

OVERVIEW - SNOHOMISH COUNTY CAREGIVER SUPPORT PROGRAM

What does the Caregiver Support Program do? The program uses certified Caregiver Specialists who help you access supportive services and work WITH you to better manage your caregiver experience and journey.

What does it cost? The Caregiver Support Program is funded by State and Federal dollars – or, in other words, we represent your tax payer dollars in action. With very few exceptions our services are provided at no cost.

Who is eligible for services? Caregivers must be age 18 and older and have primary responsibility for caring for persons, age 18 and older, who need “help caring for themselves.” Caregivers do this without financial compensation (unpaid). Care receivers must not be receiving Medicaid-funded long term care services.

What does “help caring for themselves” include?

- Bathing, Body care, Personal hygiene, Dressing, Toileting, Eating, Mobility (able to safely walk / move around), Positioning, Transfer, Meal Preparation, Medication Management.
- These “functional disabilities” limit a person’s ability to perform essential activities of everyday life.
- Inability to perform essential activities may also be due to sensory and or cognitive impairment, for example, Alzheimer’s and other dementias, brain injury, etc.

What made many caregivers become involved early on in their caregiver experience? In short - avoiding the “Tyranny of Crisis.” The longer a caregiver postpones planning for the future ---services are fewer and the costs are higher.

What have program participants learned through their involvement? In their own words...

- Knowing that caregiving is not an event, it is a journey. And I cannot do this alone.
- Understanding the physical and emotional health risks of caregiving; I'm doing something about this!
- How to build good working relationships with the Caregiver Specialists. It means a lot to have an understanding person on MY team.
- Finding and connecting to community resources that support me and my loved-one. I found that the caregiver community is an incredibly valuable resource of support and information.
- Embracing the fact that the best care I can give my loved one is my own self-care. I found that the time saved between trying to be "perfect" vs. being "good enough" allowed me the time to take care of myself.
- Being willing to take the time to participate in the Assessment / Care Plan process. The Assessment process helps me understand my challenges in a meaningful way.

How long may a caregiver remain actively involved in the program?

You can remain active in the program as long as you continue to need and use our caregiver support services and meet the program's eligibility requirements; and, it is best - for both the program and you - to be fully engaged in the Assessment process.

Snohomish County Caregiver Support Program

To make an appointment please contact a Caregiver Specialist:

Senior Services: (425) 290-1240

Alzheimer's Association: (206) 363-5500

Stillaguamish Senior Center: North County: (425) 248-5276

Stillaguamish Senior Center: East and South County: (425) 248-5156