

# Family Caregiver Center of New Mexico

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# Financial Disclosures

None to report

# Objectives

- Learn about the Family Caregiver Center of New Mexico (FCCNM)
- Understand who family caregivers are
- Understand the impact of caregiving
- Learn about our services and how to refer family caregivers to FCCNM

# Family Caregiver Center of New Mexico

We provide services to those caring for adults 18 years and older.

All services are available in person and virtually.

All services are free.

Our mission is to support family caregivers through the challenges of caring for someone with a chronic illness or disabling condition.

# Who Is A Family Caregiver?

- A family caregiver can be a spouse, partner, chosen family, adult child, parent, relative, or friend.
- They care for a loved one with a serious illness, a chronic disease, an intellectual or developmental disability, or a severe mental illness.
- They aid with the social and health needs of loved ones with serious diseases or conditions. This type of informal help can range from periodic phone calls and visits, meal prep, household chores, grocery shopping, and emotional support, to everyday assistance and responsibility for all personal care.



## Family Caregiver Facts to Know

↑ as of 2020  
**24%**  
more Americans  
are caring for **more  
than** one person.



**Today's** family  
caregivers are

**61%**  
women



**39%**  
men



**60%**

of family caregivers  
are **employed**,  
full or part-time  
somewhere else.



Thank a caregiver today.



# Who Are New Mexico's Family Caregivers?

- According to the 2015 New Mexico State Plan for Family Caregivers, published by the state's Aging and Long-Term Services Department, **one in five New Mexicans** takes care of an adult family member, chosen family, close friend or neighbor with a serious illness or disabling condition.
- Each year 419,000 New Mexicans provide more than 274 million hours of unpaid family care.



# Why Family Caregivers Need Our Support

High rates of  
depression and  
anxiety

Increased  
vulnerability to  
health problems

High levels of  
stress and a  
sense of  
powerlessness

Increased  
feelings of  
loneliness and  
social isolation

Stress related to  
personal finances  
and future  
financial security



# Signs of Caregiver Burden and Isolation

- Physical exhaustion
- Unable to concentrate
- High levels of stress and a sense of powerlessness
- Loss of interest in activities previously enjoyed
- Negative emotions
- Lack of sleep
- Getting sick more often
- Frustration, irritability, or short temper
- Withdrawal from friends and family
- Changes in appetite and/or weight

# Our Services

*We Care for  
Those  
Who Care for  
Others*

Powerful Tools for Caregivers

Support Groups

Care Navigation

# Powerful Tools for Caregivers



**Powerful Tools for Caregivers** is a FREE six-week educational course that focuses on coping skills, self-care tools, and stress management strategies.

# Support Groups

**Support Groups** offer understanding, validation, and acceptance. Groups provide compassionate and comforting spaces for family caregivers to connect with one another.



# Care Navigation



**Care Navigation** provides individualized support to help caregivers access resources to meet their specific needs.

Our Care Navigators take the time to understand each caregiver's situation, brainstorm solutions, and create caregiving plans.

# How To Refer Family Caregivers

## Promote Self-identification

- Spouses, partners, parents, adult children, and friends see the care they provide as part of the love they bring to those roles. However, they are also performing a new care role that can be challenging and overwhelming.
- Helping family caregivers self-identify by listening, reflecting, and focusing attention on this role is a great place to start when bringing up the Family Caregiver Center and our services.

## Warm Handoffs/Referrals

- Suggest the caregiver call us directly.
- Get permission from the caregiver for the Family Caregiver Center to call the caregiver directly.
- Coordinate a phone call or Zoom meeting time with an FCCNM Care Navigator to do a warm handoff.

# Funding Sources

- FCCNM is a new entity, but with amazing support from governmental organizations, private foundations, corporate partners, and individual donors, we will be around for the long haul.
- Our annual budget is just over \$300,000 per calendar year. We have a three-year contract with the City of Albuquerque that covers more than 2/3 of our growing budget. Generous support from private foundations and individual donors helps leverage this grant and ensure flexibility to respond to needs and expenses.
- We invite you to join in partnership to help sustain our work, as we grow to fill gaps across all of New Mexico.

# Thank You!

Thank you for helping make our vision into a reality for the caregivers in your workplaces, families, friends, and communities.

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