

If you meet the eligibility criteria, the Institute can help you accomplish the following:

- Identify ways to focus some of your time and attention on your own needs.
- Introduce behaviors to decrease your stress.
- Provide examples of healthful lifestyle changes.
- Help you think of others who would be willing to help you.
- Give you contact information for organizations that provide services for elders.
- Supply you with reading materials containing useful tips and information.
- Develop a plan with you to prepare for the future.
- Connect you with others who have experience in areas where you need assistance.
- Help you find ways to take a break from caregiving on a regular basis.
- Help decrease your caregiving financial burden.
- Listen when you need to talk.



How can the Institute help you?

District of Columbia Caregivers' Institute MISSION

The Institute is funded by the D.C. Office on Aging. Its mission is to advocate for, plan, and implement training and education, research, and support services for caregivers residing in the District of Columbia. The resources offered by the Institute are flexible and coordinated and promote self-determination, empowerment, and self-care.

The Institute seeks to empower caregivers to make informed decisions about their present and future circumstances and prepares them to solve problems and better cope with changing situations, while enhancing practical skills needed daily.

For further information, contact the D.C. Caregivers' Institute at:

1234 Massachusetts Avenue, NW
Suite C1002
Washington, DC 20005
202/464-1513 Phone
202/638-8169 Fax
www.dccaregivers.org



A Comprehensive Resource
for caregivers
residing in
the District
of Columbia



Part of the Senior Service Network
Supported by the D.C. Office on Aging

History

Promoting self-determination, empowerment, and self-care...

Understanding the physical, emotional, and financial burdens that caregivers face, the D.C. Office on Aging began to formulate a vision of a one-stop centralized resource to help decrease the burden experienced by caregivers.

This vision was to create a “5 star” program that provides (1) services that help caregivers address their needs; (2) training for caregivers and the aging services network; (3) communication activities to elevate the issue of caregiving; (4) research; and (5) resource acquisition strategies.

After conducting extensive local and national research and soliciting input from D.C. caregivers, a program concept emerged that allows the District of Columbia Caregivers’ Institute to rival the excellent models of caregiver support that currently exist in some parts of the country. In May 2002, caregivers were recruited and the program began.



Who is eligible to participate in the District of Columbia Caregivers’ Institute?

To enroll in the Institute program, you should meet the following program requirements:

- 1 You must be a D.C. resident providing uncompensated care for an elder who is also a D.C. resident.
- 2 Caregiving creates a financial burden for you.

In addition, caregivers are required to meet two of five eligibility criteria:

- 1 You care for an elder who needs help.
- 2 The elder you care for has low to moderate income.
- 3 You are experiencing stress related to caregiving.
- 4 You need support to assist with caregiving.
- 5 The elder needs you to avoid moving into a nursing home.

If you meet these requirements, contact the District of Columbia Caregivers’ Institute at 202/464-1513 to join the program.

What services does the District of Columbia Caregivers’ Institute offer?

The following services are offered:

- **Confidential in-home assessment and counseling with a licensed social worker.** During the assessment, you will complete a Caregiver Support Plan by listing steps that can decrease your caregiving burden.
- **Educational seminars.** The Institute offers workshops on a variety of topics.
- **Caregiver telephone support groups.** Participants are connected by a conference call to talk from the comfort of their own homes.
- **Caregiver flex account.** Caregivers are reimbursed for approved caregiving expenses up to \$200 per month. This reimbursement can be used for supplies, respite care, transportation, and much more. Caregivers are also reimbursed for payments made to family and friends who help them.

Helping decrease the burden experienced by caregivers...

To join the program, call
202/464-1513



Part of the Senior Service Network
Supported by the D.C. Office on Aging