



Preventing and Reducing Burnout for Idaho's Caregivers

Brought to you by the Idaho Caregiver Alliance, Family Caregiver Navigator is a free options-counseling service focused exclusively on the health and wellness of caregivers - not the person who is receiving care.

Using an evidence-based tool, Navigators conduct an assessment of caregiver needs and burnout factors, then generate a person-centered action plan with outside referrals. Warm hand-offs to services and follow-ups with the caregiver ensure caregivers connect with resources needed to improve their quality of life; be it respite care, support groups, training or other services.

Research shows that by supporting caregivers, we also support the patient (Montgomery, 2011). The initiative seeks to reduce the unnecessary use of emergency crisis services and long-term care facilities. In the process, the caregiver builds a sustainable plan so they can continue caregiving for the years to come.

Caregiver Navigator Model



The Navigator model puts the focus on the caregiver, not the person receiving care

Who Qualifies?

Any adult who supports a friend or family member with a physical, intellectual, cognitive disability or mental health condition(s). Program is free to participants and Medicaid enrollment is not required. Pilot project is currently serving all Idaho residents.

The Process

SUBMIT A REFERRAL

- Submit a referral on our website. Caregivers may also initiate contact to self-refer.

ASSESSMENT

- Navigator conducts an evidence-based assessment of caregiver's stress and burnout factors (i.e. task management, relationship to care recipient, emotional burden)

CARE PLAN

- Navigator creates person-centered action plan for caregiver's needs, providing formal and informal referrals via validated database. Provides warm hand-off when possible.

FOLLOW-UP PROTOCOL

- Automated text surveys keep the Navigator updated on caregiver progress. Caregiver and Navigator can meet to update or amend the care plan at anytime.



Contact Us

208-426-5899

info@caregivernavigator.org

caregivernavigator.org

Mon-Fri, 8am-5pm or by appointment



Visit the website to make a referral, download the toolkit and learn more about the project and our partners