



2022-2023 ANNUAL REPORT FIRST AID FOR FAMILY CAREGIVER

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BOARD OF DIRECTORS:

- Shane Allen-Board President
- Nannette Salasek-Vice President
- Dan Taylor-Treasurer
- Jackie Edwards-Board Secretary
- Brandon Baxter-Board Member, previous Board President
- Lisa O’Neil-Board member
- Darrel Christenson-Board Member
- Nydia Montijo-Board Member
- Lois von Halle-Board member

MISSION

Our mission is to improve the quality of life for family caregivers in Arizona through collaborative partnerships, resources, and respite support.

VISION

Our vision is for Arizona family caregivers to have the hope and resources to overcome obstacles of care in urban and rural communities.

VALUE STATEMENT

The Arizona Caregiver Coalition is here to support all caregivers with compassion and understanding, regardless of race, ethnicity, religion, sexual orientation, gender identity, abilities or disabilities, educational or socio-economic background.

We value diversity among our staff, volunteers and AmeriCorps members, our Board and our community partners.



EMPOWERING CAREGIVERS AND TRANSFORMING COMMUNITIES

A MESSAGE FROM
DR. NELLY CLOTTER-WOODS



Over the past year, we have embraced challenges as opportunities, adapting our strategies to meet the needs of a changing world. Our dedicated team has shown exceptional resilience, creativity, and a shared determination to make a positive impact. One of the cornerstones of our success is the strength of our partnerships. Collaborating with like-minded organizations, supporters, and stakeholders has allowed us to extend our reach and deepen our influence.

Together, we have implemented initiatives that have touched the lives of countless individuals and communities. Because of you, we are proud to share the profound impact that our efforts have had on caregivers across the state. Through our comprehensive programs and initiatives, specifically our newly formed extended Respite Program, we have provided caregivers with a robust support network, essential resources, and a platform for their voices to be heard.

By fostering a community of caregivers, we have empowered them to navigate their caregiving journey with resilience and confidence.

I am delighted to share a significant milestone from the past year—a testament to our commitment to caregivers' well-being and the resilience of our community.

A handwritten signature in black ink that reads "Nelly Clotter-Woods". The signature is fluid and cursive, written in a professional yet personal style.

Arizona Caregiver Coalition hosted the in-person Family Caregiver Day at the Capital event since COVID-19 with 76 attendees, 5 of those legislators.

Furthermore, our alignment with the 2022 National Strategy to Support Family Caregivers reflects our dedication to a broader vision of caregiver support. By integrating the insights and recommendations from a national context, we enhance our ability to cater to the diverse needs of caregivers within our community. Technology will continue to be an important part of our efforts to reach the most vulnerable among us—the unsung heroes, the marginalized, and those facing unique challenges.

We extend our hand to homebound relatives living in rural areas, individuals who yearn for the warmth of community connections. Our dedication also extends to caregivers from diverse ethnicities and backgrounds who navigate complex pathways, juggling priorities between the workforce and the essential caregiving role they undertake. In these stories, we find the heart of our mission—the transformative power of compassionate support. It's about enriching lives, amplifying voices, and fostering an environment where everyone's unique journey is valued.

I extend my heartfelt gratitude to each member of the Arizona Caregiver Coalition family—our staff, partners, volunteers, and supporters. Your dedication fuels our progress, and your unwavering belief in our mission is what propels us forward. Here's to yet another year of purposeful impact, further empowering caregivers, and nurturing transformative communities.

PROGRAM SUMMARY



COMMUNITY OUTREACH & ENGAGEMENT:

Through our dedicated resource line, the Arizona Caregiver Coalition has successfully cultivated a robust and engaged community, emphasizing the crucial role of proactive outreach, meaningful engagement, and swift responsiveness in serving the diverse needs of family caregivers.

CAREGIVER SUPPORT WITH VERSATILE OPTIONS:

The Arizona Caregiver Coalition's Respite Program is designed to acknowledge and assist family caregivers, helping them to develop confidence and enhanced well-being while providing a variety of respite options. Our comprehensive program and network of resources have had an incredible impact on the health and well-being of both caregivers and those they care for.

EMPOWERING CAREGIVERS PROGRAM:

Caregivers often experience financial strain due to the costs associated with caregiving, such as medical expenses, transportation, and home modifications. The Family Caregiver Reimbursement Program provides financial relief by reimbursing eligible expenses, which can alleviate some of the caregiver's financial burdens. Based on the specific circumstances of each caregiver and the unique needs of the caregiver, the Family Caregiver Reimbursement Program can offer financial relief, reduced stress, and improved quality family caregiving experience.

SUPPORTIVE AGENCIES:

- Department of Economic Security, Division of Aging and Adult Services
- Area Agencies on Aging
- Maricopa County

NUMBER OF CALLS/EMAILS RECEIVED TO CRL: 4,636

NUMBER OF CAREGIVERS ENROLLED IN THE RESPITE PROGRAMS: 105

NUMBER OF CAREGIVERS REIMBURSED UNDER FRCP: 29

SUMMARY OF PROGRAMS AND SERVICES AND PROGRAM UPDATES:

During this last year, we expanded on our Respite Voucher program to include both the \$599 Voucher and the new \$1,200 voucher. The \$1,200 voucher was designed to help family caregivers pay for a respite provider over the course of one year from the authorization date.

During this last year, we incorporated the Maricopa County Caregiver Support Program under a grant we received from Maricopa County. We were able to expand Respite options for family caregivers residing in Maricopa County to include recreational activities, home modifications/assistive technology for caregivers caring for someone under the age of 18, and caregiver training.

HONORING OUR RETIRED EXECUTIVE DIRECTOR:

Jutta Ulrich, our retired Executive Director, leaves behind an indelible mark on our organization and community. Her unwavering dedication and leadership have propelled us to reach new levels and turn problems into chances for growth. Jutta championed innovation and growth that will continue to shape our future. As we bid farewell, we celebrate a legacy of excellence that will inspire generations to come.

FAMILY CAREGIVER DAY AT THE CAPTIOL

VIRTUAL AND IN PERSON EVENTS

giver.org
FIRST AID FOR FAMILY CAREGIVERS

- ♥ Resources
- ♥ Respite
- ♥ Classes



VIRTUAL EVENT MARCH 9TH, 2023

- 117 individuals attend the event with mix of professionals and family caregivers.
- Theme: A Caregiver's Journey
- Summary of 2022 National Strategies
- A Day in the Life of a Caregiver - Michele Thorne, Care 4 the Caregiver
- How to be an Advocate
- Breakouts with Family Caregivers to discuss what are your needs as a caregiver, what services do you see missing in AZ, and what changes would you like to see made for caregivers?
- Video - Caregiver's Stories

IN PERSON EVENT APRIL 6TH, 2023

- Theme: First Aid for Caregivers
- **Arizona Caregiver Coalition hosted the in-person Family Caregiver Day at the Capital event since COVID-19 with 76 attendees, 5 of those legislators.**
- **Furthermore, our alignment with the 2022 National Strategy to Support Family Caregivers reflects our dedication to a broader vision of caregiver support.**
- 2 caregiver stories
- Mark Garrity - Family Caregiver Recognition Award
- David Besst Award: Karen Enriquez, Southeastern Arizona Governments Organization
- Representative Jennifer Longdon spoke about the importance of family caregivers.
- KJZZ attended the event and developed 3 articles about the day and the work ACC is doing in the community.



CAREGIVER HIGHLIGHT

Mark has been caring for his partner, Lenny, who has Younger-Onset Alzheimer's. Mark and Lenny are advocates in the Alzheimer's community. Most of Mark's days consist with him monitoring Lenny's moods and activities, and being able to anticipate all of Lenny's needs. Mark's message to fellow caregivers is to get respite, take care of yourself, and find your community of support, whether through a support group or family or other caregivers in the community.

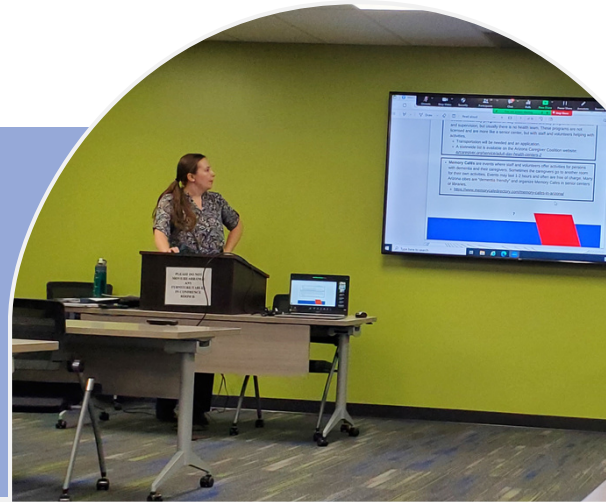


DAVID BESST AWARD WINNER

During the most difficult time of the pandemic, Karen kept on educating caregivers through zoom and Facebook blasts providing them with education and ideas to stay sane. She would post articles almost daily, and her posts would be the ones that would generate more attraction. For Karen, upholding the mission and vision of the Arizona Caregiver Coalition is a priority, as she understands the importance it brings to her caregivers.



CLASSES



YOUNGER CAREGIVERS WEBINAR:

The younger caregiver webinar was to better understand the unique struggles of becoming a caregiver at an earlier time than most people expect to be one. Caregivers were invited to talk about their experiences as younger caregivers, as well as the difficulties of being unaware of how to care and find resources for their loved ones.

CPR CLASS:

In partnership with the Arizona Commission for the Deaf and Hard of Hearing, Deaf and Hard of Hearing Caregivers received certification for CPR and First Aid.

POWERFUL TOOLS FOR CAREGIVERS:

This program helps family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful resources. We had 36 family caregivers participate in Powerful Tools for Caregivers during FY 23.

OTHER WORKSHOPS/CLASSES:

- How to Avoid Scams in Partnership with FSL
- Your Medicare Rights in partnership with Livanta
- Therapeutic Poetry Workshops

UPCOMING CLASSES ACC CARESAFE TRAINING IN PARTNERSHIP WITH GATEWAY COMMUNITY COLLEGE:

Are you passionate about caregiver safety? Are you an unpaid family caregiver? We've got something special coming your way!

Introducing our upcoming FREE Caregiver Safety Training Program designed to empower and equip caregivers like you with essential skills and knowledge (i.e., safe transfer and mobility, emergency preparedness, personal care safety, and more). Mark your calendars for three consecutive engaging sessions on November 4th, November 11th, and November 18th, held on Saturdays for 2.5 hours per week. For a limited time only, this session serves up to 10 attendees. Don't miss out on this valuable chance to enhance your caregiving expertise!

Check back on our website azcaregiver.org/classes for more information and to complete a screening for the class!



PARTNERS ON THE ARIZONA RESPITE NETWORK:

Intertribal Council of Arizona
Arizona Department of Economic Security:
Division of Developmental Disabilities
Arizona Department of Economic Security:
Division of Aging and Adult Services
Pinal-Gila Council for Seniors
Veteran Affairs Be Connected Engagement Program
Northern Arizona council of governments'
Area Agency on Aging
Western Arizona Council of Governments
Area Agency on Aging Region I
Alzheimer's Association - Desert Southwest Chapter
Pima Council on Aging
Benevilla
Oakwood Creative Care
Visiting Angels
La Posada Adult Day Health Center'
The Susan J Rheem Adult Day Health Center
FSL
Ability 360
Ryan House
Glory Days
Hospice of the Valley
Your Home of Joy
Duet: Partners In Health & Aging
North Mountain Home Care
iCare Adult Day Health Services
All Stars Club
Raising Special Kids
South-Eastern Arizona Governments Organization
Area Agency on Aging

PARTNERS ON THE ARIZONA STRATEGIC PLAN ON CAREGIVING:

Ability 360
Area Agencies on Aging
Department of Economic Security-
Division of Aging and Adult Services (DAAS)-
Advisory
Arizona Developmental Disability Planning Council
Care 4 the Caregiver
Alzheimer's Association-Advisory
Arizona Developmental Disabilities Planning Council
Family Caregivers
Barrow Neurological Institute at Dignity Health
Arizona Long-Term Care Services-Advisory

ARIZONA RESPITE NETWORK:

The Arizona Caregiver Coalition convenes the Arizona Respite Network four times a year. The network is comprised of providers, community-based organizations, and state agencies who meet to exchange program updates and address the respite situations facing Arizona Family Caregivers.

DURING FY 23, THE ARIZONA RESPITE NETWORK:

- Awarded one mini-grant to an organization building their respite program.
- Developed Emergency Respite Policies
- Completed initial provider lists with the Area Agencies on Aging.

ARIZONA STRATEGIC PLAN ON CAREGIVING

- Year 1 of Strategic Plan complete
- First draft of plan and delegating work in progress
- Announcement of plan to legislators at Family Caregiver Day at the Capitol
- Continue to analyze 2022 National Strategies and how we can implement in AZ.
- Collaboration with family caregivers across the lifespan and across the state of Arizona
- Review how we can implement the 2022 National Strategies to Support Family Caregivers

THANK YOU TO OUR PARTNERS

- Lifespan Respite Grant, from DES/DAAS
- Maricopa County-Respite Support Grant
- Maricopa County-Outreach Grant
- Maricopa County-Older Adults Grant
- Community Catalyst-Changing the Care Conversation Grant
- AmeriCorps Grant-Governor's Office of Youth, Faith, and Family

COMMUNITY IMPACT

Thank you to this program, I was able to take a couple days to go and visit my mom to Seattle who was very ill. For the last 3 years I have been my husband caregiver 24/7 who is dealing with more cancer recurrences that I never imagine. They awarded me a voucher and I was able to pay for a caregiver for him during my absence. We cannot afford to pay for a in home nurse or caregiver. I am very grateful to this organization for all the advice, training and support you guys provide to the community.
-Nury

It's been an honor and a privilege over the past five years to have worked with so many people! As a caregiver, I was alone in caring for mom, family far away, and your compassion and kindness helped me keep her care process moving when I felt like we were stuck. The respite voucher helped us decide on a facility, for me to regain a holistic health plan and hope! The referrals to care support groups also saved our lives as the feeling of slipping through the cracks is a horrible place to be.
-Tabitha

I was able to send my mother, to Benevilla Dementia Program in Surprise, AZ near Bell Rd. ACC covered two days of the program and my family paid for the bus and the other days, so I could go to work. My mother, who is now 93, enjoyed the program and still is able to remember some things about it. She asks about the staff there, which proves she does still have some short-term memory. The activities were wonderful for her.
-Parisi

Because of AZ Caregivers Coalition, we were able to have my husband, who has Alzheimer's, attend Lucy Annes day program. His condition is now in the mid stage and he attends Mary's Place twice a week. The respite for me is invaluable as we have no immediate family in the area. The activities and socialization my husband receives in the day program are helpful to keep his mind stimulated. We are so thankful for ACC's assistance.
-Elaine

FINANCIALS

Revenue Private Contributions:	\$7,771
Public Grants:	\$384,436
Revenue Total:	\$392,206
Total Program Expenses:	\$385,408
In-kind contributions:	\$27,177