

Transforming
Lives

Social Determinants of Health

Unpaid Family Caregivers





Family is who we choose to call family; including friends, neighbors and family members.



SOCIAL DETERMINANTS OF HEALTH

Factors that influence our health and quality of life, including access to necessities such as:

- Nutritious food
- Equitable healthcare
- Safe and affordable housing
- Affordable and reliable transportation
- Employment and education opportunities.

Social Determinants of Health

Conditions in the places where people live, learn, work, and play determine society's health

- **Historically, social determinants of health have disproportionately affected Black, Indigenous, and People of Color (BIPOC) communities.**
- **Health inequalities arising from these communities' unmet needs can also apply to caregiving, as family caregivers often face similar challenges due to their societal position.**

Recognize, Assist, Include, Support, & Engage (RAISE) Family Caregivers Act Initial Report to Congress

Prepared by: RAISE Family Caregiving Advisory Council
With assistance from: Administration for Community Living,
an operating division of the U.S. Department of Health and Human Services



September 22, 2021

2022 National Strategy to Support Family Caregivers



Developed by:

The Recognize, Assist, Include, Support, and Engage (RAISE) Act
Family Caregiving Advisory Council

&

The Advisory Council to Support Grandparents Raising Grandchildren



Technical assistance provided by the Administration for Community Living | September 21, 2022

First Principles: Cross-Cutting Considerations for Family Caregiver Support



Developed by:

The Recognize, Assist, Include, Support, and Engage (RAISE) Act
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Who Can Help Family Caregivers

Helping Unpaid Family Caregivers directly benefits the person they care for-

- **Tribes/Communities**
- **Organizations**
- **Employers**
- **Cities/Counties**
- **State**
- **Federal**

How Tribes/Communities Can Support Family Caregivers

- Educate the public about the importance of supporting unpaid family caregivers and the importance of identifying as a family caregiver
- Become a Dementia Friendly Community
<https://depts.washington.edu/mbwc/resources/dementia-friends-wa>
- Create Volunteer opportunities like Senior Companions
- Honor family caregivers by including resources and services at health fairs and other events to show support and appreciation.

How Organizations Can Support Family Caregivers

- Health Care-
 - Inquire if patients have a family member or friend helping them at home
 - Listing unpaid family caregiver as a part of the patient's case notes.
 - If health care providers know there is a family caregiver involved, they should view the caregiver as another patient and plan accordingly.

Schedule appointments to be more convenient for working family caregivers
- Insurance
 - Offer unpaid family caregiver supportive services into their client's insurance benefits

How Employers Can Support Unpaid Family Caregivers

- **Acknowledge the importance and prevalence of family caregiving**
- **Provide Family Caregiver resources, mental health therapists, training and planning assistance in Employee Assistance Programs**
- **Provide benefits for caregivers**

How State Governments Can Support Unpaid Family Caregivers

- **Enact the CARE Act in Washington**

- The name of the family caregiver is recorded when a loved one is admitted into a hospital;
- The family caregiver is notified if the loved one is to be discharged to another facility or back home; and,
- The facility must provide an explanation and live instruction of the medical tasks

- **Provide tax breaks/credits for family caregivers while they are not able to be employed**

- **Prohibit Workplace discrimination against family caregivers by lengthening the amount of leave available in Family and Medical Leave Act.**

- **Strengthen and grow the direct care workforce by increasing wages, benefits and career growth opportunities.**

- **Provide long-term care financing reform-**
<https://wacaresfund.wa.gov/about-the-wa-cares-fund/>

How Federal Government Can Support Unpaid Family Caregivers

- **Create programs that meet cultural needs of BIPOC family caregivers**
- **Increase funding to support all unpaid family caregivers including teen caregivers, kin/grand family caregivers**
- **Provide Social Security Benefits for workers who must take a break from employment to care for a family member.**
- **Expand research to understand effects including, how self care and support can improve caregiver mental and physical health**

How Unpaid Family Caregivers Can Help Themselves

- **Community Living Connections (CLC)**

<https://washingtoncommunitylivingconnections.org/>

- **Lifespan Respite Voucher Program**

<https://www.lifespanrespitewa.org/>

- **Trualta**

<https://wacaregivingjourney.com/login>

- **Digital Navigator Program**

[Digital Navigator Program - Washington State Department of Commerce](#)

WA Cares Fund

<https://wacaresfund.wa.gov/about-the-wa-cares-fund/>

RAISE Act

<https://acl.gov/programs/support-caregivers/raise-family-caregiving-advisory-council>

2022 National Strategy to Support Family Caregivers

CARE Act <https://acl.gov/CaregiverStrategy>

2022 First Principles: Cross Cutting Considerations for Family Caregiver Support

https://acl.gov/sites/default/files/RAISE_SGRG/NatlStrategyFamCaregivers_FirstPrinciples.pdf

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