
 - Offers training, tools, and a national locator service to help caregivers find respite options in their communities.
- **Family Caregiver Alliance**
 - Direct support for family caregivers, educational tools.
- **National Alliance for Caregiving (NAC)**
 - Focus on policy, research and advocacy at national level.
- **The Carter Center (formally known as the Rosalyn Carter Institute)**

State Resources

- **State Unit on Aging (NC Division of Aging) coordinates Older Americans Act (OAA) programs in each state.**
 - **Family Caregiver Support Program (Title III E of OAA)**
- **State appropriations**
 - **Project C.A.R.E.**
- **ACL Grant**
 - **Lifespan Respite Project**
- **NC Medicaid**
 - **Community Alternatives Program for Disabled Adults (CAP/DA), NC Innovations Waiver, Personal Care Services (PCS)**
 - **[Local DSS Directory | NCDHHS](#)**

State Resources-Caregiving Programs

**Family
Caregiver
Support
Program**

**Lifespan
Respite
Project**

**Project
C.A.R.E.**

Navigating State Caregiver Programs

Does the care recipient have a diagnosis of Alzheimer's or other dementia(s)?

YES

NO

Would the unpaid adult caregiver benefit from receiving care consultation (coaching) to assist with challenging behaviors, coping strategies, dementia education, and information about community services and resources?

YES

NO

Refer to a **NC Project C.A.R.E.** family consultant at one of the six offices.

Is the care recipient at least 60 years of age or have a diagnosis of dementia but the caregiver does not want Project C.A.R.E.'s consultation services?

YES

NO

Refer to the **Family Caregiver Support Program** in one of the 16 Area Agency on Aging (AAA) Regions. Supports for the family caregiver will be dependent upon their needs, and available resources and supports in the area.

If the care recipient is neither at least age 60 or a person with dementia, **continue screening for appropriate referral.** If the unpaid caregiver is in need of respite and cannot pay privately, complete and submit the electronic **NC Lifespan Respite Voucher Application** to the High Country AAA.

State Resources-Family Caregiver Support

- **Administered through 16 Area Agencies on Aging**
- **Service categories:**
 - I. **Information**
 - II. **Assistance with access**
 - III. **Training, support groups, counseling services**
 - IV. **Respite services**
 - V. **Supplemental services**
- **Service delivery models include direct-service, contracting with local providers, or hybrid of both direct and contracted services.**
- **Two populations: caregivers of older adults and older relative caregivers**



State Resources-Lifespan Respite



- **Federally-funded grant through ACL.**
- **Respite care for unpaid caregivers of person of any age with special needs.**
- **Provides caregivers of any age with \$750 respite vouchers**
- **Reimbursement based, caregivers are referred to program by referring agent.**
- **Lifespan Respite Voucher funds may not be used to supplant other respite funding or to pay for respite services already being received. Caregivers who have not received a publicly-funded respite break within 3 months of submission of application.**

State Resources-Project C.A.R.E.

- **Project C.A.R.E. stands for Caregiver Alternatives to Running on Empty.**
- **It is a statewide support program in North Carolina that assists unpaid caregivers of individuals with Alzheimer's disease or related dementias.**
- **Focus on family caregivers who are caring at home and may be at risk of caregiver burnout.**
- **Provides caregiver consultations and respite vouchers**

State Resources-NC Caregiver Portal

- **The NC Caregiver Portal is a centralized, online platform designed to support unpaid family caregivers across North Carolina.**
- **It provides easy access to services, resources, and local programs tailored to caregiving needs.**
- **Contact Tools: Allows users to request help or connect with their local Area Agency on Aging.**
- **Free to use and publicly available at: <https://www.nc-caregivers.com>**

State Resources-Other Services

Home Care Community Block Grant (HCCBG)

Transportation

Adult Day Care/Adult Day Health

In-Home Aide

Home Care Independence

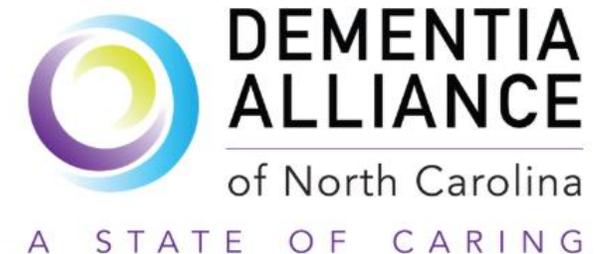
Congregate Nutrition/Home Delivered Meals

Information and Options Counseling

Dementia Alliance of North Carolina

- **A non-profit organization dedicated to supporting individuals and families affected by dementia in North Carolina.**
- **Provide education, resources, and support groups for caregivers and people living with dementia.**
- **Dementia Navigator**
- ***Accepting the Challenge* videos**
- **Dementia Alliance Caregiver Assistance Program**

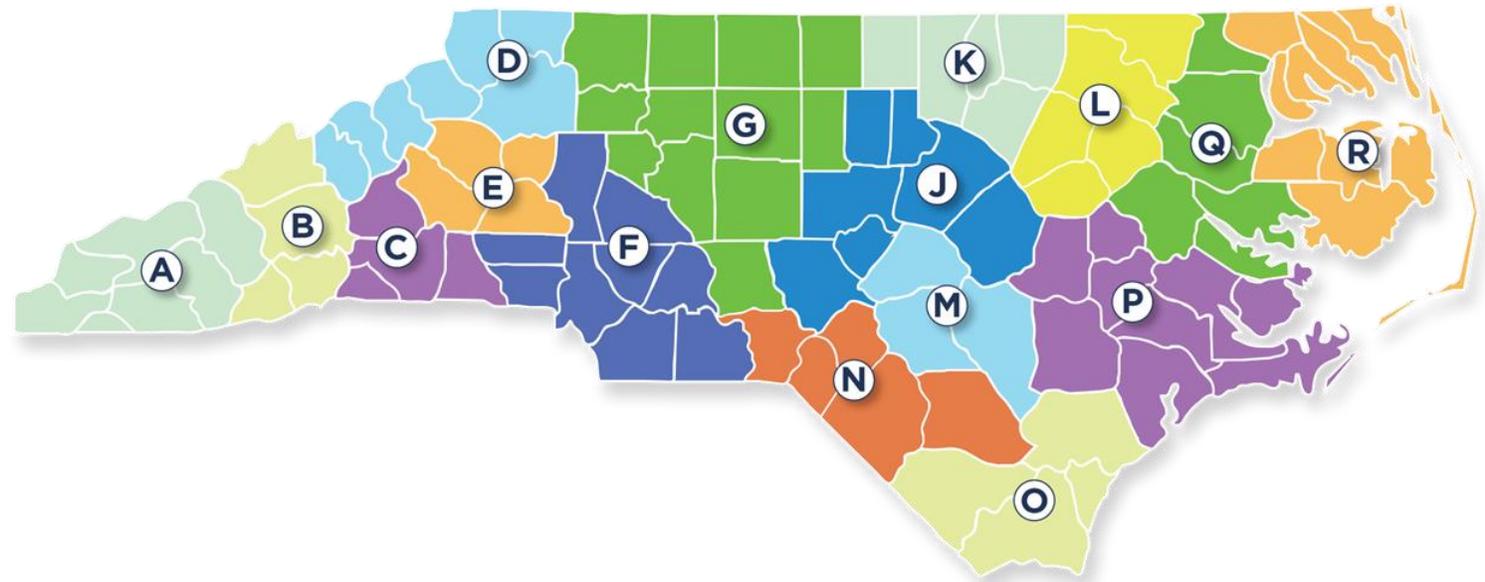
Source: www.DementiaNC.org



Local Resources

- **Area Agencies on Aging**

- Local entry for caregiver/aging services
- 16 AAA in NC
- Some AAAs are direct service providers and others contract with local county agencies



Local Resources



Contact Your
Area Agency on
Aging (AAA)



Visit Local
Senior Centers
or Council on
Aging



Connect with
Your
Department of
Social Services
(DSS)



Check
Community &
Faith-Based
Organizations



Ask Healthcare
Providers for
Referrals



Diagnosis specific
organizations

How to Assist Caregivers to Advocate & Access Services

Knowledge

- Educate yourself about programs like Medicaid, respite, and caregiver support services.

- Stay informed about eligibility and application steps.

Speak Up & Ask Questions

- Encourage caregivers to share needs clearly with doctors, social workers, and agencies.

- Encourage caregivers to ask for help, information, or second opinions.

Keep Good Records

- Organize important paperwork, contacts, and care plans.

How to Assist Caregivers to Advocate & Access Services

Build a Support Network

- Connect with support groups, advocacy groups, and other caregivers.
- Team up to share information and push for better services.

Use Community Resources

- Reach out to your local Area Agency on Aging for guidance and referrals.
- Visit local senior centers, faith groups, or community centers for classes, respite, and support.

Take a break!

- Remind caregivers that they are doing the best they can and it's okay to ask for help.
- Take breaks. Even small moments to rest and recharge matter.
- Let go of guilt. Caring for yourself as a caregiver is caring for your loved one too.

Resource List

- www.aarp.org/caregiving
- <https://www.alz.org/help-support/caregiving>
- <https://www.caregiver.va.gov/>
- <https://dementianc.org/>
- <https://www.highcountryaging.org/services/lifespan-respite-project>

NCDHHS Division of Aging: CAREGIVER SUPPORTS

	Project C.A.R.E. (State Appropriation)	Family Caregiver Support Program (OAA - Title III E)	Lifespan Respite Vouchers (Time-limited federal grant)
Eligibility	Unpaid adult individuals caring for someone diagnosed with Alzheimer's or related dementias who are not receiving care consultation from another funding source.	<ol style="list-style-type: none"> 1) Unpaid caregiver of any age providing care for an older adult age 60 or older or providing care for a person with Alzheimer's disease or related brain disorder; or, 2) a caregiver (who is not the birth or adoptive parent), age 55 or older, raising a related child age 18 and under or an adult with a disability. 3) a caregiver who is the birth or adoptive parent, age 55 or older, caring for an adult with a disability.³ 	Unpaid adult caregivers of children and adults with a chronic condition, disability, or other special need. Caregivers may not/do not apply directly to the program. Applications must be submitted by a local community services agency or human services professional.
Services Offered	<ul style="list-style-type: none"> • Dementia-specific outreach and education • Information and referral/assistance • Care consultation 	<ul style="list-style-type: none"> • Delivery approaches vary by county • Outreach and caregiver education • Information and referral/assistance • Supplemental services (care recipient must meet OAA frail definition) 	Caregivers can purchase adult day care, summer camp, overnight respite in a facility or their own home, a licensed home care agency, a private individual, or a variety of other options and be reimbursed for services up to \$750 per calendar year.
Respite	Respite vouchers are available to care consultation participants, who need respite and are in need of financial assistance to pay for the respite. Up to three \$500 vouchers per state fiscal year. Caregiver is reimbursed for services received. There is a respite limit of \$2500 when combined with FCSP services per fiscal year. ²	Type(s) and amount of respite service vary by county; care recipient must meet OAA frail definition. ¹ There is a respite limit of \$2500 alone or combined with Project C.A.R.E. services per fiscal year. ²	Caregivers can receive a \$750 voucher once per calendar year. Priority is given to those who have not received publicly funded respite in the previous six months. Caregiver is reimbursed for services received.
How to Access	Project C.A.R.E. family consultants at www.ncdhhs.gov/assistance/adult-services/project-care	Area Agency on Aging (AAA) and contracted providers at www.ncdhhs.gov/divisions/aging-and-adult-services/adult-day-services/daas-area-agencies-aging	Applications submitted at www.highcountryaging.org/services/lifespan-respite-project by a human services professional.

Resource List-QR Codes



**Family Caregiver
Support Program**



Lifespan Respite



Project C.A.R.E.

Resource List-Flyers



**NC Caregiver Programs/Triage sheet-
English**



**NC Caregiver Programs/Triage sheet-
Spanish**

Thank you!

Amanda Swanger, MA

Amanda.swanger@dhhs.nc.gov

919-210-5358

Kasie Odham, MBA

Kasie.odham@dhhs.nc.gov

919-268-0296