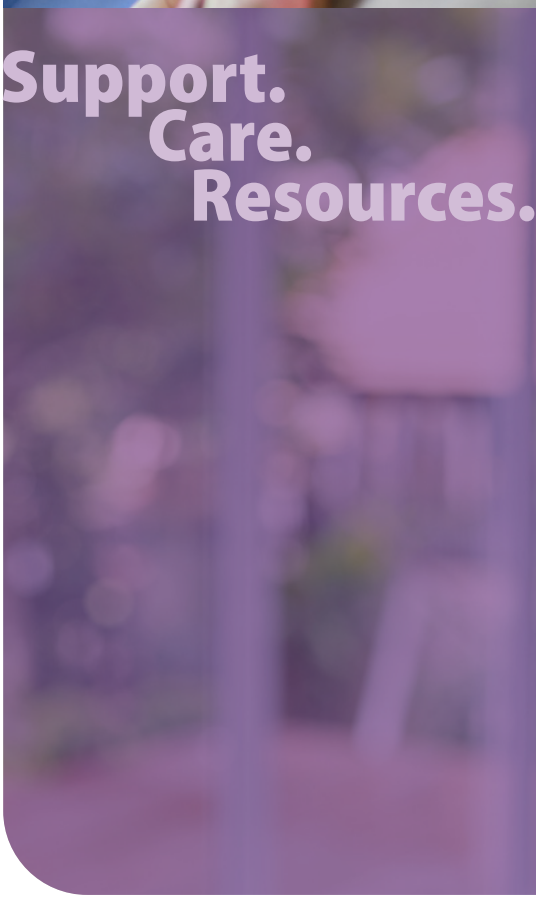
FACT SHEET

Family Caregiver Support Program



Overview

The Family Caregiver Support Program (FCSP), established in 2000, through legislative action (SHB 2454), provides needed supports and services to unpaid caregivers throughout the state. Family caregivers, totaling more than 1.3 million, are the backbone of our state's long-term care system. In 2001, federal funding was authorized for the National Family Caregiver Support Program (NFCSP) through Title IIIE of the Older Americans Act. Present funding is enough to serve less than 1% of Washington's caregivers.

A Department of Social and Health Services Research and Data Analysis evaluation showed a statistically significant improvement in depression and stress for participating caregivers and a delay in use of Medicaid long-term services and supports (LTSS).

The National Strategy to Support Family Caregivers and President Biden's Executive Order 14095 brought needed attention to the importance of supporting unpaid family caregivers. Washington FCSP currently follows many of the goals and strategies outlined in the National Strategy and are partnering with the Area Agencies on Aging, unpaid family caregivers and other stakeholders to expand outreach and services to unpaid family caregivers.

TCARE® is the screening and assessment tool used as it provides an objective and reliable way to assess the stress, depression and burdens of unpaid family caregivers and recommends strategies and services that can best help those caregivers to cope with their unique caregiving responsibilities. The caregiver population served through the FCSP is both a vulnerable and resilient one. Four out of five caregivers reported that the FCSP helped them understand the importance of taking care of themselves.

In FFY24, a total 14,723 caregivers received Information and Assistance regarding long-term care and caregiver support services and/or evidence-based screening of caregiver needs.

A total of 4,436 caregivers received one or more of the following services:

- Evidence-based assessment of caregivers' needs and care planning tailored to meet individuals' needs;
- Caregiver training and education to increase skill building and self-care, including more than three evidence-based models;
- Caregiver support groups (disease-specific or general), online peer chat rooms;
- Counseling/consultation services to cope with challenges;
- Respite care services (in and out-of-home settings) to provide breaks;
- Supplemental services such as bath bars and incontinence supplies; and
- Health/wellness referrals to cope with depression and medical issues.

continued...

FACT SHEET

Family Caregiver Support Program

Eligibility requirements

An eligible caregiver is a spouse, relative, or friend who has responsibility for the care of an adult with a functional disability and does not receive financial compensation for the care provided. Individuals may be eligible for this program, but also eligible for Medicaid Alternative Care (MAC) or Tailored Supports for Older Adults (TSOA). They will be guided toward the 1115 program that meets their need, but ultimately have the option of choosing FCSP over MAC/TSOA.

Authority

Chapter 74.41 RCW

Budget

State Fiscal Year 24 Expenditures: Total $15.1M:

- State Family Caregiver Support Program Expenditures $10.2M
- OAA Federal Funding Expenditures $3.5M
- OAA Federal COVID Expenditures: $1.2M
- Average annual cost per caregiver client: $1,026

Rates

The 13 Area Agencies on Aging (AAA) contract with a wide variety of providers, including home care agencies, adult day services, mental health therapists, educational workshop leaders, nursing homes, durable medical equipment suppliers among others. Where an established Medicaid provider rate exists (e.g. nursing homes, home care agencies, etc.) the AAAs reimburse services at that rate (unless an exception has been established). For all other services, a negotiated rate is established between the AAA and the provider.

Partners

HCLA partners with the 13 AAAs that employ 220 licensed TCARE Assessors and other support staff, plus contracts with local community service providers.

Oversight

External

- State Auditor's Office
- AAAs monitor their subcontracted providers

Internal

- HCLA's Home and Community Services Division, State Unit on Aging
- HCLA, Management Services Division

DSHS
WASHINGTON STATE
Department of Social
and Health Services

DSHS 22-2103 (8/25)