

STATE OF ALASKA  
 FY24-26 National Family Caregiver Support Program

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**NFCSP Services**

Registered Services		
Services	Description	Units of Service
<b>Counseling</b>	Para or Professional counseling provided to the caregiver and/or family. Coaching on self-care and lifestyle balance; problem solving; financial counseling, self-advocacy guidance; coaching to build knowledge and skills. Counseling and coaching to empower caregivers to make decisions and provide care that meets both their own needs and those of the care recipient.	<b>Session</b>
<b>Case Management</b>	Providing case management in circumstances where a plan of care is developed and more intensive and regular contact with the caregiver is needed and desired.	
<b>Caregiver Training</b>	Training conducted on a variety of topics to caregivers (individual or group) conducted in person or electronically by a skilled and knowledgeable trainer to assist caregivers in developing skills and knowledge necessary to meet and enhance their caregiving responsibilities; and shall address the areas identified in the caregiver assessment.	
<b>In-Home Respite, Adult Day Respite or Out-of-Home Day or Overnight Respite</b>	Services which offer temporary, substitute supports or living arrangements for care recipients in order to provide a brief period of relief or rest for caregivers. Includes In-home respite; respite at an adult day program; assisted living home; or insitutional respite. Respite for grandparents caring for children may include summer camps.	<b>Hours</b>
<b>Supplemental Services-Domains</b>	Annually and on a limited basis, up to \$500 per caregiver may be expended on goods or services complementing the care provided by caregivers. Domains: Assistive Technology, Durable Equipment, Emergency Response, Consumable Supplies, Home Modifications/Repairs, Homemaker, Chore, Personal Care, Transportation, Nutrition Services, other.	<b>Occurrence</b>
<b>Supplemental Services-Legal/Financial Services</b>	Legal assistance is a one-on-one guidance provided by an attorney (or person under the supervision of an attorney) in the use of legal resources and services when assisting a caregiver with care giving related issues.	<b>Contact/ Hours</b>
<b>Comprehensive Assessment</b>	Conducting a caregiver assessment to assist the caregiver with identification of needs, goals, trainings and desired outcomes.	<b>Contact/ Hours</b>
<b>Case Management</b>	Providing case management in circumstances where a plan of care is developed and more intensive and regular contact with the caregiver is needed and desired.	

STATE OF ALASKA  
 FY21-23 National Family Caregiver Support Program

NFCSP Services Matrix

<b>UNREGISTERED SERVICES</b>		
<b>Services</b>	<b>Description</b>	<b>Unit of Service</b>
<b>Information &amp; Assistance</b>	Information and assistance to unregistered individuals inquiring about services. Includes caregivers, seniors, general public, other social service agencies and health care providers, ect.	<b>Contacts</b>
<b>Information Services/Outreach</b>	Information or program promotion initiated by an agency for the purpose of identifying potential caregivers and encouraging their use of existing services and benefits. Outreach activities may include, but are not limited to disseminating publications, radio public announcements, media campaigns and advertisements. Community education and awareness activities to groups/public on topic specific to care giving in the form of presentations, media or other venues that are educational in nature.	<b>Activity</b>
<b>Caregiver Support Groups</b>	Organization and/or coordination of support groups for caregivers in similar situations to voluntarily come together in a supportive environment for the purpose of sharing common experiences, concerns, strengths, expertise, and ideas to ease the burden and stress of caregiving and to improve decision making and problem solving skills. Support groups are held at least once a month by a competent facilitator and may be held in person or over telecommunications.	<b>Activity</b>