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ADVOCACY.

ACTION.

ANSWERS ON AGING.

This is a state funded program of the local Cape Fear Area Agency on Aging and covers a 12 county area in Southeastern North Carolina.

Serving Twelve Counties:

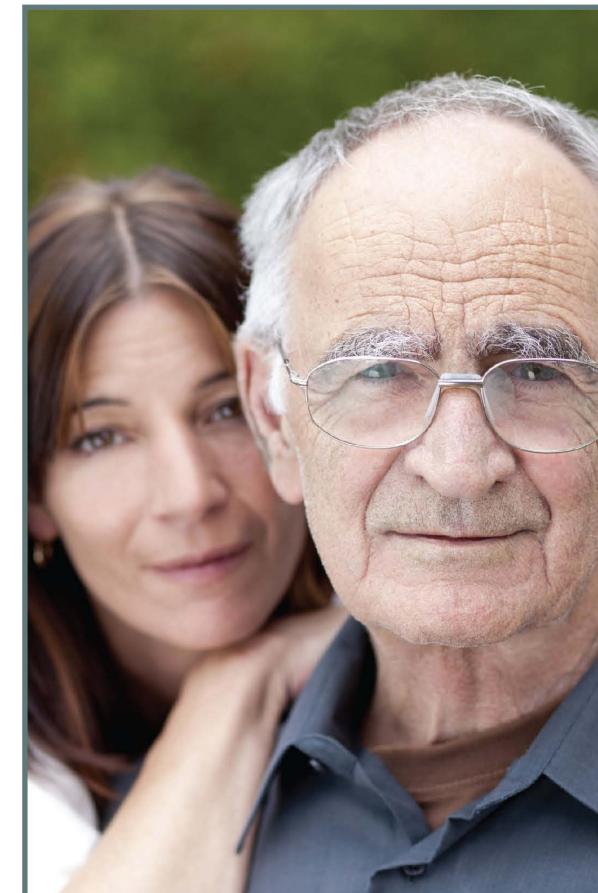
Bladen	New Hanover
Brunswick	Pender
Columbus	Richmond
Cumberland	Robeson
Harnett	Sampson
Hoke	Scotland

Contact Project C.A.R.E. at:

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PROJECT C.A.R.E.

CAREGIVER ALTERNATIVES TO
RUNNING ON EMPTY



WWW.CAPEFEARCOG.ORG



Area Agency On Aging
Cape Fear Council of Governments

You Are Not Alone



WHAT IS PROJECT C.A.R.E?

Project C.A.R.E. (Caregiver Alternatives to Running on Empty) is a state funded dementia-specific support program for family caregivers. The program uses a family consultant to provide comprehensive support to caregiver of those caring for someone at home with Alzheimer's disease or related dementia.

Alzheimer's is the sixth leading cause of death for people of all ages and the fifth leading cause for adults over age 65. In North Carolina, over 170,000 older adults currently have Alzheimer's disease or other types of dementia. By 2030, this number is projected to rise to over 288,000.

FAMILY CONSULTANTS

- Project C.A.R.E. Family Consultants:** assist caregivers with education, research and access to funds to alleviate some of the stress caregiving can create.
- Receives referrals to the program and schedules in-home visits to meet with the caregiver and the person with dementia.

- Conducts thorough assessment on the primary family caregiver's physical/mental health, financial situation, functional capabilities, social support, and environmental/cultural concerns.
- Family strengths, needs and preferences are discussed, also available options for respite/other support services.
- The level of assistance provided by the Family Consultant varies and is dependent upon caregiver needs and preferences.

SERVICES

- Care Management:** Offering 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.
- Respite Vouchers:** Eligible caregivers can receive vouchers to provide in-home respite care and/or respite in group settings such as Adult Day Care/Health. Funds are limited.
- Information and Referral:** Connects families with available community resources and attempts to meet unmet needs of family caregivers. This includes local support groups, support services, entitlement programs and other community resources.
- Training:** Providing training/assistance to the community-at-large to increase capacity to assist persons with dementia and their families.

**Based upon availability of funds*

ELIGIBILITY REQUIREMENTS

- Caregivers of any age caring for someone with Alzheimer's disease or related dementia who are not currently receiving similar services through programs such as VA, Medicaid, etc.
- While there are no specific income limitations, Project C.A.R.E. gives priority to low-income, rural and minority families.

YOU ARE NOT ALONE

Care for most people with dementia is provided in the home by family members or friends. This type of care is constant and allows few opportunities for rest or time to meet the other demands of "normal" life such as work, family, and personal health concerns. Too often, the long term result is the depletion of financial resources along with the deterioration of the caregiver's health and wellbeing.

The work life balance for caregivers is increasingly challenging over time. Although caregivers report positive feelings about caregiving, such as family togetherness and the satisfaction of helping others, they also report high levels of stress when providing care. Many caregivers are not aware there is help available.

Project C.A.R.E. services are provided at no cost.

**Call 910-395-4553 ext. 212.
You are not alone. Call for help!**