



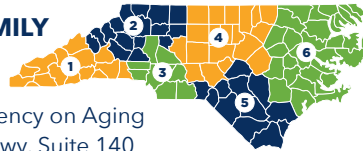
## NC PROJECT C.A.R.E.

Alzheimer's dementia is the sixth leading cause of death in the United States, and yet there is no cure. In North Carolina, over 160,000 people have Alzheimer's or another type of dementia.

Families are profoundly affected, not only by the impact on an individual's life, but also how it reshapes the family dynamic. It is well known that family caregivers provide most of the care for individuals living with dementia and they may do so for many years. Oftentimes, this care causes significant emotional, health, and financial challenges for the caregiver(s) and their family.

Our specially trained, family consultant team coaches caregivers as they learn about the disease, develop new coping skills, and find solutions to pressing situations and circumstances. Project C.A.R.E. is funded by the State of North Carolina to assist family caregivers as they navigate the challenges caused by dementia.

## PROJECT CARE FAMILY CONSULTANTS



- 1) Land of Sky Area Agency on Aging  
339 New Leicester Hwy, Suite 140  
Asheville, NC 28806  
828-251-7432  
[www.landofsky.org/aaa](http://www.landofsky.org/aaa)
- 2) Western Piedmont Area Agency on Aging  
1880 2nd Avenue NW  
Hickory, NC 28601  
828-485-4267  
[www.wpcogaaa.org](http://www.wpcogaaa.org)
- 3) Mecklenburg County Department of Social Services  
Valerie C. Woodward Center  
3205 Freedom Drive  
Charlotte, NC 28208  
980-314-7801  
[www.mecknc.gov/dss/adults/Pages/default.aspx](http://www.mecknc.gov/dss/adults/Pages/default.aspx)
- 4) Duke Dementia Family Support Program  
3600 Duke University Medical Center,  
Durham, NC 27710  
919-660-7510  
[www.dukefamilysupport.org](http://www.dukefamilysupport.org)
- 5) Cape Fear Area Agency on Aging  
1480 Harbour Drive  
Wilmington, NC 28401  
910-408-6365  
[www.capefearcog.org/area-agency-on-aging/project-c-r-e/](http://www.capefearcog.org/area-agency-on-aging/project-c-r-e/)
- 6) Albemarle Commission Area Agency on Aging  
512 S. Church St.  
Hertford, NC 27944  
252-414-3230  
[albemarlecommission.org/area-agency-on-aging/](http://albemarlecommission.org/area-agency-on-aging/)

## FOR MORE INFORMATION:



NC DEPARTMENT OF  
**HEALTH AND HUMAN SERVICES**  
Division of Aging and Adult Services

[www.ncdhhs.gov/assistance/adult-services/project-care](http://www.ncdhhs.gov/assistance/adult-services/project-care)

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# NORTH CAROLINA PROJECT C.A.R.E.

CAREGIVER ALTERNATIVES TO RUNNING ON EMPTY

**DIVISION OF AGING AND  
ADULT SERVICES**



## WHAT IS PROJECT C.A.R.E.?

Project C.A.R.E. (Caregiver Alternatives to Running on Empty) is a North Carolina funded program supporting family caregivers of people living with Alzheimer's disease or other related dementia(s). The program utilizes a care consultation model providing information and referral services, dementia specific education, caregiver assessment and care planning. The family consultants are regionally located, and work collaboratively with local community-based services and networks including 16 NC Area Agencies on Aging and the Family Caregiver Support Program.



## INFORMATION & REFERRAL SERVICES

Connecting families with available community resources and services in an attempt to meet the unmet needs of family caregivers including dementia-specific information, caregiver education, support groups, community-based services and supports, and referral to entitlement programs.

## EDUCATION

Dementia-specific education and training is provided to assist families to better understand the disease and the progressive changes that could occur. Common topics include behavioral management, safety in the home, caregiving coping strategies, and caregiver self-care and well-being.



## CARE CONSULTATIONS

Family consultants provide face-to-face and telephonic person-centered care counseling to unpaid primary family caregivers. During this coaching process, an individualized care plan is developed with the caregiver based upon an assessment to address their areas of concern. The consultant will follow up for a short period of time assisting the caregiver as needed.

To be eligible for care consultation, the care recipient has been diagnosed with Alzheimer's or other related dementia(s) and the adult caregiver recognizes they can benefit from case management.

Oftentimes, caregivers may need respite which provides a temporary break from the stresses that can be associated with caregiving. Vouchers may be available for care consultation clients who need financial assistance to pay for the respite. Consumer-directed respite may be provided in several ways:

- In-home care,
- Adult day care,
- Group respite, or
- Long-term care facility.