Grant Request

Submitted to
Mascoma Savings Bank Foundation

September 28, 2010

From
The DH Aging Resource Center
46 Centerra Parkway, Suite 200
Lebanon, NH 03766
Amount requested:

The Dartmouth-Hitchcock Aging Resource Center (ARC) is hereby applying for a Mascoma Foundation Grant in the amount of $7,500 to support for one year three new free programs for family caregivers of older adults in our Upper Valley communities.

Description of applicant’s organization:

The ARC is a component of the Dartmouth Centers for Health and Aging. Though we have been researching, organizing and piloting various approaches to meeting the needs of family caregivers for approximately one year, our Grand Opening will be held September 29, 2010. At that time, we expect the demand for our programs to surge based on the success and feedback of focus groups who participated in our pilots. (Our new brochure is enclosed.)

Program for which we seek funding:

All but three of ARC programs are supported by our operational budget and salaried personnel. Printing, advertising, space, and phone are all covered in our operational costs and we are not requesting funds for those items. Also, our library consisting of free materials and caregiver support books was funded by one-time donations.

Funding is needed, however, for three new programs involving support groups for family caregivers. These programs consist of four monthly on-site support groups, a telephone support group, and quarterly retreats, all of which are led by a qualified trained facilitator who can effectively help family caregivers navigate the complex emotions they face on a daily basis. These programs also involve personal contact, informational and resource referrals, and ongoing encouragement. To-date, ARC’s caregiver support groups have been funded by dollars allocated to pilot-test the formats, but funds do not exist to continue or expand these programs.

Costs: The cost of our on-site and telephone emotional support groups is $200 per session. Follow-up informational and personal support is provided to all the family caregivers who attend and is included in the cost per session. Each facilitated four-hour retreat costs $400 per session and includes a nutritious lunch, a resource book, and individual follow-up and support for each participant.

Background of the need for family caregiver support: Family members provide 80% of care for older adults in the United States; 1/3 to 1/2 of these are employed full or half time. An estimated 13% of the workforce is involved in caregiving at any given time. This percentage is expected to increase significantly in the near future as the boomer generation ages. Employed caregivers report difficulty concentrating, diminished job performance, the need to take time off during the workday, tardiness and absenteeism. Caregiving can negatively influence their health and finances. Some must quit their jobs. Human resources personnel need to be aware of caregiving issues and how to offer successful assistance programs to meet employee needs. (Report of a study of such programs is attached.) Work disruptions because of employee caregiving responsibilities result in productivity losses of $1,142 to $2,500 per year per employee. Average additional health cost to employers is 8% more for those with eldercare responsibilities. U.S. businesses lose up to $33.6 billion annually related to employee caregiving issues: absenteeism, shifts from full to part-time work, replacing employees, workday interruptions. Many caregivers are themselves
in poor health, often the result of their caregiving stress: increased blood pressure and insulin levels, impaired immune systems, increased risk for cardiovascular disease, higher death rate than non-caregivers. Psychological health appears to be the aspect of the family caregiver’s life that is most affected; studies consistently report higher levels of depressive symptoms and mental health problems among caregivers than non-caregiving peers. Depression is most common: 20-50% of caregivers have depressive disorders/symptoms. Particularly stressful caregiving situations may put caregivers at risk of engaging in harmful behaviors toward care recipients. Effective ways of helping caregivers include: informational instruction on caregiving and support services availability, and emotional support groups. Whatever support is given to the caregiver also benefits the care-receiver, the family, and ultimately the social system. *(Sources of these statistics given in addendum, which also includes two related articles.)*

**Unmet needs:** Very limited resources for caregivers exist in the Upper Valley. The current system offers a limited number of programs that are short-term or focused on specific diagnosis-related health issues such as Alzheimer’s or Parkinson’s Disease; they are attended by both the caregiver and the care-receiver. Service Link in Lebanon offers a monthly Family Caregiver Support Group.

**Most current annual report:** *(attached)*

**Current financial statement:** *(attached)*

**Name, address and phone number of contact person:**
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**Organizations current and future funding:**

The pilot ARC Family Caregiver Program was funded in 2010 by a one-year fellowship and one-time donations from community sources for books and materials. Management leadership is funded by our umbrella organization, the Dartmouth Centers for Health and Aging, which is 91% funded by federal grants, foundation grants, philanthropic donations. They receive some institutional support from The Dartmouth Institute for Health Policy and Clinical Practice, Dartmouth Medical School, and Dartmouth-Hitchcock Medical Center. However, the resources and position of trained facilitator are not funded by any of these entities. As mentioned above, this need has been filled to date by a fellowship grant which covered the pilot year. At present, no organizational resource exists to continue these efforts. We will continue to petition for this position and a resource budget for the 2012 fiscal year.

As we now step forward with our Grand Opening, promoting our services widely to the community, we are hoping that the Mascoma Foundation can help us bridge this period of limited
financial resources by funding these three programs, which are enormously helpful to family caregivers and will make a significant contribution to the community. Research offers overwhelming evidence that support groups are at the top of the list of most effective ways to relieve stress and empower family caregivers. ARC’s empirical evidence gathered from our pilot programs confirms that your investment in these efforts will be well founded. And, we want to add that we are happy for your consideration of any amount to help us.

Documents attached:

(1) 501(c)(3)
(2) Current financial statement
(3) Most current annual report
(4) Two articles citing statistics and needs of the nation’s family caregivers
(5) ARC Fall 2010 brochure

For more information about family caregivers, statistics and needs, the following sites are replete with useful information:


www.nfcacares.org/

www.caregiving.org/

www.thefamilycaregiver.org/caregiving_resources/