

# North Dakota Family Caregiver Support Program



NORTH  
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Human Services

AGING  
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DIVISION

# Are you a caregiver?

If you provide assistance with everyday activities for a relative or a loved one, you are a caregiver.

You are not alone.

Unpaid caregivers (family members and friends) help

individuals stay in their homes, which can enhance the quality of life for many.



Caregivers often help with everyday activities like bathing and dressing. While caregiving can be very satisfying, it can also present challenges.

Grandparents raising grandchildren is also a growing trend. Caregivers face unique challenges when they accept the responsibility of providing full-time care to a child or to an adult with a disability.

# What is the Family Caregiver Support Program?

Established under the Older Americans Act, the federally-funded Family Caregiver Support Program provides a system of support services to help informal (unpaid) caregivers of older adults and grandparent/relative caregivers who are caring for children.

Caregivers who do not have access to a support system may experience stress and health problems of their own. This program supports caregivers by helping them to take better care of themselves.



# What services are provided?

**Information** is available about services in the caregiver's area including assistance in accessing the services and providing public education.

**Assistance** is available from a trained Aging Services staff member to help the caregiver assess their needs, establish an option plan, and arrange for support services.

**Individual or family counseling, organization of support groups and individual training** is available by qualified professionals to assist the caregiver in the areas of health, nutrition, financial literacy, making decisions and in addressing issues related to their caregiving role.

**Respite care** is available to caregivers who could benefit from a break in providing 24-hour care.

An approved respite care provider can take care of your loved one so you can take some time for yourself.

Respite care can be provided in the home, in an adult/child day care setting or other approved facility.

**Supplemental services** are available to assist with the cost of incontinence supplies and assistive devices.

Assistive devices include adaptive and preventive health aids that will assist individuals and/or their caregivers in their activities of safe daily living.



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# Who is eligible for services?

- Individuals age 18 or older providing 24-hour care to an adult who is 60 years of age and older and who needs assistance with two or more everyday activities or who is not safe to be left alone.
- Grandparents and older relative caregivers (other than the parent) age 55 years and older caring for a child age 18 or younger or for an adult with a disability between the ages of 19 to 59.
- Individuals age 18 or older caring for a person with Alzheimer's disease or related dementia, regardless of their age.



# What are the costs?

All services are provided at no cost. Individuals are provided the opportunity to contribute toward the cost of services. However, under Older Americans Act guidelines, no one is denied services because of inability or unwillingness to contribute.

## Program Administration and Staffing

The Aging Services Division administers the North Dakota Family Caregiver Support Program. Aging Services staff as well as other qualified individuals or agencies provide the services available under this program, which are intended to promote a positive and successful caregiving experience.

For more information, please contact:

**Aging Services Division**  
**Aging & Disability Resource**  
**LINK**

**1-855-462-5465**

Relay ND TTY at 1-800-366-6888 or 711

Website: [carechoice.nd.assistguide.net](http://carechoice.nd.assistguide.net)

Email: [carechoice@nd.gov](mailto:carechoice@nd.gov)

*In accordance with Federal and state law, it is the policy of the Department of Human Services (DHS), Aging Services Division, to prohibit discrimination against individuals in the delivery of programs and services, and to make all programs and activities accessible.*

*For information on the DHS Nondiscrimination Policy go to:*

*<http://www.nd.gov/dhs/misc/nondiscrimination.html>  
or request a written copy of the policy from any DHS office.*