



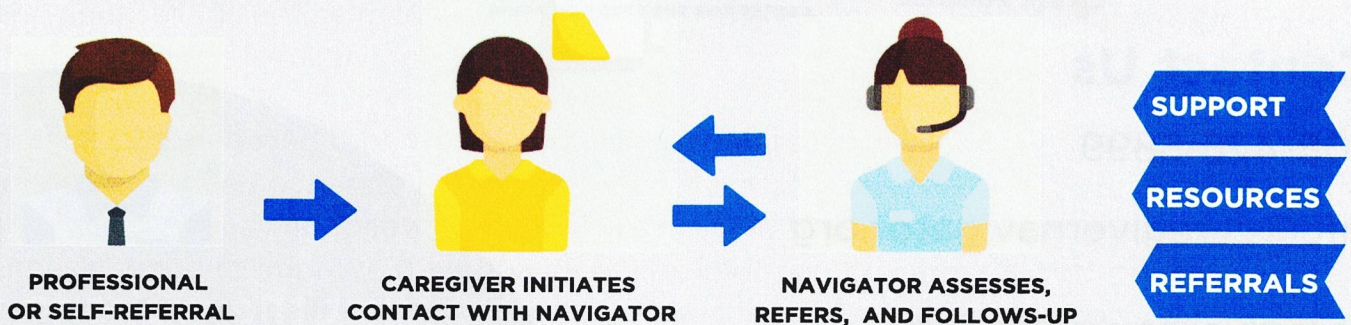
Preventing and Reducing Burnout for Idaho's Caregivers

Brought to you by the Idaho Caregiver Alliance, Family Caregiver Navigator is a free options-counseling service focused exclusively on the health and wellness of caregivers - not the person who is receiving care.

Using an evidence-based tool, Navigators conduct an assessment of caregiver needs and burnout factors, then generate a person-centered action plan with outside referrals. Warm hand-offs to services and follow-ups with the caregiver ensure caregivers connect with resources needed to improve their quality of life; be it respite care, support groups, training or other services.

Research shows that by supporting caregivers, we also support the patient (Montgomery, 2011). The initiative seeks to reduce the unnecessary use of emergency crisis services and long-term care facilities. In the process, the caregiver builds a sustainable plan so they can continue caregiving for the years to come.

Caregiver Navigator Model



The Navigator model puts the focus on the caregiver, not the person receiving care

Who Qualifies?

Any adult who supports a friend or family member with a physical, intellectual, cognitive disability or mental health condition(s). Program is free to participants and Medicaid enrollment is not required. Pilot project is currently serving all Idaho residents.

The Process

SUBMIT A REFERRAL

- Submit a referral on our website. Caregivers may also initiate contact to self-refer.

ASSESSMENT

- Navigator conducts an evidence-based assessment of caregiver's stress and burnout factors (i.e. task management, relationship to care recipient, emotional burden)

CARE PLAN

- Navigator creates person-centered action plan for caregiver's needs, providing formal and informal referrals via validated database. Provides warm hand-off when possible.

FOLLOW-UP PROTOCOL

- Automated text surveys keep the Navigator updated on caregiver progress. Caregiver and Navigator can meet to update or amend the care plan at anytime.



Contact Us

208-426-5899

info@caregivernavigator.org

caregivernavigator.org

Mon-Fri, 8am-5pm or by appointment



Visit the website to
make a referral,
download the toolkit
and learn more about
the project and our
partners

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How to Refer

- "Is it ok if I submit a referral for you so a Navigator can reach out and tell you about the program?"
- All information is confidential and is never sold or used in any other way except to contact potential participants up to 3 times about the program.
- Click the "Refer a caregiver" button on our homepage. This form will provide you with an email receipt of the information you submitted for your records.

Other Options

- Have the caregiver click the "Caregiver Screener" button on our homepage, to take a brief screener, which will prompt a follow-up call.
- Call or email us Mon-Fri 9-5pm. Navigators are available evenings and weekends by appointment.

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Refer a
Caregiver to
our Program

Talking Points

- A free stress-reduction program for informal family caregivers.
- A 30-minute assessment appointment via telephone will identify their biggest stress factors.
- Navigator and caregiver build a care plan for their wellness and connect them with resources such as respite information, financial support policies, disease education, homemaker services and more.
- Warm hand-offs and follow-ups ensure the caregiver gets needed services.
- No documentation, paperwork or insurance is needed.
- Bilingual navigation available in English and Spanish.

Who qualifies as a caregiver?

- Anyone 18+ who provides part-time or full-time care for a friend or family member
- **Care-recipient can be any age, with any type of physical, cognitive disability or chronic health condition - including mental health.**
- No insurance, ID, documentation, or note from a doctor is required
- Primary service area is SW Idaho, but we can refer to agencies across the state

We care for Idaho's caregivers