

## Title III-E Caregiver Counseling Center Service Description

### Program Description

The Caregiver Counseling Center (CCC) is a clearly identifiable center that provides a range of Counseling services to family and non-parent relative caregivers. AgeGuide will designate the CCC to be the primary resource within a given county for caregivers and to access Counseling services.

The CCC will, at minimum, provide Individual Counseling and Caregiver Training/Education services. The CCC may also choose to organize/provide Caregiver and Relative Raising Children (Grandparents Raising Grandchildren) Support Groups. CCC's are encouraged to offer evidence-based support programs for caregivers such as the Stress-Busting Programs for Family Caregivers.

**NOTE: In this document the term “caregiver” applies to both family caregivers and non-parent relatives raising children (Grandparent Raising Grandchildren). As of the 2016 Reauthorization of the Older Americans Act, the following specific populations of caregivers are eligible to receive services:**

- Adult family members or other informal caregivers age 18 and older providing care to individuals 60 years of age and older
- Adult family members or other informal caregivers age 18 and older providing care to individuals of any age with Alzheimer's disease and related disorders
- Older relatives (not parents) age 55 and older providing care to children under the age of 18; and
- Older relatives, including parents, age 55 and older providing care to adults ages 18-59 with disabilities

Caregiver Counseling provides advice, guidance and life coaching to an individual caregiver. Counseling assists the caregiver with role identity, permission to seek help, decision-making and solving problems relating to their caregiving roles. These services may include assistance in the areas of health, nutrition and financial literacy. In addition, Counseling may provide purposeful therapeutic assistance to clients who need help to improve mental health to cope with personal problems.

CCC providers are encouraged to work with additional community organizations that provide services to older adults, people with Alzheimer's disease or other related dementias, relatives raising children and individuals with disabilities.



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### Service Design

To continue the goal of fostering a family caregiver and relative raising children service system in Illinois, agencies will be funded to provide the following CCC core services:

1. Individual Counseling
2. Training/Education
3. Support Groups (Optional)

If a current grantee is awarded the grant they are required to serve persons and units for FY22 as stated below:

### Individual Counseling:

<u>County Projection</u>	<u>Persons</u>	<u>Units</u>
DuPage	260	600
Grundy	21	118
Kane	70	150
Kankakee	60	120
Kendall	25	135
Lake	50	250
McHenry	145	505
Will	22	220

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### Training/Education

<u>County Projection</u>	<u>Persons</u>	<u>Units</u>
DuPage	100	100
Grundy	26	36
Kane	45	110
Kankakee	40	90
Kendall	25	30
Lake	40	250
McHenry	192	671
Will	80	100

### Support Groups

<u>County Projection</u>	<u>Persons</u>	<u>Units</u>
DuPage	95	400
Grundy	27	84
Kane	25	75
Kankakee	30	100
Kendall	12	24
Lake	50	360
McHenry	20	220