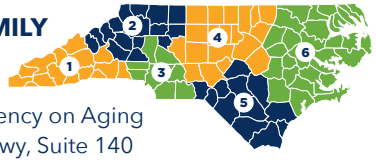
NC PROJECT C.A.R.E.

Alzheimer's dementia is the sixth leading cause of death in the United States, and yet there is no cure. In North Carolina, over 160,000 people have Alzheimer's or another type of dementia.

Families are profoundly affected, not only by the impact on an individual's life, but also how it reshapes the family dynamic. It is well known that family caregivers provide most of the care for individuals living with dementia and they may do so for many years. Oftentimes, this care causes significant emotional, health, and financial challenges for the caregiver(s) and their family.

Our specialty-trained team of family consultants coach caregivers as they learn about the disease, develop new coping skills, and find solutions to pressing situations and circumstances. Project C.A.R.E. is funded by the State of North Carolina to assist family caregivers as they navigate the challenges caused by dementia.

PROJECT CARE FAMILY CONSULTANTS



1) Land of Sky Area Agency on Aging
339 New Leicester Hwy, Suite 140
Asheville, NC 28806
828-251-7432
www.landofsky.org/aaa

2) Western Piedmont Area Agency on Aging
1880 2nd Avenue NW
Hickory, NC 28601
828-485-4267
www.wpcog.org/area-agency-on-aging

3) Mecklenburg County Department of Social Services
Valerie C. Woodward Center
3205 Freedom Drive
Charlotte, NC 28208
980-314-7801
www.mecknc.gov/dss/adults/Pages/default.aspx

4) Duke Family Support Program
3600 Duke University Medical Center,
Durham, NC 27710
919-660-7510 or 800-646-2028
www.dukefamilysupport.org

5) Cape Fear Area Agency on Aging
1480 Harbour Drive
Wilmington, NC 28401
910-408-6365
www.capefearcog.org/area-agency-on-aging/project-c-r-e/

6) Mid-East Commission Area Agency on Aging
1502 North Market Street, Suite A
Washington, NC 27889
252-414-3230
www.mideastcom.org/area-agency-on-aging.htm

FOR MORE INFORMATION:

NC DEPARTMENT OF
HEALTH AND HUMAN SERVICES
Division of Aging and Adult Services

www.ncdhhs.gov/assistance/adult-services/project-care

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NORTH CAROLINA

PROJECT C.A.R.E.

CAREGIVER ALTERNATIVES TO RUNNING ON EMPTY

DIVISION OF AGING AND ADULT SERVICES

WHAT IS PROJECT C.A.R.E.?

Project C.A.R.E. (Caregiver Alternatives to Running on Empty) is a North Carolina funded program supporting family caregivers of people living with Alzheimer's disease or other related dementia(s). The program utilizes a care consultation model providing information and referral services, dementia specific education, caregiver assessment and care planning. The family consultants are regionally located working collaboratively with local community-based services and networks including 16 NC Area Agencies on Aging and the Family Caregiver Support Program.

INFORMATION & REFERRAL SERVICES

Connecting families with available community resources and services in an attempt to meet the unmet needs of family caregivers including dementia-specific information, caregiver education, support groups, community-based services and supports, and referral to entitlement programs.

EDUCATION

Dementia-specific education and training is provided to assist families to better understand the disease and the progressive changes that could occur. Common topics include behavioral management, safety in the home, caregiving coping strategies, and caregiver self-care and well-being.

CARE CONSULTATIONS

Family consultants provide face-to-face and telephonic person-centered care counseling to unpaid primary family caregivers. During this coaching process, an individualized care plan is developed with the caregiver based upon an assessment to address their areas of concern. The consultant will follow up for a short period of time assisting the caregiver as needed.

To be eligible for care consultation, the care recipient has been diagnosed with Alzheimer's or other related dementia(s) and the adult caregiver recognizes they can benefit from case management.

Oftentimes, caregivers may need respite which provides a temporary break from the stresses that can be associated with caregiving. Vouchers may be available for care consultation clients who need financial assistance to pay for the respite. Consumer-directed respite may be provided in several ways:

- In-home care,
- Adult day care,
- Group respite, or
- Long-term care facility.