

CARING-LEE

*An all-inclusive resource guide to
caregiving in Lee County.*

***Make sure to call ahead for exact programming information,
dates and times.**



**A Publication By
LCG Enrichment Center
N.C. Certified Senior Center of Excellence
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AM I A CAREGIVER?

Do you help a friend or family member with any of these tasks?

- Assistance with personal care needs (dressing, bathing, bathroom, etc.)
- Managing finances
- Providing emotional support/companionship
- Household chores
- Transportation for shopping, errands, medical appointments
- Relaying information to other family or friends
- Providing supervision for safety and/or management of challenging behaviors

You are a CAREGIVER and we can help!

Caregiver Support Groups: A group for caregivers of those with cognitive impairments meet the 1st and 3rd Thursday of the month at 1pm.

Caregiver Consultations: Meet one on one with our Caregiver Specialist and find out what resources are available to help with your caregiving situation.

Dementia & Caregiver Symposium: An annual symposium with guest speakers, vendors, demonstrations, lunch, etc. Designed to inform and educate caregivers.

Powerful Tools for Caregivers & Other Seminars: The Enrichment Center offers a variety of classes and seminars designed to help overcome the challenges of caregiving. Guest speakers, celebrations and programming throughout the year provide a vast array of information and resources for caregivers.

Please use this resource guide to help navigate your caregiving journey.

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LCG Enrichment Center Caregiver Support Program

"Sometimes the person caring for others needs someone to care for them."

Holly Hight, Senior Center Caregiver Specialist
(919) 776-0501, ext. 2230 / hhight@leecountync.gov

What We Do

The Caregiver Support Program provides information, resources and referral services to caregivers in Lee County. We assess needs and help you to find the solutions available in your community. We offer counseling and educational services such as trainings, guest speakers, seminars, and support groups. We provide limited respite care, allowing caregiver's time to meet other responsibilities. We provide a sense of community and relief with the added bonus of stress-relieving activities. Monthly caregiver activities can be found in the quarterly Caregiver newsletter Loving-Lee, the monthly newsletter The Center Post and/or website.

- Weekly caregiver listserv which offers support, event information and other caregiver resources.
- Monthly support groups.
- Seminars and classes led by care professionals, designed for caregivers.
- Powerful Tools for Caregivers 6 Week Class held twice a year.
- Limited number of respite hours and supplies available per family.
- Virtual programs.
- Fun activities such as movies, ice cream socials, dinners, theatre & more!
- Caregiver resource library open to all (books, guides, brochures, tips, DVD's & music).

CAREGIVER ACTION PLAN:

There's nothing easy about being diagnosed with Alzheimer's or any form of Dementia. It can feel isolating, overwhelming, and you may not know where to turn for help. It is also hard for the caregiver. Here are steps that we recommend you take as you progress through your journey of caring for someone with a Dementia. We understand that this is a difficult time, and we are here to help you with any questions or concerns you have.

1. Ask your loved one's primary care physician to **schedule a multidisciplinary geriatric assessment** for a diagnostic evaluation and treatment plan. It's important to have information about the condition and outlook as you proceed.
2. **Choose your care team.** You will want to go ahead and begin the process of getting affairs in order such as estate planning, healthcare power of attorneys, etc.
3. **Attend support group meetings** for additional education and support. The Enrichment Center Caregiver Support Group meets the 1st and 3rd Thursday of each month at 1pm at the Enrichment Center.
4. **Meet with an aging life care professional** to learn more about available health and human services. They can help you find and secure the resources you need for long-term care options.
5. **Read *The 36-Hour Day*** by Mace and Rabins.
6. **Refer to the www.Alzheimers.org website** for a wealth of valuable information. This site will provide you with reliable and accurate information that you can use to plan your next steps.
7. **Find a psychologist or social worker** to talk with for emotional and psychological support, finding a strong support group can help everyone involved cope. You the caregiver will need support and to learn how to take care of yourself physically, spiritually, and emotionally.
8. **Go to www.PlanningAndProtecting.com** where you can find more helpful information, including podcasts on various topics, a discussion forum, and a list of elder law attorneys in your area.

Creating a Plan of Care

www.caregiverstress.com

When a loved one is coming home from the hospital, it is important to have a good plan of care in place to help ensure a smooth transition home and to minimize stress for both the family caregiver and his or her loved one. There may be many additional tasks that are not covered in your loved one's hospital discharge plan. How will care be provided for those activities that are not covered in the discharge instructions? Will someone need to be at home with your loved one throughout the day or just at specific times during the day?

Outlined below are four key activity areas that may require family caregivers to assume more responsibility, time and effort than normal day-to-day activities. Many of these activities may also require assistance from trained professionals, including home health care aides. You should ask your senior loved one's medical professionals which ones will likely need to be addressed and also work with your senior to make sure all paperwork is in order.

- **Health Care Tasks**

- Change dressings
- Monitor vital signs
- Operate or adjust medical equipment
- Assist with personal hygiene
- Arrange for follow-up care
- Maintain a schedule of health care visits and appointments

- **Medication Management**

- Order and pick up prescriptions and refills
- Understand all medication labels, instructions and expiration dates
- Administer the correct medication at the right time
- Monitor for side effects
- Store medications properly and safely
- Maintain medication schedule
- Dispose of medications
- Use a medication tracking worksheet to record all medications

- **Household Management**

- Conduct safety checks
- Prepare special meals such as liquid-only diets
- Take additional shopping trips for special foods and supplies
- Greet and supervise visiting health care and home care professionals
- Arrange for deliveries of medical supplies and equipment

- **Family Communications**

- Prepare and maintain emergency and medical contact lists (PDF 725k)
- Communicate frequently with family members
- Pay medical and other bills
- Provide instructions and training to other family members and friends
- Assemble and store important documents like those listed below in a senior emergency kit:
 - Advance Directive
 - Living Will/Standard Will
 - Health Care/Financial Power of Attorney
 - Insurance and Financial Documents

If you are considering hiring help from an in-home senior care agency for your loved one, be sure to discuss the above considerations with them as well. They'll be able to assist in making sure your loved one's care plan is complete and appropriately carried out. The more information family caregivers can obtain on the current health care needs of their senior loved one, the easier it will be for them to develop, communicate and share a plan of care. There are many different caregiver situations that might arise, so having a plan of care will go a long way to help ensure that family members are well prepared for any situation.

LCG Enrichment Center/Lee County Senior Services

"To fashion an achievable vision of successful aging in Lee County."

**North Carolina Certified Senior Center of Excellence Serving Boomers, Seniors,
Caregivers, Veterans and Volunteers**

www.leecountync.gov/Departments/SeniorServices

Hours: Monday/Wednesday/Friday 8:00AM–5:00PM & Tuesday/Thursday 8:00AM–7:00PM

SERVICES: Living Wills, Nutritionally Balanced Meals, Indigent Programs, Home Delivered Meals, Group Activities & Clubs, Exercise Classes, On-Site Gym, Respite Referral, Transportation, Senior Games, Volunteer Opportunities, Community Outreach, Walking Trail, Special Guest Speakers & Classes, Workshops, Seminars, Resources, Medical Information Assistance, Information and Assistance, Educational Courses, Evidence Based Programs, Technology Assistance, Aging Provider Network, Monthly Newsletter, Veteran Services, Special Trips, Drama Productions, Dinners, Insurance Counseling, Support Groups, Dances, Card Parties, Games, Drop In Activities, Tax Assistance, Public Access PC & Internet, Resources for Caregivers, Virtual Programs, Etc.

Information and Referral: LCG Enrichment Center's knowledgeable staff will assist you in finding the answer to any question related to aging services. Social workers, fitness specialist, notary and activity director are available to assist you.

Options Counseling: A decision-support process that includes listening, talking, supporting, connecting and follow-up with clientele to aid in life choices.

Community Information Services: Trained volunteers and staff provide assistance with tax preparation, deciphering Medicare and insurance statements. Advance directives or living wills are available and can be notarized at the center. Appointments are recommended.

Nutrition Services: Diners' Club - congregate meal served at the Enrichment Center. Monday thru Friday. Social programs, exercises, educational programs, and health screenings are included. Home Delivered Meals – meals delivered by volunteers to homebound, eligible Lee County Residents. Must meet criteria and live outside the city limits. Meals on Wheels serves eligible residents inside city limits.

Social and Educational Programs: Activities, groups, speakers, trips, seminars, etc.

Medication/Fuel Assistance: Persons 60 or older may be eligible for this program based on individual need.

Transportation Services: Services offered by the County of Lee Transportation System (COLTS) based on consumer contributions for transport to and from the Enrichment Center's meal-site and non-Medicaid medical transport; other fee-based transportation available.

SHIIP: The Seniors' Health Insurance Information Program (SHIIP) answers questions and can counsel older adults about Medicare, Medicare Supplement, Medicare Part D and other health insurance.

Exercise Classes: Water Aerobics/Seasonal Classes, Fit & Toned, Aerobics, Virtual Classes, Tai Chi, Yoga, On-Site Gym, Senior Games & Silver Arts and more! Please call (919) 776-0501 for more information.

Enrichment Center Support Groups

Alzheimer's / Dementia Caregiver

1st & 3rd Thursday of the month at 1:00 p.m.

This special group offers support, advice & understanding to caregivers, family & friends of Dementia patients. Familiarize yourself with this overwhelming disease, find community resources & discover a new family of friends to share the journey. **A virtual version of this support group meets every Thursday at 1pm.** Please contact Holly at (919) 776-0501 ext. 2230 for the link to join.

Breast Cancer

1st Tuesday of every month at 6:00 p.m.

This group provides a safe, comforting environment for group discussions, resources and support.

Diabetes

1st Wednesday of every month at 10:00 a.m.

Special speakers, information on new treatments and answers to your many questions on living a full life with diabetes. This group is for the diabetic, as well as, the caregivers and loved ones of diabetics.

Grandparents Raising Grandchildren

4th Friday of every month at 10:30 a.m.

A group that offers support, resources, networking & understanding for grandparents raising grands.

Grief

1st & 3rd Thursday of every month at 1:00 p.m.

Provides opportunity for those persons grieving to come together for support and assistance with the grieving process.

Low Vision Support Group

2nd Tuesday of every month at 1:00 p.m.

This group was created for people with vision impairments (including Macular Degeneration & Glaucoma) and their loved ones to discuss ways to cope with low vision.

Parkinson's Disease

3rd Wednesday of every month at 10:30 a.m.

Support, problem solving & education for persons with Parkinson's disease & caregivers.

Sanford/Lee County Stroke

2nd Thursday of every month at 1:00 p.m.

Provides educational materials, speakers & support for those who have had a stroke & caregivers.



Lee County Department of Social Services

Clients served: Children, youth, disabled, veterans & adults provided they meet eligibility requirements.

Assistance includes but not limited to:

Medical Assistance (Medicaid): This program helps families or individuals that are (aged/disabled) with medical bills (doctor fees, prescriptions drugs, hospital charges, nursing home care, etc.). All of them have income limits and some coverage programs have resource limits. If eligible, Medicaid can also cover unpaid medical bills for the three months prior to your month of application.

Food and Nutrition Services: Supplements low income families/individuals to buy adequate food for proper diets. Households must pass an income and resource test. Eligible household receive an EBT card (electronic debit card) that they use to purchase food.

Crisis Intervention Program: This program is for low-income households in a heating or cooling-related life-threatening emergency. This program has limited funding and normally runs during the fall and winter unless there is a presidential declaration due to heat related deaths during the summer.

Low-Income Energy Assistance Program: This program provides a once a year assistance payment to low-income households to help with the cost of heating.

State-County Special Assistance for Adults: A cash supplement to help low-income individuals residing in adult care homes such as (rest homes) pay for their care. Adult Care Homes are unlike nursing homes in that home staff do not provide medical care. Designated staff may administer medications and provide personal care services such as assistance with bathing, eating and dressing.

Energy Neighbor Energy and CEMC Project Share: This program is for households in a heating or cooling related emergency when service is provided by Energy Neighbor and Central Electric.

Jim Garner Fuel Fund for the Elderly: Program runs strictly on contributions from the community. These funds are used to provide heating or cooling for the elderly that are living on fixed incomes. The program is expanded when contributions allow, assisting this same elderly group with prescriptions.

Adult Services Include: In-Home Aide Services, Home Management Services, long-term care, Adult Day Care, Nursing and Adult Care, Home placement, respite services, and adult protective services. Also Adult Care Home case management for those individuals in area facilities requiring enhanced care and supervising/monitoring adult care homes/family care home under licensure rules and regulations of the Division of Facility Services, and provide guardianship services for individuals found incompetent and there is no family or individual capable, suitable, or willing to serve.

Community Alternative Program (CAP): A Medicaid waiver program, which provides an alternative to nursing home placement for those eligible persons.

A-Z Care In Lee

Advance Directives

Central Carolina Hospital: (919) 774-2100

Lee County Senior Services: (919) 776-0501

NC Cooperative Extension Service: (919) 775-5624

Adult Day Programs

Some older or disabled adults need assistance with daily activities and care, but do not need full-time placement in a rest home or nursing home. Adult day services give people a place to go for care and supervision, activities, and social contact with others. These programs are especially helpful for working caregivers or when family need time off from the responsibilities of caregiving. Different types of adult day services are available, depending on the level of care required. It's important to take time before picking a program to tour each setting to find the best fit for your loved one. Standard Medicare does not cover adult day program attendance. In some cases sliding scale fees, scholarships, or grant money may be available to help towards the attendance cost.

Types of Adult Day Programs

Social adult day programs: promote participants' social, physical and emotional well-being through a structured program of activities. Staff provide supervision & assistance to participants as needed. A nutritious meal and snacks, as appropriate to the program are also provided.

Adult day health programs: provide similar activities as social programs and also have a nurse present for at least 4 hours per day. This allows them to accommodate the needs of participants who may have chronic, complex, or unstable medical conditions.

Group respite programs: may be staffed by volunteers, and are intended to give caregivers an occasional short break. They are often not equipped to meet the needs of those with complex needs.

Bayberry Retirement Inn: (919) 774-7170

Christian Healthcare Adult Day Care, Inc.: (919) 775-5610

Piedmont Health SeniorCare: (919) 545-7346

All Inclusive Care

The Programs of All-Inclusive Care for the Elderly (PACE) provides comprehensive medical and social services to certain frail, community-dwelling elderly individuals, most of whom are dually eligible for Medicare and Medicaid benefits.

Piedmont Health SeniorCare: (919) 545-7346

Assistive Technology/Medical Equipment

Assistive Technology Exchange Post: (919) 859-8360

Lee County Senior Services: (limited) (919) 776-0501 ext. 2201

Liberty Medical Specialties: (919) 775-1881

Quality Home Healthcare: (919) 775-2001

Assistance With Bills

CUOC: (919) 774-8485

The Enrichment Center Helping Fund: (919) 776-0501

Salvation Army: (919) 718-1717

DSS/Crisis Intervention: (919) 718-4690

Johnston-Lee-Harnett Community Action: (919) 776-0746

Care Manager Services

Aging Care Solutions: (910) 684-8075

Aging Outreach Services: (910) 692-0683

Transitions Guiding Lights: (919) 371-2062

Counseling Services

Adult & Teen Challenge Center (for men): 1-844-888-8085

Adult & Teen Challenge Center (for women): 336-656-1066

Daymark Recovery Services: (919) 774-6521

DBR Lighthouse Recovery Ministries: (919) 478-6237

First Health Of The Carolinas Behavioral Services: (910) 715-3370

Horizon Health: 1(800)955-6422

Sandhills Center: 1-800-256-2452

Silver Linings For Seniors, Inc: (919) 948-7718

Therapeutic Alternatives- Mobile Crisis Service: 1-877-626-1772

The Salvation Army: (919) 718-1717

Disability Resources

Disability Benefits: (800) 772-1213

NCDHHS Division for the Blind: (919) 527-6700

NCDHHS Division of Services for the Deaf and Hard of Hearing: 1(800)851-6099

Elder Law

Bob Mason: (336) 610-6000

Chris Wilms with Hopler, Wilms & Hanna: (919) 244-2019

Clarity Legal Group: (919) 484-0012

NC Planning: (919) 900-4720

Walker Lambe: (919) 493-8411

Health Care Providers

Carolina Dialysis of Sanford: (910) 718-0680

Carolina Doctors Med Care: (919) 774-3680

Central Carolina Hospital – Duke LifePoint: (919) 774-2100

FastMed Urgent Care: (919) 776-6767

FirstHealth Convenient Care: (919) 897-2250

FirstHealth Convenient Care Sanford/Lee: (919) 897-2260

Helping Hands Clinic (provides medical, diagnostic, and pharmaceutical care at no charge to the patients): (919) 776-4359

Pine Ridge Urgent Care: (919) 775-3020

Rapid Care Urgent Care: (919) 718-0414

Home Health, Hospice and Palliative Care

Hospice services are covered by Medicare and most private insurance and may be available even to people without insurance who are unable to pay for services. The Medicare hospice benefit can cover medical care, equipment and supplies, some in-home aide services, patient/family support, and more. Hospice care involves a team of professionals, including doctors, nurses, home aides, social workers, counselors and volunteers who work with the patient and family to ease the process of dying. Hospice care can be provided either in home, a specialized hospice facility, long-term care facilities or hospitals.

Affinity Health Services: (910) 891-4800

Aging Outreach Services: (910) 692-0683

Alyssa Home Care, LLC: (252) 422-5583

Amedisys Home Health & Hospice: (919) 773-4985

Comfort Keepers: (910) 246-8000

Community Home Care & Hospice: (919) 718-5417

First Choice Home Care: (919) 775-3306

First Health Hospice and Palliative: (866) 861-7485

Griswold Home Care: (910) 420-5989

Liberty Home Care & Hospice: (919) 774-9522

Parkview In-Home Aide: (919) 775-1475

Seniors Helping Seniors: (910) 687-6417

St. Joseph of The Pines: (910) 246-1011

Sunrise Home Care Inc.: (919) 663-0925

Total Life Care, Inc.: (919) 776-0352

United Hospice: (800) 392-9295

Visiting Angels: (800) 413-7290

Home Improvement and Repair Assistance Service Providers

Federal and state resources that may be available for those that qualify...

Community Development Block Grant /Johnston-Lee-Harnett Community Action: (919) 776-0746

Urgent Repair Program/Displacement Prevention Partnership: (919) 718-4657 ext. 5391

Lee County Senior Services: (919) 776-0501 ext. 2201

North Carolina Baptist Aging Ministry: 1(877)506-2226

United States Department of Agriculture: (919) 775-3407

Information & Resource Referral

Information and referral services that connect individuals and caregivers to community resources.

Lee County Resource Guide: <https://leecountync.gov/ec>

Moore County Caregiver Resource Guide:

<https://www.moorecountync.gov/images/departments/aging/Resource%20Guide.pdf>

NC211: www.nc211.org; Dial 211

NCCARE36: www.nccare360.org

Lee County Department of Social Services

See page 7 for more detailed information on programs.

530 Carthage Street, (919) 718-4690, www.leecountync.gov/Departments/SocialServices

Legal Aid of North Carolina

Provides free civil legal help to North Carolinians 60 years of age or older. The Senior Law Project helps with wills, power of attorney, Medicaid, food stamps, Supplemental Security Income Program, Social Security Disability Insurance, abuse and neglect, housing and more.

Legal Aid of NC Senior Hotline: 1-877-579-7562

Medicaid

Lee County Department of Social Services: (919) 718-4690

www.leecountync.gov/Departments/SocialServices/Medicaid

Nutrition Programs / Food & Clothing Assistance

Congregate meals, nutritional supplements, home delivered meal programs, etc. for those in Lee County that are either physically or monetarily unable to provide full nutritional meals for themselves. Limitations and requirements for each program. Call for more information.

Bread Basket of Sanford: (919) 774-3118

Bread Of Life Ministries: (919) 777-7233

Diner's Club at The Enrichment Center: (919) 776-0501 ext. 2201

Enrichment Center Home Delivered Meals: (919) 776-0501 ext. 2213

Ensure Program at The Enrichment Center: (919) 776-0501 ext. 2201

Meals On Wheels (City Limits): (919) 708-4181

Christian United Outreach Center (CUOC): (919) 774-8485

The Salvation Army: (919) 718-1717

Pharmacies

CVS Pharmacy

(919) 776- 2380 133 Market Place Drive

(919) 776-4574 1802 S. Horner

Medicine Park Pharmacy

(919) 776-9715 (919) 776-2814

Piedmont Health / Moncure Community Health Center

7228 Moncure-Pittsboro Road P.O. Box 319 Moncure, NC 27559 (919) 542-4991
Sanford Pharmacy
(919) 292-6161 – 1720 S. Horner Blvd.
Wal-Mart Pharmacy
(919) 776-9399 3310 S. Hwy 87 Sanford, NC 27332
Walgreens Drug Store
(919) 775-4361 - Corner of Dalrymple St. and S. Horner Blvd (Open 24 Hours)
(919) 776-2727 - Corner of Rose St. and Horner Blvd. (formerly Kerr Drug)
(919) 777-5983 - Corner of Center Church Rd. and Jefferson Davis Hwy
(919) 542-4991 – 1131 Spring Lane (formerly Rite-Aid)

Physical Therapy/Rehabilitation

Central Carolina Hospital: (919) 774-2100 Physical Therapy Dept. ext. 8092
First Health Outpatient Rehabilitation of Sanford: (919) 774-4596
Kinetic Institute Physical Therapist: (919) 776-5488
Liberty Commons Nursing & Rehabilitation Center: (919) 499-2206
Performance Rehabilitation: (919) 708 7220
Sanford Community Based Outpatient Clinic: (919) 775-616
Sanford Health & Rehabilitation: (919) 776-9602
Select Physical Therapy: (919) 776-4289
Westfield Rehabilitation & Health Center: (919) 775-5404

Respite Supplement Services

Support programs that can offer either monetary or physical respite for caregivers. Eligibility requirements vary for each program. See Respite Care Guide for further details.

Family Caregiver Support Program: (919) 776-0501 ext. 2230
Lifespan Vouchers: www.highcountryaging.org/services/lifespan-respite-project
Project C.A.R.E: www.ncdhhs.gov/assistance/adult-services/project-care

Senior's Health Insurance Information Program

SHIIP counsels Medicare beneficiaries and caregivers about Medicare, Medicare supplements, Medicare Advantage, Medicare Part D, and long-term care insurance.
Local SHIIP Contact: The Enrichment Center, (919) 776-0501

Telephone Reassurance Programs

Telephone services that provide weekly calls to individuals to help combat loneliness, depression and to check on participants' physical and mental wellbeing.

EC Chat (Enrichment Center): (919) 776-0501 ext. 2230
Friendship Line: (800) 971-0016
Senior Keep Check Program (Sheriff's Department): (919) 718-4561 ext. 5607, 5608 or 5629

Transportation Services

Services to transport your loved one to medical appointments or other places of interest.

County of Lee Transit System (COLTS): (919) 776-7201

Friendly Rides: (919) 292-4232

Highway To Healing: (919) 774-8940

The Stevens Center: (919) 776-4048

Veteran Services

Services to help vets and families with obtaining the benefits to which they are entitled.

Lee County Enrichment Center: (919) 776-0501

Veteran Affairs Outpatient Clinic: (919) 775-6160

Veteran Caregiver Support Line: 1(855) 260-3274

VA has recognized certain cancers and other health problems as presumptive diseases associated with exposure to **Agent Orange as well as **contaminated water at Camp Lejeune**.**

Agent Orange:

AL Amyloidosis

Chronic B-cell Leukemias

Hodgkin's Disease

Multiple Myeloma

Parkinson's Disease

Chloracne

Diabetes Mellitus Type 2

Ischemic Heart Disease

Non-Hodgkin's Lymphoma

Peripheral Neuropathy



Water Contamination:

Adult leukemia

Kidney cancer

Multiple myeloma

Parkinson's disease

Aplastic anemia and other myelodysplastic syndromes

Bladder cancer

Liver cancer

Non-Hodgkin's lymphoma

When and How Does a Veteran File a Claim for Benefits?

After a diagnosis has been made come to the **Lee County Veterans Services Office** with a copy of your **DD 214** along with any **private medical records** you may have. With some additional personal information we can help you file a compensation claim with the Department of Veterans Affairs.

We may be reached at 919-776-0501 or by coming to the Enrichment Center Mon- Fri 8:30-12:30 on a walk-in basis.

Respite Care Guide

What Is Respite?

Respite refers to a short time of rest or relief. It provides the caregiver with a break from their normal care routine. There are different types of respite care including:

- In-home respite care.
- Adult day centers.
- Informal respite care.
- Residential respite care.
- Respite care for emergency situations.

Services vary in type and can include:

- Companion services (help with supervision, recreational activities and visiting)
- Personal care services (help with bathing, dressing, toileting, exercising and other daily activities)
- Homemaker services (help with housekeeping, shopping and meal preparation)
- Skilled care services (help with certain medical services of care)

Courtesy of The Alzheimer's Association: [/www.alz.org/help-support/caregiving/care-options/respice-care](http://www.alz.org/help-support/caregiving/care-options/respice-care)

North Carolina Respite Care Resources

Caregivers can often find themselves facing financial burden in regards to caring for their loved one. In general, Medicare does not pay for this type of help, but financial assistance may be available from the following programs. If no phone number is provided, then a referral by the Family Caregiver Specialist is required. Restrictions and qualifications vary by program.

The Dementia Alliance of NC Dementia Caregiver Assistance Program-

offers short term respite for caregivers of a person with a Dementia diagnosis. *Eligibility:* <https://dementianc.org/family-services-support/respice-coordination/>

Department of Social Services CAP-DA Program-

a Medicaid program that can provide In-Home aide services and respite care for qualifying participants. Call (919) 718-4690 for more information.

LCG Enrichment Center Respite-

Limited number of respite hours available per family for in-home aide. Call (919) 776-0501 ext. 2230. *Eligibility:* Unpaid caregiver providing care for a person with Alzheimer's or related brain disorder. Must be a Lee County resident.

LifeSpan Respite Voucher-

a federal grant that awards caregivers with a \$500 voucher once per calendar year. *Eligibility:* 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.

NC Project C.A.R.E-

offers ongoing family consultation services by home visit, telephone and email to caregivers of persons with Dementia. Respite vouchers available on case-by-case basis. *Eligibility:* Unpaid adult individuals caring for someone diagnosed with Alzheimer's or related dementias who are not receiving care consultation from another funding source.

Veteran Services Aid & Attendance—

this pension benefit provides a monthly payment to veterans and surviving spouses who need daily assistance at home, in assisted living or in a nursing home. To find out if you are eligible call (919) 776-0501; ask to speak to the VA officer. *Eligibility:* Veterans who served on active duty for at least 90 consecutive days, including at least one day during wartime, may be eligible for A&A if they also qualify for the basic Veterans Pension and meet the A&A clinical and financial requirements.

Grandparents Raising Grandchildren

[Boys & Girls Club](#)

1013 Carthage Street

919.776.6304

Provides after school activities, mentoring and homework assistance for ages 6-18 from 2:30-6:30.

Summer program also available.

[Child Care Search](#)

1.855.231.8717

Contact Child Care Search to receive free information about local childcare facilities that meet your family's specific needs.

[Christian United Outreach Center \(COUC\)](#)

2885 Lee Avenue

919.774.8485

Provides food, clothing, emergency financial assistance, medical equipment and prom dresses.

[Daymark Recovery](#)

130 Carbonton Road

919.774.6521

Provides mental health services for children and adults.

[The Enrichment Center](#)

1615 S. Third Street

919.776.0501

Provides monthly support group for grandparents raising grandchildren to supplying resources and support.

[First Health Of The Carolinas Trauma-Focused Cognitive Behavioral Therapy](#)

35 Memorial Dr. (Pinehurst)

866.804.7870

Evidence-based treatment model that addresses behavioral and emotional difficulties in children (3-18) and their families or caregivers.

[Helping Hand Clinic](#)

507 N. Steele Street

919.776.4359

Provides medicine and medical care for uninsured and underinsured

[Johnston Lee Harnett Community Action](#)

225 S. Steele Street

919.776.0746

Provides child-care program Head Start.

[Lee County Department of Social Services](#)

530 Carthage Street

919.718.4690

Apply for services such as: Food and nutrition (EBT), Medicaid, childcare, cash assistance, emergency assistance and child support enforcement.

[Lee County Health Department](#)

106 Hill Crest Drive

919.718.4640

Provides family medical care including immunizations and breast cancer screenings.

[Lee County Schools Main Office](#)

106 Gordon Street

919.774.6226

[Lee County Partnership For Children](#)

143 Chatham Street

919.774.9496

Programs to ensure all young children, ages birth to five, in NC enter school healthy and ready to succeed. Provides resources and support. And, don't forget to ask about the Dolly Parton Imagination Library program!

[Legal Aid of Pittsboro](#)

117 E. Salisbury St. (Pittsboro) 866.219.5262

Offers monthly child custody workshops.

[Salvation Army](#)

305 S. Steele Street 919.718.1717

Provides food, clothing, emergency financial assistance, Christmas assistance and GED classes.

[Sandhills Center Family Support & Community Collaboration](#)

1.877.776.6702

www.sandhillscenter.org/for-consumers/family-support-and-community-collaboration/

Support groups, workshops, information, free resources, etc.

[Social Security Administration](#)

401 Tiffany Drive 877.319.5774

Handles monthly benefits, Medicare entitlement and SSI assistance.

[Stepping Stones Children's Center](#)

1550 Kelly Drive 919.708.7866

Program of the Stevens Center that provides care to children six-weeks old until Kindergarten.

[Women's Infant and Children\(WIC\)](#)

106 Hill Crest Drive 919.718.4642

Provides supplemental foods from pregnancy to 5 years old.

[YMCA of the Triangle](#)

1907 K M Wicker Memorial Drive 919.777.9622

Serves children, families and adults through academic support programs, health and wellness initiatives, and safe fun opportunities that develop the potential of our children.

Grandparent Tips
www.grandfamilies.org

1. **Realize that you are not alone-** 3 million grandparents in the US raise their grandchildren. Join a local support group to network. You do make a huge difference.
2. **You may need to adjust your finances-** Contact your child welfare agency to find out about programs that may offer help such as:
Temporary Assistance For Needy Families (TANF), Supplemental Nutrition Assistance Program (SNAP), Any Social Security benefits available to your grandchildren, free or low-cost health insurance, legal aid or tax credits.
3. **Utilize community resources.**
4. **Self Care Is Important-** eat healthy food, get enough sleep, schedule time for yourself to relax, visit the doctor regularly, exercise, find hobbies you enjoy, talk to friends.
5. **Refresh your parenting skills-** routines, boundaries and open communication are key!

Need help finding Childcare?

Work First: (919) 718-4690

Project CATCH: (919) 718-1717

Caregiver Glossary of Terms

Activities of Daily Living (ADL's): A term used to describe basic self-care tasks that are a part of most people's regular day, such as bathing, dressing, grooming, moving around the house, and eating. ADLs are widely used to assess individual functioning status.

Adult Care Homes: An assisted living residence in which the housing management provides 24-hour personal care services to two or more residents, either directly or, for scheduled needs, through formal written agreement with licensed home care or hospice agencies. Some licensed adult care homes provide supervision to persons with cognitive impairments whose decisions, if made independently, may jeopardize the safety or well-being of themselves or others and therefore require supervision. Adult care homes that provide care to two to six unrelated residents are commonly called family care homes. Adult care homes and family care homes are subject to licensure by the Division of Facility Services.

Adult Day Services: Structured, comprehensive programs, including a variety of health, social and related support services during any part of the day but for less than 24 hours, provided at local centers for adults who need some supervision and/or support.

Adult Protective Services: A public agency that investigates reports of abuse and neglect of vulnerable adults, usually works with law enforcement. Immediate dangerous situations should be directed to 911 or the local police.

Aid & Attendance: The Aid and Attendance benefit is a monetary benefit, which helps eligible veterans and their surviving spouses (or just the spouse in case of the veteran's death) to pay for the assistance they need in everyday functioning (eating, bathing, dressing and medication management).

Area Agency On Aging: offices established through the Older Americans Act that facilitate and support programs addressing the needs of older adults in a defined geographic region and support investment in their talents and interests.

Assistive Technology: Any item, piece of equipment, or product system, whether acquired commercially off the shelf, modified, or customized, that is used to increase, maintain, or improve functional capabilities of those with disabilities.

Assisted Living Facility: A residential living arrangement that provides meals, housekeeping, transportation, personal care and health services for people who require assistance with Activities of Daily Living. The types and sizes of facilities vary from a small home to a large apartment-style complex; individual units range from single rooms to multi-bedroom apartments. They also vary in the levels of care and services that can be provided. Assisted living facilities offer a way to maintain a relatively independent lifestyle, and more privacy for people who do not need the level of care provided by nursing homes. In most cases, assisted living residents pay a regular monthly rent for room and board, plus additional fees for the services they receive.

CAP/DA: The Community Alternatives Program for Disabled Adults (CAP/DA) is a Medicaid waiver program for adults ages 18 & older who: 1. Meet Medicaid eligibility requirements and 2. Require a nursing level of care and are at risk of institutionalization, but would like to remain living in the community. Services can include case management, in-home personal care, adult day health services, and specialized medical supplies. This program does not provide 24-hour care, so in most cases the individual must have family or other supports in place to supplement the care provided. The Department of Social Services in Lee County is where you apply for this program.

Care Manager: Typically a social worker or nurse with experience working with older adults and/or adults with disabilities, is familiar with local resources and can evaluate needs and then recommend, implement, and monitor services to meet those needs.

Conservator: A person appointed by a court to handle someone's affairs when that person cannot handle them him or herself. A conservator usually handles only financial affairs.

Continuing Care Retirement Community (CCRC): A retirement community that offers a broad range of services and levels of care based on what each resident needs over time. Sometimes called "life care", it can range from independent living in an apartment to assisted living to full-time care in a nursing home. Residents move from one setting to another based on their needs.

Dementia: is an overall term for diseases and conditions characterized by a decline in memory, language, problem-solving and other thinking skills that affect a person's ability to perform everyday activities. Memory loss is an example. There are over 100 types of Dementia including: Alzheimer's, Lewy Body, Vascular, Frontotemporal, etc. Alzheimer's Disease is the most common.

Department of Health & Human Services (DHHS): This department protects the health of all Americans and provides essential human services.

Department of Social Services (DSS): Organized work intended to advance the social conditions of a community, and especially of the disadvantaged, by providing psychological counseling, guidance, and assistance, especially in the form of social services. For Lee County programs, see page 6.

Discharge Planner: A professional who assists individuals and their families in developing a plan of care for an individual following a hospital or nursing home stay.

Do Not Resuscitate (DNR) Form: A document that informs health care staff that the patient does not want them to try to return the heart to a normal rhythm if stops.

Durable Power of Attorney for Finances: Legal document that gives someone the power to make legal and financial decisions.

Durable Power of Attorney for Health Care: Legal document that gives someone called a proxy or an agent the power to make health care decisions.

Family and Medical Leave Act: A law that requires some employers to let you take unpaid time off work (up to 12 weeks) for caring for an ill family member. Your job or equivalent is guaranteed when you return.

FL-2: Form which gives a summary of the patient's medical requirements and which reflects the attending physician's recommendation for the level of care needed in an institutional setting.

Guardianship: The legal authority and duty given by the court to a person (guardian) for the purpose of assuming responsibility for the care and maintenance of another person (ward), who has been determined incapable of handling his/her own personal affairs. The powers and authority conferred upon a guardian depend on what type of guardianship is granted by the court.

Home Health Care: is medical care provided in a patient's home. Home health care can include broad care given by skilled medical professionals, including skilled nursing care, physical therapy, occupational therapy and speech therapy.

Hospice Care: is for people who have life-limiting illnesses, often determined as a life expectancy of six months or less. But this is not always the case. It involves a team of professionals, including doctors, nurses, home health aides, social workers, counselors, and volunteers who work with the patient and family to provide holistic care aimed at relieving symptoms such as pain and anxiety. Care can be provided in a private

home, long-term care facility, hospital, or inpatient hospice facility. Hospice services are covered by Medicare Part A, Medicaid and most private insurances. Some hospice providers accept patients regardless of their ability to pay. The Medicare Hospice Benefit can include medical care, home nursing visits, prescriptions relating to the life-limiting illness, medical equipment and supplies, some in-home aide services, patient and family support and more.

Instrumental Activities of Daily Living (IADL's): Basic tasks that are essential to living independently, such as cooking meals, housekeeping, laundry, paying bills, shopping, and using the telephone.

Intermediate-Level Care: A level of care in a nursing facility that provides 24-hour assistance, with a minimum of eight hours of coverage daily by a licensed nurse, but no requirement for 24-hour skilled nursing services. Medicaid pays for skilled and intermediate care. Medicare pays only for skilled care.

Living Trust: Gives a designated person (trustee) the authority to hold and distribute property & funds.

Living Will: A legal document that communicates a person's wishes about lifesaving medical treatments should he or she have a terminal condition and not be able to communicate their health care wishes.

Long-Term Care Insurance: Insurance that can pay part of the cost of care received in the home, assisted living residences, nursing home, and other designated services depending on the policy purchased.

Long-Term Care Ombudsman: A person who investigates and resolves complaints on behalf of residents of nursing homes and other long-term care facilities.

Medicaid: The federal/state funded health and long-term care program for people with limited income and assets. To be eligible a person must meet income and assets limits, and be aged, blind, disabled, a member of a family with dependent children, or a pregnant woman. Some people are covered by both Medicare and Medicaid. Administered by the Division of Medical Assistance in NCDHHS, the program provides medical care for recipients. This program can pay for a range of health care needs including hospital costs, physician care, and some in-home care, dental care, and intermediate/skilled nursing care.

Medicare: A Federal health insurance program for persons aged 65 and over who are eligible for Social Security or Railroad Retirement benefits and for some people who are disabled regardless of age. The Seniors' Health Insurance Information Program (SHIIP) is part of the NC Department of Insurance and is a resource for information and counseling about Medicare plans and more. You can talk to a SHIIP counselor at the Enrichment Center by making an appointment. Traditional Medicare has three parts for most people: Part A, Part B & Part D:

Medicare Part A (Hospital Insurance): is free to most recipients and covers inpatient hospital and skilled nursing services, limited home health care, and hospice. There is a deductible and coinsurance for the hospital and skilled nursing benefits.

Medicare Part B (Medical Insurance): covers physicians' services, outpatient hospital services, medical tests, durable medical equipment, and some other services not covered under Part A. Part B is optional and requires a monthly premium (usually deducted from a recipients' Social Security Check), a yearly deductible, and copayments. Traditionally, eyeglasses, hearing aides, and dental care are not covered.

Medicare Part D (Prescription Drug Insurance): covers outpatient prescription medications. Part D is optional and requires a monthly premium. Recipients select from among a large number of plans offered by private insurers.

Medicare Advantage Plans: sometimes referred to as "Medicare Part C," are private plans designed as an alternative to traditional Medicare coverage.

Medicare Savings Program: An assistance program for people with Medicare who need help with paying their Medicare expenses, such as premiums and possibly co-pays and deductibles for Medicare parts A & B.

Medicare Supplemental Insurance or Medigap: insurance to supplement traditional Medicare coverage. Medigap plans are sold by many insurance companies and are regulated by state and federal laws.

Nursing Facility: A state-licensed residential facility with staff and equipment to give 24 hour a day nursing care and/or rehabilitation services and other health related services.

Occupational Therapy: Occupational therapy focuses on improving a client's ability to perform activities of daily living.

Palliative Care: Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual. It focuses on providing relief from the symptoms, pain, physical & mental stress at any stage. This does not require a limited life expectancy like hospice. Palliative services are covered by Medicare Part B, Medicaid and most private insurances.

Physical Therapy: Physical therapy focuses on improving a client's ability to perform movement of the human body.

Respite Care: Provides needed relief to primary caregivers of individuals who cannot be left alone because of mental or physical problems. Not covered by Medicare.

Retirement Facility: Medical services and/or activities of daily living (bathing, dressing, personal care, etc.) may or may not be provided in this type of facility.

Secured Special Care Unit: Designed to allow freedom of movement within a safe and secure setting, to those with Alzheimer's and other forms of memory impairment.

Skilled Nursing: A stay in a skilled nursing facility is usually temporary in nature and focused on rehabilitation that is intended to prepare the resident to return to their independent apartment.

Social Security: A benefit earned by eligible workers that provides guaranteed inflation-adjusted monthly income for life. A person with the required number of quarters in Social Security is eligible at age 62 or if disabled. Certain family members may be eligible for benefits as well.

Supplemental Security Income (SSI): SSI provides a monthly benefit to people who are 65 years of age and older, disabled or blind, and who have limited income and assets.

Will: Indicates how a person's assets and estate will be distributed among beneficiaries after his/her passing.



Caregiving is universal.

There are only four kinds of people in the world:
those who have been caregivers,
those who currently are caregivers,
those who will be caregivers,
and those who will need caregivers.

ROSALYN CARTER

7 Steps To Help You Navigate Your Caregiving Journey

Learn About The Disease, Condition or Illness:

- ✓ Talk to a healthcare provider (what are specific care needs)
- ✓ Ask about special skills (how to move someone or give medication)
- ✓ Get more information from books, community resources or internet

Explore Your Options:

- ✓ Write down specific needs (meals, bathing, appointments, etc.)
- ✓ Discuss ways to meet those needs (with care recipient & others)
- ✓ Find out about time off from work (Family Medical Leave Act)
- ✓ Call your local Area Agency on Aging for resources & support
- ✓ Explore resources (adult day care, meal services, respite, etc.)

Plan For Immediate Care:

- ✓ Ask the person being cared for about their wishes, values, preferences, financial details
- ✓ Adapt the living environment for special needs & safety
- ✓ Track Health (eating patterns, medication, symptoms)

Form Your Team:

- ✓ Accept Help! Be realistic about what you can and cannot do
- ✓ Make a list of people who can help & list tasks they can do
- ✓ Share your feelings with others
- ✓ Talk to a friend, family member or counselor about emotions
- ✓ Join a support group
- ✓ If you feel overwhelmed seek a health professional asap

Organize Important Information:

- ✓ Write down doctor's names, numbers, addresses, medical insurance info, prescription info, etc.
- ✓ Organize financial info (bills, bank accounts, insurance, etc.)
- ✓ Photocopy important documents (SS card, driver's license)

Make A Plan:

- ✓ Get information about long-term prognosis
- ✓ Assess finances or talk with a financial advisor
- ✓ Talk with a lawyer or legal aid representative
- ✓ Take one day at a time but develop contingency plans

Take Care Of Yourself Too:

- ✓ Let go of less important commitments but visit your doctor regularly
- ✓ Keep doing activities or hobbies that bring you pleasure
- ✓ Find out if your employer has an Employee Assistance Program that provides support for caregivers
- ✓ Take a break and know you are doing your best!
- ✓ Make sure you are meeting your own care needs: eating healthy, getting sleep, exercising regularly, and spending time with family, friends and things that make you YOU!

Important Documents

It is important to know where these documents/information are located for yourself and your loved ones in case of an emergency. A fireproof box is a great storage option in case of fire or water damage to a dwelling. If someone is named on one of these documents it may be important for them to have a copy as well. *(Use this page to check off when you have located and secured each document.)*

- Address Books
 - Automotive Information (Titles, Loans, Insurance)
 - Bank & Loan Information
 - Beautician/Barber
 - Birth Certificate
 - Complete List of Assets & Debt
 - Death Certificate (for deceased spouse)
 - Dentist Name
 - Divorce Papers
 - DNR Form
 - Doctor Name
 - Driver's License/Organ Donor Card
 - Durable Power of Attorney for Finances
 - Durable Power of Attorney for Health Care
 - Federal & State Tax Returns
 - Financial Planner Information
 - Health Insurance Information
 - Home Care/Hospice Agency
 - Household Bills
 - Funeral Arrangements
 - Information on Waiting Lists with Nursing Homes
 - Insurance Policies (Long-Term Care, Life, House, Car, Etc.)
 - Lawyer Name & Number
 - Life Insurance Policy
 - List of Church & Community Memberships
 - Living Trust / Living Will
 - Marriage Certificate
 - Medicare/Medicaid Information
 - Medication Checklist
 - Military Records
 - Discharge papers
 - Branch of service VA ID#
 - Passport/Citizenship Papers
 - Passwords
 - Pet Care
 - Pharmacy Name
 - Safe Deposit Box Information
 - Social Security Card
 - Will



Long-Term Care (Types & Payment)

If a loved one's safety or health is at risk if they remain living at home, or you are unable to care for them at home, consult with their doctor about whether a long-term care facility may be appropriate. Before beginning to evaluate facilities you will need to know the level of care that is needed. The official form filled out by the physician to indicate this is called an **FL-2**.

Types of Long-Term Care

Skilled care: Skilled nursing facilities, also called nursing homes or rehabilitation (rehab) centers, are appropriate when an individual needs ongoing nursing intervention (following an illness, or for chronic conditions) or short-term intensive physical, occupational, or speech therapy. Patients need skilled medical care, but do not require hospital care. Care is provided under the direction of a physician.

Assisted living: Licensed as "adult care" in NC, an assisted living level of care is appropriate for individuals who do not need skilled medical care but cannot live alone, and consists of room and board, activities, administration of medications, medical transportation, assistance with personal hygiene, and 24-hour supervision. Care can be provided in adult care homes, which are licensed for seven or more residents, or family care homes, which are licensed for 2-6 residents. Some skilled care facilities and retirement communities also have adult care (assisted living) sections. May include "rest homes" and "retirement homes".

Choosing a Long-Term Care Facility

<https://www.medicare.gov/sites/default/files/2019-10/NursingHomeChecklist.pdf>

Take a copy of this Nursing Home Checklist when you visit a facility to ask questions about resident life, nursing home living spaces, staff, residents' rooms, hallways, stairs, lounges, bathrooms, menus and food, activities, safety, and care. Use a new checklist for each facility that you visit.

Paying for Long-Term Care

Long-term care can be extremely costly and can range anywhere from \$2000-over \$6000 per month. There are several options for long-term care payment.

Medicare: it is a common misconception that Medicare covers most of the cost of long-term care. Medicare pays for less than 2% of skilled care, limited to short-term stays after an individual meets strict criteria including prior hospitalization, and Medicare does not pay for assisted living care under any circumstances.

Medicaid: Medicaid rules are complex. It is a good idea to get information from a Medicaid specialist before money and assets are depleted, and before considering any transfers of assets.

Long-Term Care Medicaid: The cost of skilled care can be covered by Long-Term Care Medicaid, also called "Nursing Home Medicaid," for many people who have exhausted their personal resources. To be eligible an individual must meet age and disability criteria as well as income and resource (asset) limits. The eligibility requirements for receiving Medicaid in a nursing home are different from the Medicaid requirements for the community dwelling adults; many people are not eligible for Medicaid when living at home become eligible when they enter a nursing home.

Special Assistance: The cost of assisted living can be covered not by Medicaid directly, because it is not considered a medical service, but rather under a state/county program called Special Assistance. To be eligible an individual must meet strict age and disability criteria as well as income and resource (asset) limits. An applicant whose income is too high is ineligible even if they cannot afford to pay privately for care. If eligible, Special Assistance pays for room and board costs, after the resident's own income has been applied (individuals keep a very small amount of their income), and the resident also receives Medicaid to cover the cost of medical care and prescription medications.

Long-Term Care Insurance: If you have long-term care insurance, call a representative for more information about your policy's benefits specific to long-term care in a facility, as policies vary.

Lee County Care Facilities

(All descriptions from facility websites)

The Bayberry Retirement Inn

2002 Woodland Ave., Sanford, NC (919) 774-7170 www.thebayberryinn.com

"Retirement living facility for seniors (60 years of age or older, ambulatory or semi-ambulatory) who can no longer live alone. Also offers respite stays and vacation stays for when the family is away. Services include dining, transportation, and security. From the moment you enter The Bayberry Inn you feel the welcome warmth of home. Our fireplace parlor beckons to the right or enter our attractive lounge area to your left. You will more likely be drawn to our gracious dining room with inviting sunroom and soothing gardens just beyond which you are sure to enjoy! Our residents love the extra attention and mobility afforded by our home like single level layout. Bottom line? It's easy to get around. Our seniors enjoy quick access to dining, social areas and parking too! We believe enhanced intimacy translates to quality of life. Come and see for yourself... The Good Life Awaits You! ONE low monthly rate includes all utilities (including cable) housekeeping, personal laundry and meals! Stretch your retirement dollars with NO level of care up-charges! ALL rates are guaranteed not to increase for one full year from date of move-in! There is NEVER an entry fee or lease to sign! Bayberry encourages short term and trial stays at a reduced daily rate!"

Liberty Commons Nursing & Rehabilitation Center

310 Commerce Drive, Sanford, NC (919) 499-2206, <http://libertyhealthcareandrehab.com/lclee/>

"Liberty Commons Nursing and Rehabilitation Center of Lee County provides a complete continuum of care including short term rehabilitation, long term care, respite care and out-patient therapy. Our professional and compassionate staff offers planned care that is patient focused. Best known for its excellent orthopedic rehabilitation program, patients access our state of the art rehabilitation equipment that allow for a robust physical and occupational therapy session. Liberty Commons provides speech therapy and SAEBO, key equipment for the treatment of stroke. When a patient is engaged using the enhanced therapy services offered they have a more positive experience during their regular therapy sessions."

Sanford Senior Living / Sanford Manor Memory Care

1115 Carthage St., Sanford, NC (919) 774-3774

www.sanfordseniorliving.com

"We are honored to be a resource to families in Sanford and the surrounding area. Our desire is to offer support, comfortable, and safe living and a gathering place for families to continue their story. We have the experience, we are constantly innovating to provide state of the art facilities in addition to a focused search for the most caring and talented team members. Sanford Senior living is dedicated to promoting individual independence while providing quality around-the-clock caring assistance for individuals who cannot live alone. Our residents enjoy a home-like community that is based on dignity and respect in daily living. If choosing a comfortable, safe and secure home that specializes in individualized personal care is your priority, then consider the advantages of assisted living at Sanford Senior Living."

Keller's Oakhaven Rest Home
700 Westover Drive Sanford, NC (919) 776-4121

Owned and operated by Parkview Retirement Village owner. No other information found.

Parkview Retirement Village
1801 Wicker St. Sanford, NC (919) 774-4322, www.parkviewretirement.com

"Parkview Retirement Village sets a standard of excellence for seasoned citizens with comfort, security & personal care. Transportation services, on-call nurses, physical therapy & full service assisted living are only a part of the Parkview experience. Located on 33 acres of beautiful land across from the Kiwanis Park, Parkview offers independent living apartments, a secure wing and a convalescent guest wing of studio suites making Parkview Retirement Village the finest, most modern retirement home in the area. We offer spacious 1, 2 and 3 bedroom apartments with an emergency call system in each apartment. A nurse is also on call 24 hours a day for these residents. Visit Parkview Retirement Village today and see for yourself why so many people call Parkview their Home!"

Sanford Health & Rehabilitation
2702 Farrell Road Sanford, NC (919) 776-9602,
www.sanstonehealth.com/locations/sanford/

"After you have orthopedic surgery or experience medical trauma, you need a safe haven where you can focus on your recovery. Sanford Health & Rehabilitation offers a level of care that isn't available at home through our rehabilitative services and long-term care in Sanford, NC. We serve 131 residents at our skilled nursing facility, which features 48 brand new private and semi-private accommodations, flat-screen TVs and a dining hall, as well as a state-of-the-art therapy gym for your rehabilitation sessions. Our team of on-site health specialists, therapists, skilled nurses and more are dedicated to your recovery process, and work together to create a treatment plan that is unique to your needs. Through our events and activities, you will get to know our supportive, friendly community of other residents and staff members. Whether you are a resident or employee, you will find that our rehabilitation center is an encouraging place where you can grow. If Sanford Health sounds like the place you've been looking for with short- or long-term care, reach out to us today and schedule a tour to see our campus in person."

Victorian Manor
1107 Carthage St. Sanford, NC (919) 774-8989

"Victorian Manor is an assisted living facility in Sanford, NC. Victorian Manor offers activities at their location for residents. These activities generally allow residents to maintain healthy lifestyles by encouraging movement and socializing with their peers. Being able to chat with other residents becomes an important part of many peoples' lives and Victorian Manor offers common spaces indoors to support that need. The benefit of living in an assisted living community is that making meals can be costly and time-consuming process so Victorian Manor provides meals for residents. Staff is awake and available 24 hours a day so if any emergencies occur no matter the time, there will be someone ready to help. Making sure residents with diabetes monitor their insulin levels is clearly an important task and Victorian Manor can help with that task. If a resident needs assistance moving from a bed to a wheelchair, this facility has staff who can help."

Westfield Rehabilitation & Health Center

3100 Tramway Road Sanford, NC (919) 775-5404, www.libertyhcs.com

“Westfield Rehabilitation and Health Center offers short stay rehabilitation, out-patient therapy, long term, hospice and respite care. Conveniently located by Highway US-1, our facility specializes in short stay rehabilitation. Patients who arrive at Westfield are greeted by a clinical team who develops a focused treatment plan that is designed to help them to regain skills and help decrease the chance for a re-admission back to the hospital. Every patient has access to medical services that address secondary conditions for a complete treatment plan. For rest and relaxation, Westfield offers patients spacious private and semi-private room accommodations with private bathrooms. Patients may take advantage of in-room dining and an Always Available plan in the café where they can select from a menu of snacks after hours. Throughout the facility, free Wi-Fi service is available along with access to computers for internet service. Having quiet areas for patients to relax following a day of therapy is important; that is why Westfield is taking advantage of their quiet setting by offering several outdoor gathering areas for the use of patients and their guests. Our short stay rooms are adjacent to a 4,000 square foot rehab gym where patients receive as much therapy as they can tolerate while working with physical, occupational and speech therapists. Westfield features a rehab garden as an extension of the therapy area and allows patients to retrain their bodies in a relaxing environment. Enhanced therapy services at Westfield includes diathermy, that assists with decreasing pain, e-stimulation to support improved joint movement and muscle strength and vital stimulation that promotes better swallowing. When a patient is engaged in these enhanced services, they have a more positive experience during their regular therapy sessions.”

NC Division of Health Service Regulation Licensed Facilities

<https://info.ncdhhs.gov/dhsr/reports.htm>

Facility	Independent Living	Assisted Living	Memory Care	Skilled Nursing Care	Respite Care	Adult Day Care	Rehabilitation Care	Physical Therapy	Occupational Therapy	Hospice Services	Medication Management	Transportation Available	Housekeeping Services	Furnished Meals	Private Rooms	Pets Allowed	Medicare/Medicaid
Bayberry	*				*	*						*	*	*	*		
Sanford Senior Living		*	*		*						*		*	*			*
Parkview	*	*	*					*			*	*	*	*	*		
Oakhaven		*											*	*			*
Liberty Commons				*	*		*	*	*	*	*	*	*	*	*	*	*
Westfield				*	*		*	*	*	*	*	*	*	*	*	*	*
Sanford Health & Rehab			*	*	*		*	*	*		*	*	*	*	*		*
Victorian		*								*		*	*	*			*

Some information may have changed and restrictions may apply. Please call facility for more details regarding services.

Understanding Home Care

If you or a loved one needs help at home, start by thinking about two questions: 1. What kind of services do we need? 2. How will we pay for services? If you don't know the answers, please read the following:

Types Of Home Care Services

Companions: also called homemakers, provide assistance with meal preparation, laundry, errands, light housekeeping, and other “hands-off” tasks. They may also provide transportation. These services are appropriate for those who are able to manage their own personal care but need some help or supervision.

Home care aides or Certified Nursing Assistants/CNAs: assist with “hands-on” personal care needs, also called Activities Of Daily Living (ADLs), such as bathing, dressing, walking, eating, and toileting. They typically also perform companion tasks, as long as personal care is needed. They can remind clients to take medications, but cannot give injections or dispense medicine.

Skilled services also called home health care: can include physical therapy, occupational therapy, speech therapy, medical social services, and skilled nursing (including wound care and administering medications). These services may be needed following a serious illness or hospitalization.

Respite: refers to services that allow family caregivers to take a break from providing care. Respite may be provided by a companion, home care aide, or through a community-based program such as an Adult day program, depending on an individual's needs.

Hospice Care: is for people with a limited life expectancy (but may live longer than expected). Hospice organizations can provide limited home care along with a variety of other services.

Paying For Home Care

Paying privately is the most common option for individuals needing support to stay in their home. In Lee County, a typical rate for in home care from a privately paid individual is anywhere from \$12-\$20.

Going through a facility and hiring an aide is higher.

Medicare In-Home Care Benefits: Medicare is the federal health insurance program for people who are 65 or older, certain younger people with disabilities and people with end-stage renal disease. Medicare does provide a home health benefit for limited skilled services following certain illnesses and injuries, which pays for a few hours of visits per week and only if all of the following conditions exist 1. The patient needs intermittent skilled nursing or therapies 2. The patient is homebound 3. The care is ordered by and under the direction of a physician 4. The agency providing care is certified for Medicare visits. In most cases, when ordered by a physician, Medicare Parts A and/or B will pay for medically necessary services provided in a home setting over the short term. A senior who requires only non-medical care (e.g. meal preparation, bathing assistance, housekeeping), will NOT qualify for Medicare coverage of these services. A senior who is part of a Medicare Advantage Plan may have to use a certified home health care agency that participates in their plan's network.

Using Traditional Health Insurance Plans to Pay for Home Care: Private health insurance plans may pay for select elder care services, but coverage varies from plan to plan. Most forms of private insurance will not pay for non-medical home care services, and in-home skilled care is rarely covered at 100 percent.

Medigap Coverage of Home Care Services: Also known as Medicare Supplement Insurance, Medigap is additional policy coverage that works alongside Original Medicare benefits (Parts A and B). The supplemental policy is purchased from a private company to pay for the “gaps” in costs not covered by Medicare, such as copays and deductibles. Neither Medicare nor Medigap policies are designed to pay for long-term care, so their coverage for in-home services is typically limited to medically necessary care over the short term. If a senior does not meet Medicare’s requirements for home health care coverage, then a Medigap plan will not minimize out-of-pocket costs for these services.

Long-Term Care Insurance Benefits Cover In-Home Care: Long-term care insurance is a type of insurance purchased from private companies to cover the costs of nursing home care, assisted living and home health care. Benefits vary depending on the plan, so it is important to clarify the services covered by the policy at the time of purchase. Keep in mind that assistance with the costs of personal home care may only be provided if the plan includes an allowance for non-medical services. Plan ahead when it comes to building and purchasing a long-term care insurance policy. Premiums are lowest for healthy individuals in their fifties or sixties. Older seniors and those with chronic illnesses or serious medical conditions are unlikely to qualify for coverage. According to the American Association for Long-Term Care Insurance, more than half (53.6 percent) of applicants age 75 and older were declined for traditional policies in 2020.

Using Life Insurance to Pay for Home Care: There are a few ways that seniors who have life insurance policies can use them to pay for home care. Options include taking a loan from the policy’s cash value or surrendering the policy entirely in exchange for the cash value. Some policies may feature an “accelerated death benefit” rider, which is a cash advance that is subtracted from the death benefit amount the beneficiary receives upon the death of the policy holder. The owner of the policy must be terminally ill with a limited life expectancy (usually under 24 months) or be deemed unable to perform basic activities of daily living (ADLs). The policy is not surrendered at the time of the cash advance, so the policy holder must continue to pay the premiums to guarantee the beneficiary receives what remains of the original death benefit. The insurance company will require physicians’ statements and medical records attesting to the illness or loss of function before they will pay out any early benefits.

The life settlement industry is emerging as a popular option for seniors to receive cash payments through the sale of existing life insurance policies to third parties, who assume future premium payments and collect the death benefits upon maturity. Elders can then use this lump sum however they choose—often to cover long-term care costs. According to the Life Insurance Settlement Association, “candidates for life settlements are typically age 65 or older and own a life insurance policy with a face value amount in excess of \$100,000.” Viatical settlements are similar except that the original policyholder is usually terminally ill and has a defined life expectancy of less than two years.

Another relatively new option is life care funding or life insurance conversion. Instead of receiving a lump sum from the sale of a life insurance policy, the original owner receives a specific dollar amount

worth of elder care services in the form of a “long-term care” or “life care” benefit account. This account must be used to pay for the provision of services like home care directly. Again, the third party who buys the life insurance policy assumes the premium payments and subsequently collects the death benefit when the original policyholder dies. Unlike settlements, life care funding will not affect a senior’s Medicaid eligibility if done properly.

Veterans Benefits That Cover In-Home Care

Using VA Health Benefits to Pay for Home Care: The Veterans Health Administration (VHA) Standard Medical Benefits Package may be used to provide various levels of home care services as an alternative to nursing home care and as a way of delivering respite care for veterans and their family caregivers. The VA’s Skilled Home Health Care Services (SHHC), Homemaker and Home Health Aide Services (H/HHA), and Home-Based Primary Care programs are available to all veterans who meet eligibility requirements for standard benefits, although some additional conditions may apply.

VA Pension Benefits Can Offset Home Care Costs: VA pensions are a source of funding that can help cover the costs of home care for veterans and their surviving spouses. In addition to the basic Veterans Pension, “improved” pensions (categorized as Aid & Attendance or Housebound) increase the monetary benefits available to veterans and surviving spouses whose needs require a higher level of care. Eligibility for VA Pensions can be complex, but the basic requirements include 90 days of active duty service (including at least one day during a recognized wartime period) and any character of discharge other than dishonorable. Since pensions are need-based, applicants must meet certain income and asset limits as well.

Private Pay Options for Funding In-Home Care

Using Income and Savings to Pay for Home Care: Most families pay out of pocket for in-home care services. Possible sources used to cover private pay home care expenses might include individual retirement accounts (IRAs), health savings accounts (HSAs), pensions, investments, annuities, real estate and Social Security benefits. Although seniors may be hesitant to use their hard-earned savings or liquidate assets, it is important to consider that properly “spending down” almost all assets is required to qualify for Medicaid. By and large, elder care needs grow over time and higher levels of long-term care are increasingly expensive. Unless an aging loved one has amassed significant savings, it is important to consider the possibility that they may outlive their funds and need to apply for Medicaid when creating a long-term financial plan.

Using a Reverse Mortgage to Pay for Home Care: A reverse mortgage loan allows senior homeowners with substantial home equity to receive cash by borrowing against the value of their homes. The proceeds can be used to pay for home care, fund home modifications for aging in place, and even purchase long-term care insurance. Reverse mortgages become due when the borrower sells the home, moves from the home or passes away.

Public Assistance for Home Care Coverage

Medicaid Coverage of In-Home Care: Medicaid pays for up to 80 hours per month of home care under the Medicaid Personal Care Services (Medicaid PCS) program. The Medicaid beneficiary’s physician

must submit a referral form to request an assessment, and the assessment must show that: 1. The beneficiary requires hands-on assistance with multiple activities of daily living 2. The beneficiary is medically stable and 3. A household member is not able to assist. The recommended number of service hours is determined via the assessment. If services are approved, the beneficiary can choose an agency, from among certified Medicaid PCS providers, to provide their services.

Supportive Services Through the Older Americans Act: The Older Americans Act (OAA) provides federal funding for a range of home- and community-based services throughout the country. Although they are not intended to provide funds to seniors directly, these services and resources can be a welcome time and cost savings to supplement the expense of providing in-home care. The OAA established a nationwide network of Area Agencies on Aging (AAAs)—public or private non-profit agencies designated to address the needs and concerns of all older persons at regional and local levels. Contact your local Area Agency on Aging for a list of supportive senior services offered in your community.

Planning to Pay for Home Care: Fortunately, there are many resources available to help families with financial planning for in-home care expenses. Elder law attorneys specialize in topics related to aging, such as preparing for retirement, funding long-term care and estate planning. They draft wills, draw up power of attorney documents, answer tax questions, and help seniors with Social Security benefits, veterans benefits, and Medicaid applications and issues. If you or an aging loved one needs assistance, locate an elder law specialist in your community. Not only can they assist with legal documents and counsel but they can also provide referrals to other professionals like financial advisors, tax specialists, geriatric care managers and elder care providers.

Long Term Care Planning Tool

https://digitallab.wral.com/ad_proofs/2021/KerrTarRegional/KerrTarRegional_Infographic_20210513.html



North Carolina Medicaid Income & Asset Limits for Nursing Homes & In-Home Long Term Care

<https://www.medicaidplanningassistance.org/medicaid-eligibility-north-carolina/>

North Carolina Medicaid Definition

Medicaid is a wide-ranging jointly funded state and federal health care program for low-income people of all ages. While there are several different Medicaid eligibility groups, including pregnant women, children, families, and the disabled, this page is focused on eligibility for North Carolina senior residents (65 and over). Specifically, [long-term care](#) Medicaid is covered. In addition to care services in nursing homes and assisted living facilities, NC Medicaid pays for non-medical services and supports to help frail seniors remain living in their homes.

The North Carolina Department of Health and Human Services' Division of Medical Assistance (DMA) administers North Carolina's Medicaid Programs.

Income & Asset Limits for Eligibility

There are several different Medicaid long-term care programs for which North Carolina seniors may be eligible. These programs have varying eligibility requirements and benefits. Further complicating eligibility are the facts that North Carolina offers multiple pathways towards eligibility and the criteria varies based on marital status.

- 1) Institutional / Nursing Home Medicaid – This is an entitlement program; Anyone who is eligible will receive assistance. Benefits are provided only in nursing homes.
- 2) Medicaid Waivers / Home and Community Based Services (HCBS) – This is not an entitlement program; The number of participants is limited and wait lists may exist. Benefits are intended to delay nursing home admissions and may be provided at home, adult day care, or in assisted living.
- 3) Regular Medicaid / Aged Blind and Disabled – This is an entitlement program; Anyone who meets the eligibility requirements receives assistance. Limited long-term care services, such as personal care assistance or adult day care, may be available.

The table below provides a quick reference to allow seniors to determine if they might be immediately eligible for long term care from a North Carolina Medicaid program. Alternatively, one can take the [Medicaid Eligibility Test](#). **IMPORTANT:** Not meeting all of the criteria does not mean one is ineligible or cannot become eligible for Medicaid in North Carolina.

April 2022 – March 2023 North Carolina Medicaid Long Term Care Eligibility for Seniors

Type of Medicaid	Single			Married (both spouses applying)			Married (one spouse applying)		
	Income Limit	Asset Limit	Level of Care Required	Income Limit	Asset Limit	Level of Care Required	Income Limit	Asset Limit	Level of Care Required
Institutional / Nursing Home Medicaid	Must be less than the amount Medicaid pays for nursing home care (est. \$5,942 – \$7,955 / mo.)*	\$2,000	Nursing Home	Must be less than the amount Medicaid pays for nursing home care (est. \$5,942 – \$7,955 / mo.)*	\$3,000	Nursing Home	Must be less than the amount Medicaid pays for nursing home care (est. \$5,942 – \$7,955 / mo.)*	\$2,000 for applicant & \$137,400 for non-applicant	Nursing Home
Medicaid Waivers / Home and Community Based Services	\$1,133 / month†	\$2,000	Nursing Home	\$1,526 / month†	\$3,000	Nursing Home	\$1,133 / month for the applicant†	\$2,000 for applicant & \$137,400 for non-applicant	Nursing Home
Regular Medicaid / Aged Blind and Disabled	\$1,133 / month	\$2,000	Help with ADLs	\$1,526 / month	\$3,000	Help with ADLs	\$1,526 / month	\$3,000	Help with ADLs

WHAT DEFINES INCOME? For Medicaid eligibility purposes, any income that a Medicaid applicant receives is counted. This income can come from any source. Examples include employment wages, alimony payments, pension payments, Social Security Disability Income, Social Security Income, IRA withdrawals, and stock dividends. Holocaust restitution payments and [Covid-19 stimulus checks](#) are not counted as income by Medicaid, and therefore, have no impact on Medicaid eligibility.

When only one spouse of a married couple applies for nursing home Medicaid or a Medicaid Waiver, only the income of the applicant is counted. This means the income of the non-applicant spouse does not impact the income eligibility of their spouse. However, the non-applicant spouse may be entitled to

a [Minimum Monthly Maintenance Needs Allowance](#) (MMMNA) from their applicant spouse. The MMMNA is a spousal impoverishment rule and is the minimum amount of monthly income a non-applicant spouse is said to require to avoid spousal impoverishment. The MMMNA is \$2,288.75 (effective 7/1/22 – 6/30/23). If a non-applicant's monthly income is under \$2,288.75, income can be transferred from their applicant spouse, bringing their income up to this level.

In North Carolina, a non-applicant spouse can further increase their spousal income allowance if their housing and utility costs exceed a "shelter standard" of \$686.63 / month (effective 7/1/22 – 6/30/23). However, in 2022, in no case can a spousal income allowance put a non-applicant's monthly income over \$3,435. This is the Maximum Monthly Maintenance Needs Allowance. Learn more about [how the spousal allowance is calculated](#).

Income is counted differently when only one spouse applies for Regular Medicaid; The income of both the applicant spouse and non-applicant spouse is calculated towards the applicant's income eligibility.

What Defines "Assets"

Countable assets include cash, stocks, bonds, investments, [IRAs](#), credit union, savings, checking accounts, and real estate in which one does not reside. However, for Medicaid eligibility, there are many assets that are considered exempt (non-countable). Exemptions include personal belongings, household furnishings, an automobile, irrevocable burial trusts, and generally one's primary home. For home exemption, the Medicaid applicant must live in it or have [intent to return](#), and in 2022, their home equity interest must be no more than \$636,000. The amount of the home's value owned by the applicant is one's equity interest. The home is also exempt, regardless of where the applicant lives and their equity interest, if a non-applicant spouse lives in it.

While one's home is generally exempt from Medicaid's asset limit, it is not exempt from Medicaid's [estate recovery program](#). Following a long-term care Medicaid beneficiary's death, North Carolina's Medicaid agency attempts reimbursement of care costs through whatever estate of the deceased still remains. This is often the home. Without proper planning strategies in place, the home will be used to reimburse Medicaid for providing care rather than going to family as inheritance.

All assets of a married couple are considered jointly owned regardless of the long-term care Medicaid program for which one is applying. However, the non-applicant spouse of a Medicaid nursing home or Waiver applicant is permitted a [Community Spouse Resource Allowance](#) (CSRA). In 2022, the community spouse (the non-applicant spouse) can retain 50% of the couples' joint assets, up to a maximum of \$137,400, as the chart indicates above. If the non-applicant's half of the assets is under \$27,480, 100% of the assets, up to \$27,480 can be retained by the non-applicant.

North Carolina has a 60-month [Medicaid Look-Back Period](#) that immediately precedes one's Medicaid application date. During this time frame, Medicaid checks all past asset transfers to ensure no assets were sold or given away under fair market value. This includes asset transfers made by one's spouse. If

one has violated the look back rule, it is assumed it was done to meet Medicaid's asset limit, and a [penalty period](#) of Medicaid ineligibility will be calculated.

The [U.S. federal gift tax rule](#), which in 2022, allows individuals to gift up to \$16,000 per recipient without incurring taxes, sometimes causes confusion when it comes to Medicaid eligibility. This gift tax rule does not extend to Medicaid, which means it is not exempt from Medicaid's 5-year look-back period.

Non-Financial Eligibility Requirements – For North Carolina long-term care Medicaid eligibility, an applicant must have a functional need for such care. For nursing home Medicaid and HCBS Medicaid Waivers, a [nursing home level of care](#) (NHLOC) is required. Furthermore, additional criteria may need to be met for specific program benefits. As an example, for a Medicaid Waiver to cover the cost of home modifications, an inability to safely and independently live at home without modifications may be required. For long-term care services via the Regular Medicaid program, a functional need with the [activities of daily living](#) is required, but a NHLOC is not necessarily required.

Qualifying When Over the Limits

For North Carolina residents, 65 and over who do not meet the eligibility requirements in the table above, there are other ways to qualify for Medicaid.

1) [Medically Needy Pathway](#) – North Carolina has a Medically Needy program that allows Medicaid applicants who have income over the eligibility limit to still become eligible for Medicaid if they have high medical bills. Also called a “Spend-down” program or a “Medicaid Deductible,” one’s “excess income” is used to cover medical bills, such as insurance premiums, prescription drugs, doctor visits, hospitalizations, and medical supplies. The medically needy income limit has remained the same for many years, and in 2022, continues to be \$242 / month for a single individual and \$317 / month for a married couple. The “spend down” amount, which can be thought of as a deductible, is the difference between one’s monthly income and the medically needy income limit. In NC, it is calculated for a 6-month period. Once the “spend down” is met, one will be Medicaid eligible for the remainder of the period. The medically needy asset limit is \$2,000 for an individual and \$3,000 for a couple.

2) [Asset Spend Down](#) – Persons who have assets over Medicaid's asset limit can still qualify for Medicaid by reducing countable assets. One can “spend down” assets by spending excess assets on ones that are non-countable, such as home improvements (installing new air conditioning, purchasing new furniture), home modifications (wheelchair ramps, grab bars, stair lifts), prepaying funeral and burial expenses, and paying off debt. Remember, assets cannot be gifted or sold under fair market value. Doing so violates the [look back rule](#) and can result in a penalty period of Medicaid ineligibility. It is recommended one keep documentation of how assets were spent as proof the look back rule was not violated.

3) Medicaid Planning – The majority of persons considering Medicaid are “over-income” or “over-asset” or both, but still cannot afford their cost of care. For these persons, Medicaid planning exists. By working with a Medicaid planning professional, families can employ a [variety of strategies](#) to help them become Medicaid eligible, as well as protect their home from Medicaid estate recovery.

Specific North Carolina Medicaid Programs

Like all states, North Carolina pays for nursing home care for those persons who medically require a nursing home level of care and are financially eligible. NC also has several programs for seniors who require nursing home level care or have slightly lesser care requirements and do not wish to reside in a nursing home. These programs provide care at home or “in the community”.

1) [Community Alternatives Program for Disabled Adults Waiver](#) – Commonly referred to as the CAP/DA Waiver, this program will pay for adult day care, in-home personal care assistance, home modifications, and other services that help disabled or elderly persons live at home. Program participants have the option to self-direct their own care through an option called CAP/Consumer-Directed. This allows beneficiaries to choose their own care providers and allows family members, including adult children and spouses, to be hired as personal caregivers and be paid by the Medicaid program. CAP/Consumer-Directed was previously called Community Alternatives Program for Choice and abbreviated as CAP/Choice.

2) [Personal Care Services \(PCS\)](#) – This Medicaid service provides for a personal care attendant in the home for an approved number of hours. It is a regular Medicaid program. This means it is an entitlement as opposed to CAP/DA, which is approved only for a specific number of beneficiaries and may have waiting lists.

3) [Program of All-Inclusive Care for the Elderly](#) (PACE) – The benefits of Medicaid, including long-term care services, and Medicare are combined into one program. Additional benefits, such as dental care and eye care, may be available.

How to Apply for North Carolina Medicaid

Seniors can apply for Medicaid in North Carolina online at [ePASS](#), in person at their local Division of Social Services (DSS) office, or [print](#) and submit a completed Medicaid application to their local DSS office. One’s local DSS office should also be able to provide additional information and application assistance.

Ways To Reduce Caregiver Stress

Caregiver burnout is a very real problem that most caregivers experience. It is important to take care of yourself first, so that you can take care of others. Here are some great tips for reducing caregiver stress.

Breathe Easily- Deep breaths increase the amount of oxygen in your blood, which helps you relax instantly. When you feel stressed, put your hand near your belly button. Inhale slowly through your nose and watch your hand move out as your belly expands. Hold the breath for a few seconds, then exhale slowly. Repeat several times.

Visualize Calm- Studies have found that visualization works for relieving stress. When you feel tense and frustrated, imagine yourself in a calm, relaxing situation. Think about the details – how it looks, sounds, and smells. For example, imagine that you're in a hot soothing shower with lavender-scented soap and your stress is washing away.

Make Time- A full-on massage in a spa would be ideal, but when that's not possible, self-massage is still a great way to cope with caregiver stress. Make circular motions with your thumb to massage the palm of your other hand.

Smile- Smiling works in two ways. We do it when we are happy, but the act of smiling can actually cause you to feel happier. So even if you're feeling crappy, go ahead and paste a big smile on your face. You'll actually feel better!

Compose A Mantra- Affirmations also sound hokey, but they do work. When you tell yourself something positive, it helps you cope with whatever is happening. A good mantra could be something like, "I'll be ok. I can do this." When you are feeling overwhelmed, anxious, or hopeless, repeat your mantra 10 times.

Be A Fighter- Thinking things like "Why do I have to be the one taking care of mom?" or "What did I do to deserve this?" only add to your stress. When you feel like a victim, you'll be filled with self-pity and hopelessness. If you focus on being proactive and work to improve your situation, you'll feel more in control and less stressed.

Put It On Paper- Writing down your thoughts helps get them out of your head and gives you better perspective on what's bothering you. A helpful exercise is to divide a piece of paper into 2 parts. On one side, write down things you might be able to change, like finding caregiving help. On the other, write down the things you can't, like being the only caregiver. Focus on the things you can change because stressing over things you can't change only hurts yourself.

Take a whiff- Essential oils like lavender, peppermint, rose, and eucalyptus are soothing and relaxing. For a simple scent diffuser, put a few pieces of rock salt in a small container and add a few drops of an essential oil. When you feel stressed, open the container and breathe in the relaxing scent. You could also get an aromatherapy oil diffuser to create a soothing scented atmosphere in the room. Using these types of diffusers are a great way to feel more relaxed.

Shake It Off- Most people carry stress in the muscles of their neck or shoulders. Loosening them up helps you literally shake off some of the stress. Stand or sit, stretch your arms out from your sides and shake your hands vigorously for about 10 seconds. Take a few deep breaths – that doubles the stress relief. Relax & release or yoga. Exercise works!

Get Moving- Getting up and moving around helps you breathe more deeply and increases circulation. If you can, go outside for a brief walk. If you cannot leave your older adult, walk around inside the house.

Take A Soak- When you get a chance to take a break, run yourself a hot bath. Soaking helps your body relax and releases tension. If you don't have time for a bath, wash your face, hands, or arms with warm or hot water. While you are doing that, imagine that you are taking a relaxing bath.

Music- Music is an excellent way to relieve stress and boost mood. Classical music has been shown to have many stress relieving benefits, but almost any kind of music can have a similar effect. The next time you're feeling overwhelmed, listen to classical music or some of your favorite tunes.

Accept Help- There is no shame in accepting a helping hand. Utilize all resources available. Friends, family, community partnerships, even smartphone apps can help with daily tasks in caregiving.

Additional Resources

AARP: www.aarp.org/caregiving
Administration on Aging: www.acl.gov
Aging Care: www.agingcare.com
Aging Life Care Association: www.aginglifecare.org
Alzheimer's Association: www.alz.org, **24/7 Helpline:** (800) 272-3900
Alzheimer's Helpline: 1(844) 440-6600
ARCH National Respite Network: www.archrespite.org
Caregiving.com: www.caregiving.com
Chatham County Caregiver Resource Guide: https://chathamcouncilonaging.org/wp-content/uploads/Caregiver-Resource-Guide-VERSION-for-Dec-2019_2.19.20.pdf
Children of Aging Parents: www.caps4caregivers.org
Clarity Legal Group Caregiver Toolkit: <https://claritylegalgroup.com/caregiver-toolkit/>
Daily Caring: www.dailycaring.com
Dementia Alliance: 1(800) 228-8738 / www.dementianc.org
DHHS Long Term Care in NC: www.dhhs.state.nc.us/ltc
Duke Dementia Family Support Program: www.dukefamilysupport.org
Elder Friendship Line: 1(800) 971-0016
Eldercare Locator: www.eldercare.acl.gov
Family Caregiver Alliance: www.caregiver.org
Free Aging Publications: <https://order.nia.nih.gov/>
Free Alzheimer's Caregiver Book: <https://www.jaclawoffices.com/resources/>
Frequently Asked Questions:
https://digitallab.wral.com/ad_proofs/2021/KerrTarRegional/KerrTarRegional_Infographic_20210513-2.html
Hospice Foundation of America: www.hospicefoundation.org
Lee County Resource Guide: <https://leecountync.gov/Departments/SeniorServices>
Lee Harnett Family Support and Community Collaboration Program: (910) 985-0126
Legal Aid of North Carolina: www.legalaidnc.org
Medicare.gov: www.medicare.gov
Mobile Crisis Management: 1(877) 626-1772
Moore County Resource Guide: www.moorecountync.gov
Music & Memory At Home Tool Kit: <https://musicandmemory.org/musictoolkitsupport/>
National Association of Area Agencies on Aging: www.n4a.org
National Caregiving Alliance: www.caregiving.org
National Council on the Aging: www.ncoa.org
National Family Caregivers Association: www.caregiveraction.org
National Hispanic Council on Aging: www.nhcoa.org
National Hospice and Palliative Care Organization: www.nhpco.org
National Institute on Aging: niaic@nia.nih.gov
North Carolina Baptist Aging Ministry: 1(877) 506-2226
North Carolina Department of Health & Human Services: <https://www.ncdhhs.gov/divisions/daas>
Parenting Our Parents: www.parentingourparents.org
Sandhills Center: <https://sandhillscenter.org/>
Senior Caregiver Alliance: www.seniorcaregiveralliance.org
Stroke Caregiver Guide: www.stroke.org/we-can-help/caregivers-and-family/careliving-guide
Triangle J Area Agency On Aging: <https://www.tjcog.org/aging>
US Administration on Aging: bit.ly/US-Admin-Aging
US Department of Labor: bit.ly/FamilyLeaveAct
VA Caregiver Support: www.caregiver.va.gov
Veteran Caregiver Resource Directory: warriorcare.DODlive.mil/wounded-warrior-resources/caregiverresources/

Notes

"May the wellspring of compassion be opened to you. May soothing words find a home in you. May tenderness bless you as you reach out to comfort in body, mind and spirit. In the midst of fear or frustration may courage be given to you. May patience keep vigil with you and peace of mind calm you. May your heart find a song to sing even when you are weary. May abundant love lift you and gratitude bless you as you live the mission of care entrusted to you." P. Bergen

[illegible]

If you would like more information or would like to be added to our weekly caregiver email, please fill out this page and return to the front desk of the Enrichment Center.

Name: _____

Email: _____

Physical Address: _____

Phone Number: _____

What topic/topics would you like more information on:

Do you prefer to be contacted by phone or email?

Would you like to be added to the weekly caregiver email and quarterly newsletter Loving-Lee?
