

North Carolina Department of Health and Human Services

Pat McCrory
Governor

Aldona Z. Wos, M.D.
Ambassador (Ret.)
Secretary DHHS

October 1, 2013

Ms. Donna Creech, Speaker
Governor's Advisory Council on Aging
336 Blackwell Point Loop Rd.
Oriental, NC 28751

Dear Ms. Creech:

Pursuant to Section 10.35B of Session Law 2010-31 (Senate Bill 897), the Division of Aging and Adult Services (DAAS) as part of the Department of Health and Human Services was directed to develop and implement a plan for use of the \$200,000 in recurring funds to support Alzheimer's-related activities consistent with the goals of Project C.A.R.E. (Caregiver Alternatives to Running on Empy). This report is to be submitted annually to the Governor's Advisory Council on Aging and the Fiscal Research Division by October 1.

Attached is a report of the expansion of Project C.A.R.E. from a 36 county program to a statewide approach that maximizes use of existing funds and develops an infrastructure for effective use of any additional funds whenever they may become available.

If you have any questions, please contact Dennis Streets, Director of the Division of Aging and Adult Services, at 919.855.3400.

Sincerely,

A handwritten signature in cursive script, appearing to read "Aldona Wos".

Aldona Wos, M.D.
Secretary

cc.	Susan Jacobs	Sherry Bradsher	Senator Ralph Hise
	Patricia Porter	Rod Davis	Representative Justin Burr
	Sarah Riser	Adam Sholar	Representative Mark Hollo
	Kristi Huff		Legislative Library (1 hard copy)
	Brandon Greife		Reports@ncleg.net
	Pam Kilpatrick		

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Telephone 919-855-4800 • Fax 919-715-4645

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October 1, 2013

Mr. Mark Trogon, Director
Fiscal Research Division
300 North Salisbury Street
Suite 619, Legislative Office Building
Raleigh, NC 27603-5925

Dear Mr. Trogon:

Pursuant to Section 10.35B of Session Law 2010-31 (Senate Bill 897), the Division of Aging and Adult Services (DAAS) as part of the Department of Health and Human Services was directed to develop and implement a plan for use of the \$200,000 in recurring funds to support Alzheimer's-related activities consistent with the goals of Project C.A.R.E. (Caregiver Alternatives to Running on Empy). This report is to be submitted annually to the Governor's Advisory Council on Aging and the Fiscal Research Division by October 1.

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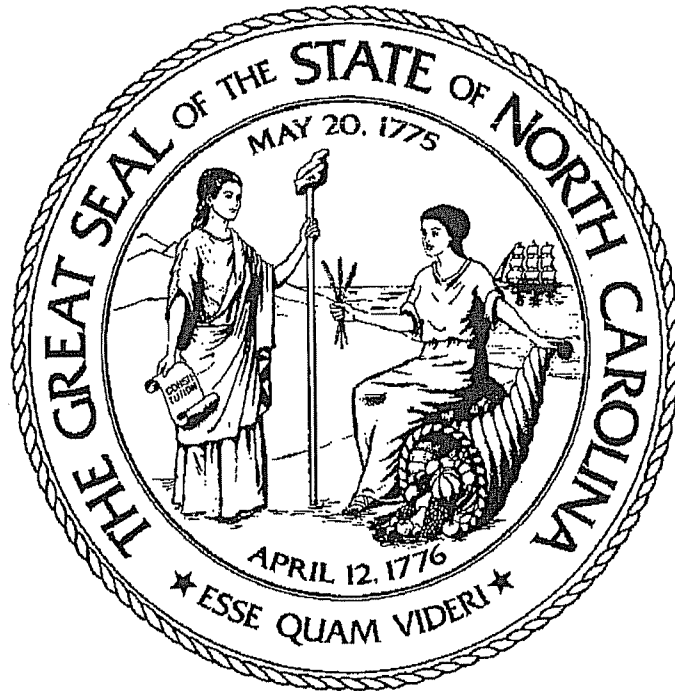
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**PROJECT C.A.R.E.
SESSION LAW 2010-31**



**State of North Carolina
Department of Health and Human Services
October 1, 2013**

Over 5 million Americans are living with Alzheimer's disease and as many as 16 million will have the disease by 2050. By 2020, an estimated 190,000 North Carolinians age 65 and older are projected to have Alzheimer's disease.

According to the national Alzheimer's Association there are currently 437,000 caregivers in North Carolina providing care for loved ones with Alzheimer's disease.

Pursuant to Section 10.35B of Session Law 2010-31, the Division of Aging and Adult Services (DAAS), the Department of Health and Human Services, was directed to develop and implement a plan for use of the \$200,000 in recurring funds to support Alzheimer's-related activities consistent with the goals of Project C.A.R.E. (Caregiver Alternatives to Running on Empy). The session law called for this report to be submitted to the Governor's Advisory Council on Aging, the North Carolina Study Commission on Aging, and the Fiscal Research Division by October 1st annually.

Statewide Expansion

Recognizing the importance of reaching individuals with Alzheimer's disease and their family caregivers throughout North Carolina, DAAS has revised its approach to offering Project C.A.R.E. Through June 2013, the program only provided services in 36 counties in the state. DAAS is now implementing a plan to establish a statewide presence as an essential step to meeting the long-term program objective of providing support for the significant increase in the number of caregivers of those with Alzheimer's and related dementias. DAAS believes that Project C.A.R.E., including the use of respite when additional funds become available, helps individuals and families avoid or delay the use of more costly formal interventions, including placement in long-term care facilities.

The Division is in the process of:

- (1) using the existing Alzheimer's Disease Support State funds to establish three Dementia Capable Specialist contractual positions affiliated with dementia-specific host agencies in the western, central and eastern areas of North Carolina, who will be available to all 100 counties (building on Project C.A.R.E.'s effective Family Consultant model);
- (2) linking the work of these Dementia Capable Specialists to the 16 Area Agencies on Aging and their Family Caregiver Support Program through formal memoranda of agreement so that all available resources are well coordinated and leveraged for maximum effect; and
- (3) establishing a process for referring caregivers to available respite care in their county of residence (public funds for respite are currently quite limited).

Responsibilities of the three Dementia Capable Specialists will include:

1. Partnering with each Area Agency on Aging (AAA) through its Family Caregiver Support Program for cross-referrals and co-outreach, training and education;
2. Providing persons with dementia and their caregivers phone and face-to-face counseling, care consultation, dementia-specific information, caregiver

- assessments, caregiver education and connections to strong social support networks;
3. Offering individual caregivers evidence-based and evidence-informed programs, as appropriate, such as REACH (Resources for Enhancing Alzheimer's Caregiver Health), and referring families to other resources;
 4. Providing training and assistance to AAAs and the community-at-large to increase capacity to assist persons with dementia and their families;
 5. Enhancing partnerships with and among the various entities serving persons with Alzheimer's disease and assisting their caregivers; and
 6. Assisting in completing and implementing the Dementia Capable State Plan spearheaded by DAAS in collaboration with identified partners.

Description of Partnering Agencies

1. Land of Sky Regional Council Area Agency on Aging (Western Office): The Area Agency on Aging is a leader and catalyst in helping a four-county region (Buncombe, Henderson, Madison and Transylvania) develop a comprehensive system of programs and opportunities that provide older adults with the information and support needed to age optimally in the setting of their choice through coordination of home and community-based services, advocacy, outreach, training and education. The Area Agency on Aging administers the Family Caregiver Support Program for this four-county region and previously served as the Project C.A.R.E. host agency for 19 western counties.
2. Duke Family Support (Central Office): Duke University's Aging Center Family Support Program established the first support groups in NC for families of adults with memory disorders in 1980 with Duke Hospital Auxiliary and NC Foundation grants. Currently those original organizations sponsor support groups of the Alzheimer's Association and Alzheimer's NC in almost all 100 counties. Staff members at Duke are recognized as national experts on issues related to the caring of loved ones with Alzheimer's and related dementias. Staff of the Duke Family Support Program has served as a resource for both the Family Caregiver Support Program and Project C.A.R.E., since the inception of these services.
3. Alzheimer's North Carolina (Eastern Office): Since 1985, Alzheimer's North Carolina, Inc. (formerly the Eastern Chapter of the Alzheimer's Association) has provided family support, community education, public awareness, and support for research pertaining to the prevention, cure and treatment of Alzheimer's disease and related disorders. This organization serves 51 of North Carolina's counties (from the Triangle to the coast) with offices in Raleigh, Greenville and Wilmington. Alzheimer's North Carolina has a strong working relationship with the Area Agencies on Aging, the Duke Family Support Program and DAAS.

If additional funding for caregivers of those with Alzheimer's disease or related dementias becomes available, the Division is positioned to provide this support statewide.