

Family Caregiving

Family Caregiving

V(A). Planned Program (Summary)

1. Name of the Planned Program

Family Caregiving

V(B). Program Knowledge Area(s)

1. Program Knowledge Areas and Percentage

KA Code	Knowledge Area	%1862 Extension	%1890 Extension	%1862 Research	%1890 Research
801	Individual and Family Resource Management	40%			
802	Human Development and Family Well-Being	40%			
805	Community Institutions, Health, and Social Services	20%			
	Total	100%			

V(C). Planned Program (Inputs)

1. Actual amount of professional FTE/SYs expended this Program

Year: 2007	Extension		Research	
	1862	1890	1862	1890
Plan	2.8	0.0	0.0	0.0
Actual	3.6	0.0	0.0	0.0

2. Actual dollars expended in this Program (includes Carryover Funds from previous years)

Extension		Research	
Smith-Lever 3b & 3c 731424	1890 Extension	Hatch	Evans-Allen
	0	0	0
1862 Matching 731424	1890 Matching	1862 Matching	1890 Matching
	0	0	0
1862 All Other	1890 All Other	1862 All Other	1890 All Other
0	0	0	0

V(D). Planned Program (Activity)

1. Brief description of the Activity

Family Living Programs campus and county faculty and staff provide professional development for extension staff members and other professionals and volunteers; Train caregivers through a variety of educational strategies; Provide support for community networks and collaborations, and develop research-based curricula.

Professional development, training and curricula: With UW-Extension leadership, Wisconsin Alliance for Family Caregiving members work closely with caregiving professionals to provide educational programs that acknowledge and honor Wisconsin's geographic and cultural diversity. Alliance-supported curricula are reviewed and selected to meet diverse needs of all caregivers. For example, Powerful Tools for Caregivers is a six-week course focusing on those who have cared for a spouse for an extended time, whereas Elder Care and Work: Finding the Balance is a one-day course adapted for employees trying to maintain full-time jobs while caring for family members.

Six UW-Extension faculty are certified Master Trainers for curricula supported by the Wisconsin Alliance for Family Caregiving. As Master Trainers, they have adapted curricula for Wisconsin caregivers and trained class leaders who teach at least one of the four curricula in 64 (88%) of Wisconsin's 72 counties. Since 2001, more than 500 trained educators, social workers, health-care providers, aging-network professionals and others –have taught 5,000 to 8,000 Wisconsin family caregivers through workshops, consultations, local caregiver coalitions, support groups and other educational strategies. The alliance also offers caregiving resources online, including evaluation materials and everything class leaders need: <http://www.uwex.edu/ces/flp/caregiving/alliance>

Supporting collaborations and coalitions: Mary Brintnall-Peterson and Patricia Malone, Trempealeau County community resource development educator, were contracted by the Wisconsin Department of Health and Family Services (DHFS) to support the development of long-term care councils, Malone as half-time project director, and Brintnall-Peterson as state specialist in aging and grant manager. In redesigning long-term care services, DHFS requested proposals, asking for regional consortiums to develop plans for expanding Family Care throughout Wisconsin. Family Care is a model of managed long-term care designed to deliver services to the frail elderly and those with physical and developmental disabilities. Malone is supporting six regional consortiums in implementing effective stakeholder involvement strategies in developing these plans.

Family living educator Mary Meehan-Strub works with Human Services Directors from La Crosse and seven surrounding counties in establishing a regional response for DHFS Long-Term-Care Reform. The planning partners formed the West-Central Consortium for Long-Term Support and Health Care Reform for a DHFS Planning Grant. The consortium used the \$100,000 grant to prepare for expanding Family Care from La Crosse County to all eight counties, approved by all county boards of supervisors.

2. Brief description of the target audience

The statewide Family Caregiving Team provides training and educational support for extension staff, educational partners, community-based professionals and volunteers, and family caregivers. Of 3,952 adults reached through direct teaching methods in 2007, 95% were white, 3% African American, 1% Asian American, 0.75% American Indian and 0.25 Other Identities; 78% were female and 22% male. Of those reached, about 2% (74) identified as Latino/a, who may be of any race.

Extension staff include Family Living Programs campus and county faculty and staff who support local coalitions and family caregiver networks, many of whom are trained class leaders teaching family caregivers in support groups, one on one, workshop sessions, sequential learning sessions, and exhibits. County community resource development and agriculture educators join their family living colleagues supporting regional consortiums in developing effective stakeholder involvement strategies in planning for long-term care reform. With UW-Extension leadership, the Wisconsin Alliance for Family Caregiving addresses cultural, racial, ethnic, gender, age, and other disparities among caregivers and care receivers through partnerships with organizations representing many cultures, races, ethnic groups, ages, abilities, and income levels.

Educational partners include alliance members from more than 75 agencies, long-term care councils and regional consortiums, Wisconsin Department of Health and Family Services Bureau of Aging & Disability Resources, Area Agencies on Aging, Commission on Aging, county and tribal social workers and health care providers, Wisconsin Association of Aging Groups, AARP, Alzheimer's Association, dementia networks, End of Life Education Council, Hope of Wisconsin, Wisconsin Respite Association, Hospitals, Hospice, Parish Nurses, inter-faith and other service groups.

Community-based professionals and volunteers work directly with family caregivers. The 11 volunteers trained by the statewide Family Caregiving Team in 2007 and the 500 community professionals trained since 2001 have taught 5,000 Wisconsin caregivers.

Family caregivers provide 80 percent of care needed by family members who are aging, chronically ill, disabled, or unable to care for themselves. About two-thirds (64%) do this while maintaining a full-time job and nearly half of those (47%) spend up to 40 hours per week as caregivers. Grandparents raising grandchildren assume the parenting role and responsibilities when the biological parent is unable to provide care. More than 1 in 10 grandparents assume parenting of a grandchild for at least 6 months. Family caregivers and care recipients are geographically, culturally, economically and socially diverse.

Ultimate beneficiaries include working caregivers and their employers, grandparents and their grandchildren, care recipients of all ages, anyone chronically ill or disabled, their friends, families, supporting professionals and communities.

V(E). Planned Program (Outputs)

1. Standard output measures

Target for the number of persons (contacts) reached through direct and indirect contact methods

	Direct Contacts Adults	Indirect Contacts Adults	Direct Contacts Youth	Indirect Contacts Youth
Year	Target	Target	Target	Target
Plan	3500	0	0	0
2007	3952	0	0	0

2. Number of Patent Applications Submitted (Standard Research Output)

Patent Applications Submitted

Year	Target
Plan:	0
2007:	0

Patents listed

Family Caregiving

3. Publications (Standard General Output Measure)

Number of Peer Reviewed Publications

	Extension	Research	Total
Plan			
2007	0	0	0

V(F). State Defined Outputs

Output Target

Output #1

Output Measure

{No Data Entered}

Not reporting on this Output in this Annual Report

Year	Target	Actual
2007	{No Data Entered}	{No Data Entered}

V(G). State Defined Outcomes

O No.	Outcome Name
1	Caregivers/participants increase their awareness of family caregiving/family financial resources
2	Caregivers/ participants increase their knowledge about being a family care provider
3	Community family caregiver collaborations will be established to provide supports (education, information, and resources) and services to assist local family caregivers
4	Caregiver/Participants adopt family caregiver skills to assist them as a care provider
5	Caregivers increase their confidence as a family caregiver
6	Caregiver/participants access community resources
7	Community family caregiver collaborations will develop and/or implement community supports (education, information, and resources) and services to assist family caregivers.

Outcome #1

1. Outcome Measures

Not reporting on this Outcome for this Annual Report

2. Associated Institution Types

3a. Outcome Type:

3b. Quantitative Outcome

Year	Quantitative Target	Actual
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3c. Qualitative Outcome or Impact Statement

Issue (Who cares and Why)

What has been done

Results

4. Associated Knowledge Areas

KA Code	Knowledge Area
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V(H). Planned Program (External Factors)

External factors which affected outcomes

- Economy
- Appropriations changes
- Public Policy changes
- Competing Public priorities
- Populations changes (immigration,new cultural groupings,etc.)

Brief Explanation

UW-Extension received a contract from the Wisconsin Department of Health and Family Services to facilitate education and training for developing county long-term care councils that have strong leadership, a strategic plan that guides their decision-making process, and who advise their community on long-term care.

The Wisconsin Alliance for Family Caregiving budget ranges from \$20,000 to \$30,000 a year, with funds from AARP Wisconsin, UW-Extension, the Area Agencies on Aging, the Bureau of Aging and Disability Resources in the state Department of Health and Family Services, and other grants. Through the contract with DHFS, UW-Extension employs a faculty member half time to work on the issue.

V(I). Planned Program (Evaluation Studies and Data Collection)

1. Evaluation Studies Planned

- After Only (post program)
- Before-After (before and after program)

Evaluation Results

The Wisconsin Alliance for Family Caregiving has trained individuals throughout Wisconsin to teach the curriculum, Taking Care of You: Powerful Tools for Caregiving. There have been 153 workshop series offered in Wisconsin with 1,181 individuals participating and 891 completing the pre- and post-tests.

A major objective of the Taking Care of You: Powerful Tools for Caregiving is to empower the caregiver to maintain their own health and well-being, while managing the caregiving responsibilities of others. Caregivers were asked to share how confident they were on specific tasks before the workshop series and then again afterwards. Data documents that more caregivers rated their confidence as very or extremely confident after completing the six-week workshop series than before the workshop.

Workshop participants also shared that: After the workshops series, they often or always told themselves how important caregiving is and that they are doing good things as a caregiver and feel good about what they are doing as a caregiver.

Caregivers gave the six-week series an average score of 4.5 based on a five-point scale (5 excellent and 1 poor). The workshop incorporated the use of self efficacy-enhancing strategies based on the work of Dr. Lorig at Stanford University. Caregivers embraced the tools and began using action plans (730 or 82%), relaxation tools (663 or 74%), "I" messages (684 or 77%), assertive communication (381 or 43%), positive self-talk (643 or 72%), family meetings (214 or 24%), and long-range goal setting (334 or 38%).

Caregivers were encouraged to be physically active and to engage in relaxation activities as stress reducers. Before the class, 342 caregivers were exercising 1 or more hours a week. After the six-week workshop seminar, 414 exercised one or more hours a week. The average time engaged in relaxation activities went from 5 times a week to 7 times a week.

The 697 (78%) women and 166 (19%) men were providing care for their spouses (390 or 44%), parent (304 or 34%), Mother-in-law/father-in-law (37 or 4%) or others (115 or 13%). They were providing daily or almost daily personal care (244 or 27%), household help (475 or 53%) or arranging for care help (251 or 28%).

Data for Powerful Tools for Caregivers can be found at:

<http://www.uwex.edu/ces/flp/caregiving/education/powerfultools/evaluationresults.cfm>

Key Items of Evaluation