



MD Community of Practice for Supporting Families Webinar Series

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# Webinar # 27 – November 10, 2021

## *Maryland Caregiver's Resources, Supports and Services*

Hosted by the Developmental Disabilities Administration



Facilitated by Mary Anne Kane-Breschi

*Director of Family Supports*



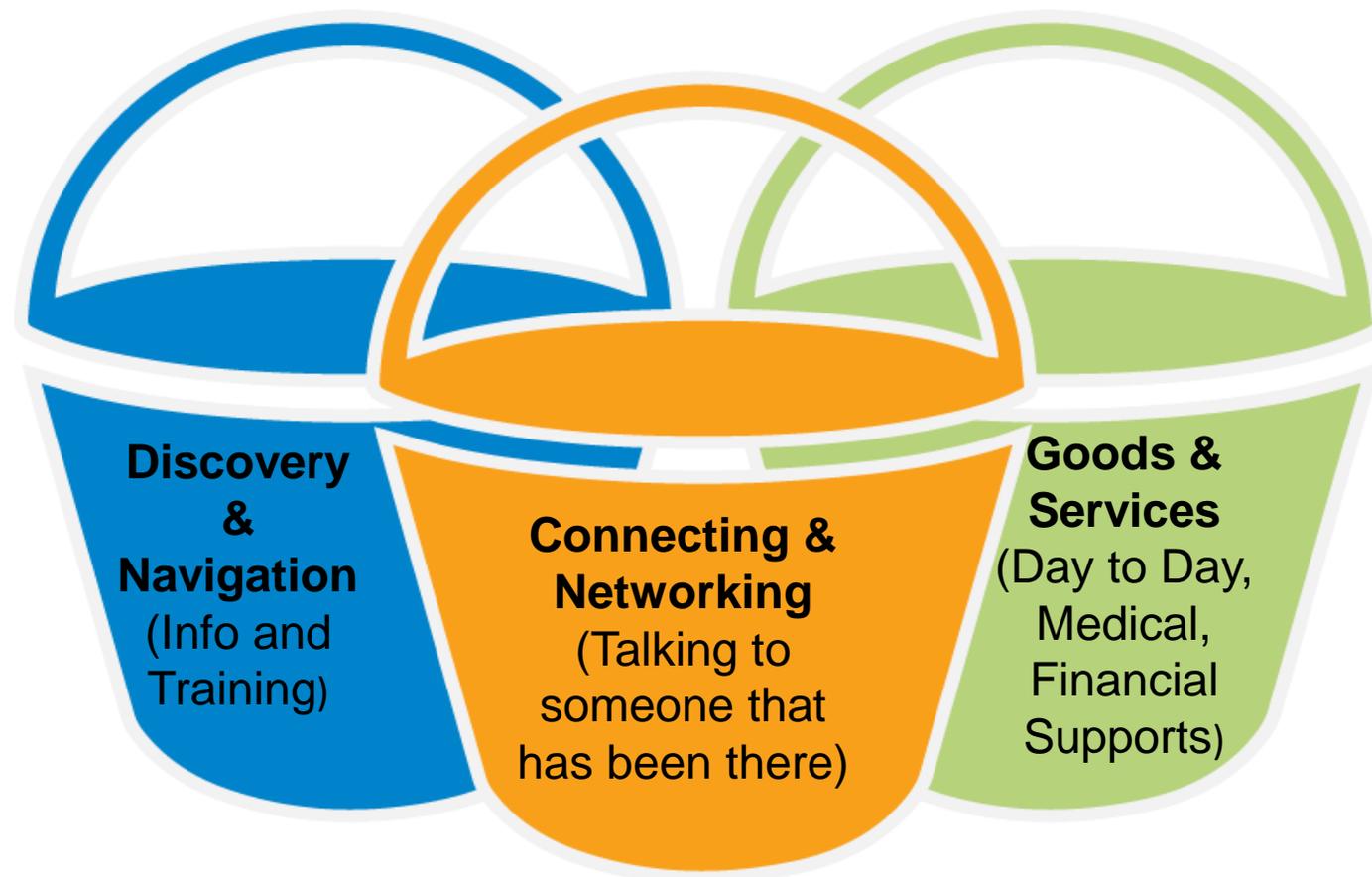
# CHARTING the LifeCourse



[lifecoursetools.com](http://lifecoursetools.com)



# Individual & Family Supports: The Three Buckets





# Special Guest

**Jennifer Eastman, Director of Community Living Policy**

MD Department of Disabilities

MD Commission on Caregiving, Chair

**W. Chris Stewart, Program Manager**

National Family Caregivers Support Program

MD Department of Aging

*MARYLAND CAREGIVER  
RESOURCES, SUPPORTS &  
SERVICES:*

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**MARYLAND COMMISSION ON  
CAREGIVING**

DDA CoP Webinar  
November 10, 2021

# History

- 2001 / Maryland Caregivers Support Coordinating Council
- Purpose
  - Identify the needs and challenges faced by informal family caregivers caring for those across the lifespan.
  - Advocate for and empower caregivers and make recommendations for effective public policies and the coordination of services.
- Membership
  - Consist of 17 members appointed by the Governor
  - Represent state agencies, family caregivers, service providers, and advocacy groups. The Council's
  - Statute requires five family caregiver members.
  - The Maryland Department of Human Resources, as of 7/1/2017 known as the Maryland Department of Human Services (DHS), provides staff to the Council.

# History, continued

- [The Task Force on Family Caregiving and Long-Term Supports \(2016\)](#), Chaired by Senator Delores Kelley and Delegate Angela Angel, Co-Chair, recommended that the Council's statute be enhanced by:
  - Changing the name to the Maryland Commission on Caregiving
  - Broadening the membership to include a representative from the Maryland Senate and the House of Delegates
  - Expanding the mandates of the Commission
- The Maryland General Assembly passed Bill [SB216](#) during the 2017 legislative session to create the Maryland Commission on Caregiving. The Bill was signed by Governor Larry Hogan on April 11, 2017

# Vision

We envision a Maryland where Caregivers provide support for their loved ones while at the same time attending to their own well-being and life balance.





# Commission Members (2021-2022)

- Jennifer Eastman, Maryland Department of Disabilities
- Chris Stewart, Maryland Department of Aging
- Mary Anne Kane-Breschi, Developmental Disabilities Administration (MDH)
- Florence C. Harvey, Office of Genetics and People with Special Healthcare Needs (MDH)
- Chalarra Sessoms, Behavioral Health Administration (MDH)
- Christina Church, Maryland Department of Human Services
- Lylie Fisher, Montgomery County Department of Health and Human Services
- Larry Bram, Easter Seals Serving DC/MD/VA
- Theresa Robertson, Family Caregiver
- Esther Ward, Family Caregiver
- Terri Johnson, Family Caregiver
- Ann Squire, Family Caregiver
- Patricia Morris, Family Caregiver
- Christine Schoenberger representing the Maryland Respite Care Coalition
- Delegate Karen Lewis Young, Maryland House of Delegates
- *Vacant*, Maryland State Senate
- **Commission Staff (provided by Office of Adult Services, Social Services Administration, Maryland Department of Human Services)  
Greg Sesek**

## Our Mandate



1. Solicit and gather ***concerns of caregivers***
2. Develop and distribute to interested parties a ***handbook of current respite care*** and other family caregiver services available in the State
3. Review ***successful respite care programs*** in other states
4. Develop a ***model family caregiver support program*** that incorporates best practices from existing programs in this and other states

## Our Mandate



5. Provide ***ongoing analysis of best practices*** in family caregiver support programs in this and in other states
6. ***Coordinate activities*** of existing and proposed family caregiver support services among State and local units
7. ***Research available funding sources*** and explore possibilities for additional funds
8. Identify ***unmet needs and priorities*** for additional funds
9. ***Monitor and implement*** the Commission's recommendations

# Successes to Date



- *Collaborated with other advocacy groups for legislative outreach events in Annapolis*
- *Submitted testimony (oral and written) on bills pertinent to family caregiving*
- *Conducted Town Hall events to solicit feedback from caregivers and organized local resource fairs*
- *Supported DHS in applying for the Lifespan Respite Care Grant*
- *Developed list of training resources on [MCC webpage](#)*
- *Inclusion of caregiver module in the [Behavioral Risk Factor Surveillance System](#)*
- *Attended local events as presenters, exhibitors, and participants*

# National Academy for State Health Policy Learning Collaborative

- MD State Team is comprised of DDA, MDOD, MDOA, BHA, Medicaid, DHS, and Easter Seals
- Aim of the collaborative is to consider the adoption of caregiver-friendly policies for older adults in Medicaid's LTSS
- MD's work plan includes caregiver campaign video and 5 corresponding videos highlighting available respite and caregiver resources; revised Medicaid waiver fact sheets; recorded webinars from the MD Technology Assistance Program on devices that can substitute for human assistance; and purchase of additional devices for Loan Library

# 2021-2022 Areas of Focus



- Launch awareness campaign for National
- Family Caregivers Month (November): Governor proclamation, sponsored webinars, release of video
- Start the conversation about the shortage of the direct care workforce and evaluate solutions, establishing new partnerships as necessary
- Publish statewide resources on respite programs identified by the Respite Care Coalition and post to MCC webpage
- Prioritize mandates among Commission and identify action items

# Thank You!

Jennifer Eastman, Director of Community Living  
Policy

MD Department of Disabilities

MD Commission on Caregiving, Chair

[jennifer.eastman@Maryland.gov](mailto:jennifer.eastman@Maryland.gov)

Greg Seseck, Director of the Office of  
Adult Services

MD Department of Human Services

MD Commission on Caregiving, Staff

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# DEPARTMENT OF AGING

**W. Chris Stewart, Program Manager**  
**National Family Caregivers Support Program**  
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# Today's Objectives

## Provide Information and Resources on the National Family Caregiver Support Program

- Background and purpose of the NFCSP
- Services and supports provided by the program
- Accessing program support



## PURPOSE of the NFCSP

- To provide information and services to family caregivers in recognition of the work they do to help maintain their loved ones at home and in the community.
- To provide comprehensive services to informal family caregivers and grandparent family caregivers; and as a result, improve the caregiving experience and the lives of both caregivers and care-recipients.



# Services and Supports

- Information
- Access Assistance
- Counseling, Education and Training
- Respite Services
- Supplemental Services



# Eligible Recipients

- **Caregivers of Older Marylanders 60+**
  - Marylanders who are 60 years of age or older
  - Relatives, neighbors, friends, etc.
  - Formal and informal
- **Caregivers of Children 18 and Younger**
  - Grandparents
  - Other older adults 55 or 55+
  - Informal and formal relationships



# Respite Services

- **Care Recipients 60+**

- Adult Day Care
- In-home Support (formal & Informal)
- Senior Center Plus
- Day or Extended Periods of Time
- Informal Care

- **Children 18 & Younger**

- Day Camp
- Camp with Overnight Housing
- Day Care
- Before/After School Programs
- Formal & Informal Support

- **Disabled Individuals 59 & Younger**

# Supplemental Services

- **Nutritional Supplements** (food, vitamins, home delivered meals, congregate meals, etc.)
- **Medication** (prescribed and over-the-counter)
- **Incontinence Supplies** (diapers, pull-ups, bed pads, wipes, etc.)
- **Minor Home Repair & Improvements** (ramps, safety rails, grab bars, etc.)
- **Safety Equipment** (emergency response systems, canes, rollators, walkers, wheelchairs, stair lifts, etc.)
- **Specialty Items** (shoes, braces, etc.)
- **Health Improvement Services** (exercise classes, small/safe exercise equipment, etc.)
- **Transportation**



# Free Aging Services & Supports Statewide

- **Allegany County Human Resources Development Commission**
- **Anne Arundel County Department of Aging and Disabilities**
- **Baltimore City Division of Aging and Care Services**
- **Baltimore County Department of Aging**
- **Calvert County Office on Aging**
- **Carroll County Bureau of Aging and Disabilities**
- **Cecil County Department of Community Services**
- **Charles County Aging and Human Services**
- **Frederick County Department of Aging**
- **Garrett County Area Agency on Aging**
- **Harford County Office on Aging**
- **Howard County Office on Aging and Independence**
- **MAC, Inc.** (Dorchester, Somerset, Wicomico, and Worcester Counties)
- **Montgomery County Department of Health and Human Services**
- **Prince George's County Department of Family Services**
- **Queen Anne's County Area Agency on Aging**
- **St. Mary's County Department of Aging and Human Services**
- **Upper Shore Aging, Inc.** (Caroline, Kent, and Talbot Counties)
- **Washington County Commission on Aging**



# Contact Information

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# Advocacy & Family Caregiver Resources

## Maryland

### **MD Department of Aging**

[National Family Caregiver Support Program](#)

[Maryland Access Point \(MAP\)](#)

### **MD Department of Disabilities**

[Attendant Care Program](#)

[Maryland Technology Assistance Program](#)

### **MD Developmental Disabilities Administration**

[Low Intensity Support Services](#)

### **MD Department of Human Services**

Social Services Administration – [Kinship Navigator Services](#)

Office of Adult Services – [Respite Care Program](#)

## National

[AARP Caregiving Resource Center](#)

[ARCH National Respite Network](#)

[Caregiver.com](#)

[Caregiving Library](#)

[Department of Veterans Affairs Caregiver Support](#)

[Eldercare Locator](#)

[Family Caregiver Alliance](#)

[Family Caregiver Alliance](#)

[Health Guide](#)

[Mental Health American](#)

[National Center for Benefits](#)

[National Family Caregiver Alliance](#)

[National Family Caregivers Association](#)

[National Family Caregiver Support Program](#)



# Questions?



Thank You for Joining Us!

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*Stay tuned for information  
on our next webinar ...*



# Contact Information

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