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**Refer a
Caregiver to
our Program**

Talking Points

- A free stress-reduction program for informal family caregivers.
- A 30-minute assessment appointment via telephone will identify their biggest stress factors.
- Navigator and caregiver build a care plan for their wellness and connect them with resources such as respite information, financial support policies, disease education, homemaker services and more.
- Warm hand-offs and follow-ups ensure the caregiver gets needed services.
- No documentation, paperwork or insurance is needed.
- Bilingual navigation available in English and Spanish.

Who qualifies as a caregiver?

- Anyone 18+ who provides part-time or full-time care for a friend or family member
- **Care-recipient can be any age, with any type of physical, cognitive disability or chronic health condition - including mental health.**
- No insurance, ID, documentation, or note from a doctor is required
- Serves all Idaho residents

We care for Idaho's caregivers



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How to Refer

- “Is it ok if I submit a referral for you so a Navigator can reach out and tell you about the program?”
- All information is confidential and is never sold or used in any other way except to contact potential participants up to 3 times about the program.
- Click the “Refer a caregiver” button on our homepage. This form will provide you with an email receipt of the information you submitted for your records.

Other Options

- Have the caregiver click the “Caregiver Screener” button on our homepage, to take a brief screener, which will prompt a follow-up call.
- Call or email us Mon-Fri 9-5pm. Navigators are available evenings and weekends by appointment.



IDAHO DEPARTMENT OF
HEALTH & WELFARE



Contact Us

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This publication was made possible by the Money Follows the Person Grant 93.791 from the Centers for Medicare and Medicaid Services. Its contents are solely the responsibility of Boise State University and do not necessarily represent the official views of the Department or the Centers for Medicare and Medicaid Services.