



# FAMILY CAREGIVER SCREENING TOOLKIT

A Resource for  
San Francisco Bay Area  
Health Care Providers

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## A Resource for San Francisco Bay Area Health Care Providers

**N**early 48 million Americans provide care for an adult family member or friend. Despite the rewards and sense of purpose many get from caregiving, those in this “invisible workforce” oftentimes struggle with overwhelm, stress, financial challenges, and feelings of isolation.

By asking **two simple** questions during your next patient visit, you can help identify family caregivers who may need help — and directly connect them with the resources they need.

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### What’s in this toolkit?

1. **Family Caregiver Screening Sheet** — A printable sheet containing two questions to ask your patients.
2. **Top 17 Resources for Family Caregivers** — A go-to list of the resources rated most popular by the caregivers we serve.
3. **Information Sheet about Family Caregiver Alliance** — A takeaway for San Francisco Bay Area caregivers (or their care recipients) that describes our free services and support.

### Why use this toolkit?

- ▶ **Many family caregivers are struggling and need help** — 60 percent say finding services and support is difficult.
- ▶ **You can directly help caregivers** — most caregivers don’t talk to providers about caregiving challenges, but you can connect them immediately to needed services.

### Who should use this toolkit?

Health care providers such as physicians, nurses, medical assistants, physical therapists, dentists, podiatrists, audiologists, and other allied health professionals.

### About Family Caregiver Alliance

For more than 40 years, we’ve helped family caregivers of adults across the country who are living with chronic health conditions. A San Francisco-established nonprofit, we also serve as the Bay Area’s Caregiver Resource Center, providing local caregivers with in-depth, expert support and connections to resources and services in their communities. You can connect caregivers with one of our professional Family Consultants by faxing us a caregiver [referral](#) or passing on our contact info:

800.445.8106 [info@caregiver.org](mailto:info@caregiver.org) | [www.caregiver.org](http://www.caregiver.org).





## FAMILY CAREGIVER SCREENING SHEET

### *Two questions for your next patient visit*

These two questions can help you identify caregivers and connect them with free caregiving resources and support.



**“DOES SOMEONE HELP YOU WITH DAILY OR OCCASIONAL CARE?”**

**“DO YOU HELP AN ADULT FAMILY MEMBER WITH DAILY OR OCCASIONAL CARE?”**

#### **IF YES ...**

Ask your patient to let their caregiver know that:

#### **IF YES ...**

Let your patient know that free help is available — whether they're feeling overwhelmed or just need quality info:

**FAMILY CAREGIVER ALLIANCE** offers free resources, information, and personalized support at [www.caregiver.org](http://www.caregiver.org) or 800.445.8106.

resource library | classes & webinars | support groups  
personalized digital tools | 1:1 support | resources in multiple languages

**What is “daily or occasional care”?** It can include things like: ✓cooking meals ✓managing medication ✓transportation to health appointments ✓taking care of finances ✓facilitating physical therapy ... and much more.

**Check out our “Top 17 Resources for Family Caregivers”** at [www.caregiver.org/top17](http://www.caregiver.org/top17) — a round-up of our most popular articles, videos, and fact sheets for family caregivers needing expert guidance and advice.

**Are you one of America's 48 million family caregivers?** If so, you may have questions about care planning, your care recipient's health condition, daily care activities and more. Check out answers and guidance in these 17 resources\* — some of our caregiver clients' favorite articles, fact sheets and videos.

### DEMENTIA

- Caregiver's Guide to Understanding Dementia Behaviors [link](#)
- Dementia: Is This Dementia and What Does It Mean? [link](#)
- Ten Real-Life Strategies for Dementia Caregiving [link](#)

### SELF-CARE

- Taking Care of You [link](#)
- Emotional Side of Caregiving [link](#)
- Caregiver Relaxation Exercises [link](#)

### PLANNING FOR CARE

- Hiring In-Home Help [link](#)
- Caregiving at Home: A Guide to Community Resources [link](#)
- Residential Care Options: Housing Options [link](#)
- Hospital Discharge Planning [link](#)
- Pathways to Effective Communication for Healthcare Providers and Caregivers [link](#)
- Legal Planning for Incapacity [link](#)

### DAILY CARE

- Incontinence Care [link](#)
- Caregiver College (video series) [link](#)  
*Covers the basics of everyday caregiving tasks related to personal care.*
- Medication Management (video series) [link](#)  
*Gives guidance on all aspects of managing a care recipient's medications.*
- Safe at Home (video series) [link](#)  
*Covers home safety matters when caring for those with dementia.*
- Family Caregiving How-To (video series) [link](#)  
*Developed with Home Alone Alliance and AARP, this series covers specific medical/nursing tasks.*

### NEED MORE INFO?

- Search our extensive library of resources under [All Resources](#) on our website.
- Sign up for CareNav™, a free online dashboard (+ customized resources) for family caregivers.
- Need additional help? Contact us [info@caregiver.org](mailto:info@caregiver.org) or 800.445.8106.

### MULTIPLE LANGUAGES

- Many FCA resources, including some above, are available in Spanish, Vietnamese, Chinese, Tagalog, and/or Korean.

## VISIT OUR WEBSITE, EMAIL, OR CALL TODAY.

[www.caregiver.org](http://www.caregiver.org) | [info@caregiver.org](mailto:info@caregiver.org) | 415.434.3388 | 800.445.8106

For more than 40 years, Family Caregiver Alliance has worked to improve the quality of life for family caregivers and their care recipients through services, education, advocacy and research. We support and assist caregivers of adults with chronic or disabling health conditions regardless of race, ancestry, national origin, creed, gender, gender identity, religion, sexual orientation, disability, income, or age.

\*If you have a print-out of this list, go to [www.caregiver.org/top17](http://www.caregiver.org/top17) for the digital version containing live hyperlinks.



Family  
Caregiver  
Alliance®

## BAY AREA CAREGIVER RESOURCE CENTER

### *You're there for them. We're here for you.*

When you are caring for a chronically ill family member or friend, it's easy to forget to take care of yourself. For more than 40 years, **Family Caregiver Alliance/Bay Area Caregiver Resource Center** has recognized the unique needs of family caregivers and developed services and resources to meet these needs.

When you contact Family Caregiver Alliance (FCA), a staff member will speak with you about your caregiving situation. You can also ask to meet with an FCA Family Consultant for a caregiver assessment and care planning session. These support services are offered at no-cost to qualifying family caregivers in the greater San Francisco Bay Area.

## Our Services

### INFORMATION AND REFERRAL

FCA offers many resources and tools for caregivers including:

- **FCA CareNav™**, a simple, user-friendly tool designed to help families navigate the complexities of the caregiving journey. After completing a brief Care Review questionnaire, caregivers receive personalized, immediately useful, caregiver-recommended resources and support. **NOTE:** An FCA Resource Specialist will follow up with all caregivers who begin their journey with **CareNav** then connect them with a Family Consultant for additional services as needed.
- **High-quality information and training** of value to family and friend caregivers. This includes:
  - **Articles and overviews** on health conditions, planning for care, daily care, self-care, legal issues, and more.
  - **Educational webinars and videos** on a range of caregiving topics.
  - **Online and in-person classes** on caregiving topics such as understanding dementia behaviors, stress management, care planning, and practical daily skills for caregivers.
  - **Our monthly e-newsletter Connections**, which links you to issues and information important to family caregivers.
  - **Referrals to community programs** such as adult day care, support groups, home care, and respite.

### FAMILY CONSULTATION

- Our comprehensive Care Evaluation is an assessment of your individual care situation. Our professionally trained Family Consultants meet with the family caregiver (adult child, spouse/partner, other relative, or friend) to gather key information about the caregiving situation to help the caregiver create a Care Plan.
- Determine eligibility for legal/financial consultation, support groups, respite services, and individual counseling
- Help with long-term planning
- Ongoing support throughout your caregiving journey

### ELIGIBILITY

Family Caregiver Alliance (FCA) serves as the Bay Area Caregiver Resource Center, one of 11 Caregiver Resource Centers throughout California.

FCA works with families caring for those with an adult-onset brain impairment such as Alzheimer's disease, stroke, Parkinson's disease, multiple sclerosis, amyotrophic lateral sclerosis (ALS), Huntington's disease, traumatic brain injury (TBI), HIV-associated neurocognitive disorder, or brain tumor in Alameda, Contra Costa, Marin, San Francisco, San Mateo, and Santa Clara counties.

FCA also assists family caregivers of adults age 60 and older regardless of diagnosis in Alameda, Contra Costa, San Francisco, and San Mateo counties.

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Family Caregiver Alliance supports and assists caregivers of adults with chronic or disabling health conditions. FCA services are available to caregivers regardless of race, ancestry, national origin, creed, gender, gender identity, religion, sexual orientation, disability, income, or age. FCA is part of California's statewide system of Caregiver Resource Centers, offering information, education, publications, care planning, legal/financial consultations, and respite assistance. FCA services are partially funded by California's Department of Health Care Services (DHCS) and Area Agencies on Aging through the National Family Caregiver Support Program. Private foundations, families, friends, and caregivers also donate to FCA to help us continue our support services.