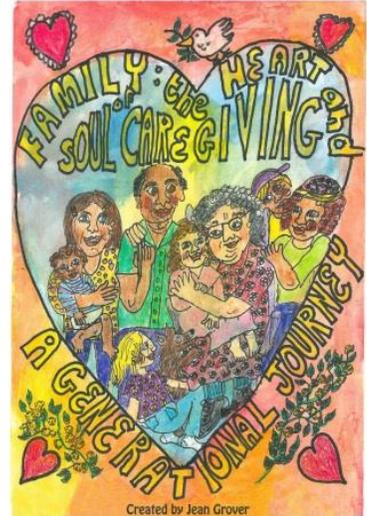


History of Family Caregiver Support In Washington State

- 1983** Eleven public hearings sponsored by the State Council on Aging and the State House of Representatives were held throughout WA State. These hearings were to obtain citizen input on issues related to community based long term care for older adults.

One of the issues which surfaced over and over again in the hearings was the problem of “burn-out” faced by relatives providing care to at-risk older adults with high intensity needs. These caregivers were trying to keep their family members in their own homes instead of having to them move into long term care institutions. Family caregivers emphatically said: we need a break!



- 1984** As a result of the concerns expressed, the Legislature provided funding for three respite care demonstration projects to Eastern, Southwest and Northwest Area Agencies on Aging (AAA). During its first two years, the projects successfully served 1,408 caregivers with an appropriation of \$545,000.
- 1989** State legislature funded the establishment of the statewide *Respite Care Service Program* through Aging and Disability Services Administration (ADSA). The program was unique; for the first time unpaid family caregivers were the “clients” of a long term care service.
- 1999** Respite Care coordinators met and voiced the need for more services to offer family caregivers besides respite care (total RC budget was \$2.5 million). Gerry Fireman, Snohomish AAA, went home with ideas from the group and put pen to paper. Later that same year, State Representative Carolyn Edmonds and six other Washington State legislators attended a national policy conference on caregiving for state legislators, sponsored by the Family Caregiver Alliance (San Francisco).
- 2000** SHB 2454, the Family Caregiver Support legislation (also known as the Fred Mills bill), sponsored by Representative Edmonds, was introduced and received unanimous legislative support in a year when passage of any new programs was deemed unlikely. The Washington Association of Area Agencies on Aging (W4A), caregivers and advocacy groups rallied for this bill. The state *Family Caregiver Support Program* was funded at \$600,000.

- 2001** Federal funding created the *National Family Caregiver Support Program* (NFCSP) through Title III-E of the Older Americans Act, adding \$2 million to the pot.
- 2004** ADSA staff invited to take part in the National Advisory Council for the *League of Experienced Family Caregivers* created by Rhonda Montgomery, PhD, at the University of Wisconsin-Milwaukee. Other players included the National Alzheimer's Association and the National Family Caregiver Association, AAAs, caregivers, geriatric case managers and other state units on aging.
- 2005** ADSA staff chosen to participate with 53 other experts in aging, health and long term care in the *National Consensus Development Conference* to advance the policy and practice of Family Caregiver Assessment and sponsored by the National Center on Caregiving (Family Caregiver Alliance).
- 2006** W4A and ADSA agreed to move forward using the *Tailored Caregiver Assessment and Referral* (TCARE®) consultative and care planning tool developed by Rhonda Montgomery.
- 2007** State legislature increased the funding for the FCSP by \$750,000 as well as provided two year funding (total \$700,000) for the IT development of TCARE®. The legislature revised the statute, 74.41.050 RCW mandating development of an evidence-based tailored caregiver assessment and referral tool. There was also legislative intent to have greater consistency in both policy and services within the Family Caregiver Support Program (FCSP). The TCARE® process was the model that best matched the legislative mandate and intent.
- 2008** State legislature allocated an increase of \$2.6 million for the FCSP. The Family Policy Team, made up of representatives from seven Area Agencies on Aging (Olympic, Northwest, Snohomish, King, Pierce, Southeast and Kitsap) and ADSA (State Unit on Aging and Management Services) staff, was created and met monthly to advise on the development of the online TCARE® tool as well as create related policies. Four AAAs (Southeast, Pierce, King and Snohomish) had staff trained in TCARE® and joined in the TCARE® national research project funded by the National Alzheimer's Association and the Langeloth Foundation.
- 2009** TCARE® policies approved by W4A; TCARE® IT system built; application and policy training developed; FCSP assessors and screeners trained in TCARE® application and policy. On June 29th, Washington State made history by going live with TCARE® in six AAAs.

2010 The remainder of the state's seven AAAs implemented TCARE® in the first two months of the year.

The W4A, along with its partner, Rhonda Montgomery, Ph.D., University of Wisconsin-Milwaukee received the 2010 *Rosalynn Carter Leadership in Caregiving Award*, the highest award given in the caregiving field. The award, sponsored by Rosalynn Carter Institute and Johnson and Johnson, recognizes leadership in implementing innovative partnerships between community organizations and caregiving researchers that bridge the gap between science and practice.



2011 FCSP expanded by \$3.4 million (from \$6.3 million), to serve 1500 new caregivers with in-depth services (e.g. assessment/care plan, ongoing services – respite care, in-home consultation series, etc.) earlier in their caregiver journey.

2012 The program expanded by another \$1.5 million, to serve 750 new caregivers. The Washington State Institute for Public Policy/WSIPP (Marna Miller) released their legislative report: *Did Expanding Eligibility for the Family Caregiver Support Program Pay for Itself by Reducing the Use of Medicaid-Paid Long-Term Care?*

2014 Two reports released on the program: *Expanding Eligibility for the Family Caregiver Support Program in SFY 2012, Updated Findings, Research and Data Analysis/DSHS* – April 2014 (Bridget Lavelle, principal author) and *Has the use of Tailored Caregiver Assessment and Referral® System Impacted the Well-being of Caregivers in Washington?* (Rhonda Montgomery)

2015 A new TCARE® Assessor Training - eLearning begins with WA State Master Trainers receiving training. *FCSP Policies and Procedures*, Chapter 17 of Long-Term Care Manual, released.

*Family Caregiving illustration on page one created by Jean Elizabeth Grover, (mother of Bea Alise Rector).