

Statewide Needs Assessment of Unpaid ADRD Caregivers in Texas: A Focus on the Border Region

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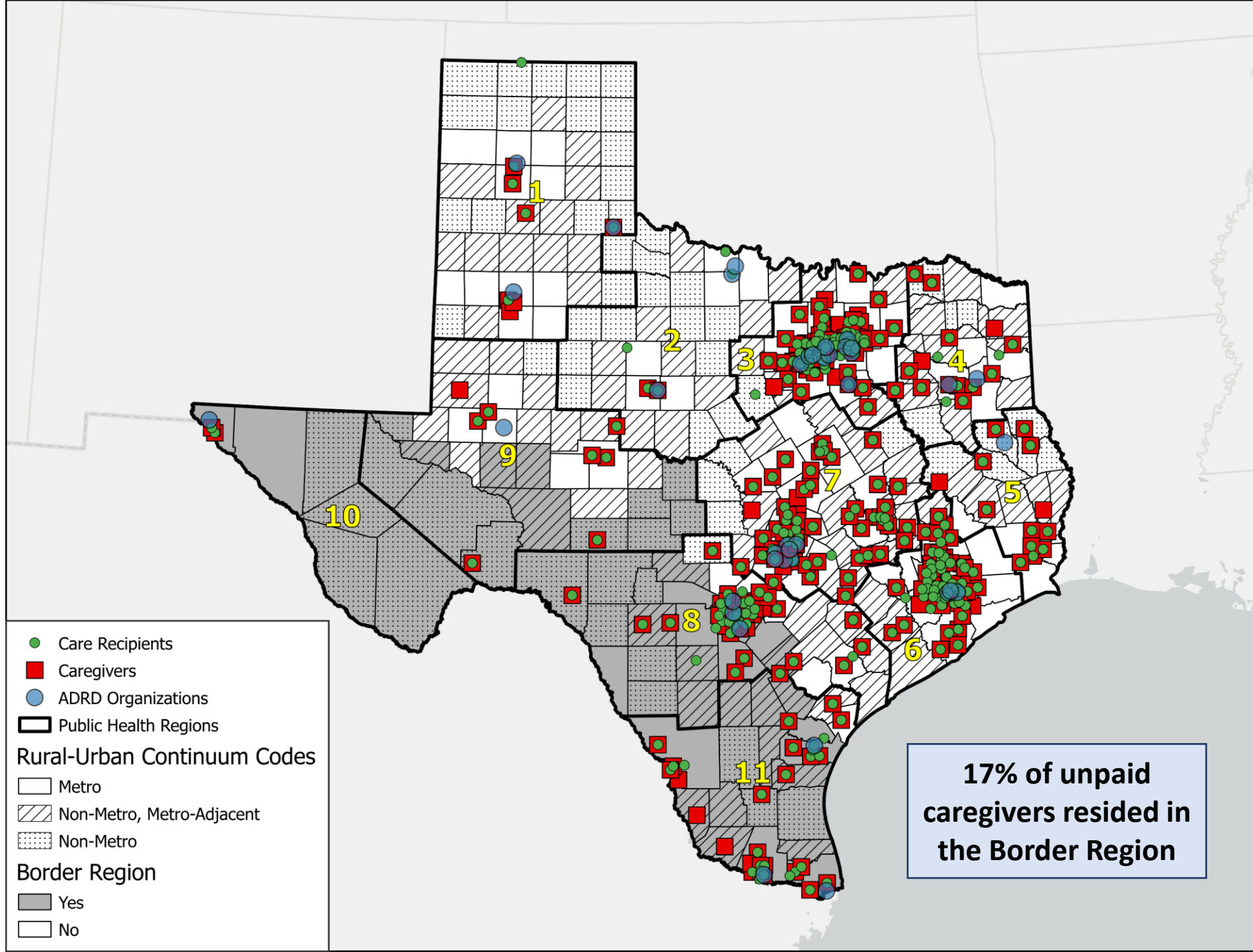
- AgriLife Extension
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Needs Assessment Overview

- Statewide needs assessment to determine the adequacy of community resources for unpaid Alzheimer's Disease and Related Dementias (ADRD) caregivers in Texas
 - Availability, accessibility, and utilization
 - Barriers to services and unmet need
 - Perceptions about community and requests for resources
- Two interrelated internet-delivered surveys
 - Unpaid ADRD caregivers (n ≈ 580)
 - Organizations that serve/support unpaid ADRD caregivers (n ≈ 84)
- Four Community Discussion Groups (CDG)
 - In-depth qualitative perspectives from organizations serving unpaid ADRD caregivers in areas of high ADRD burden



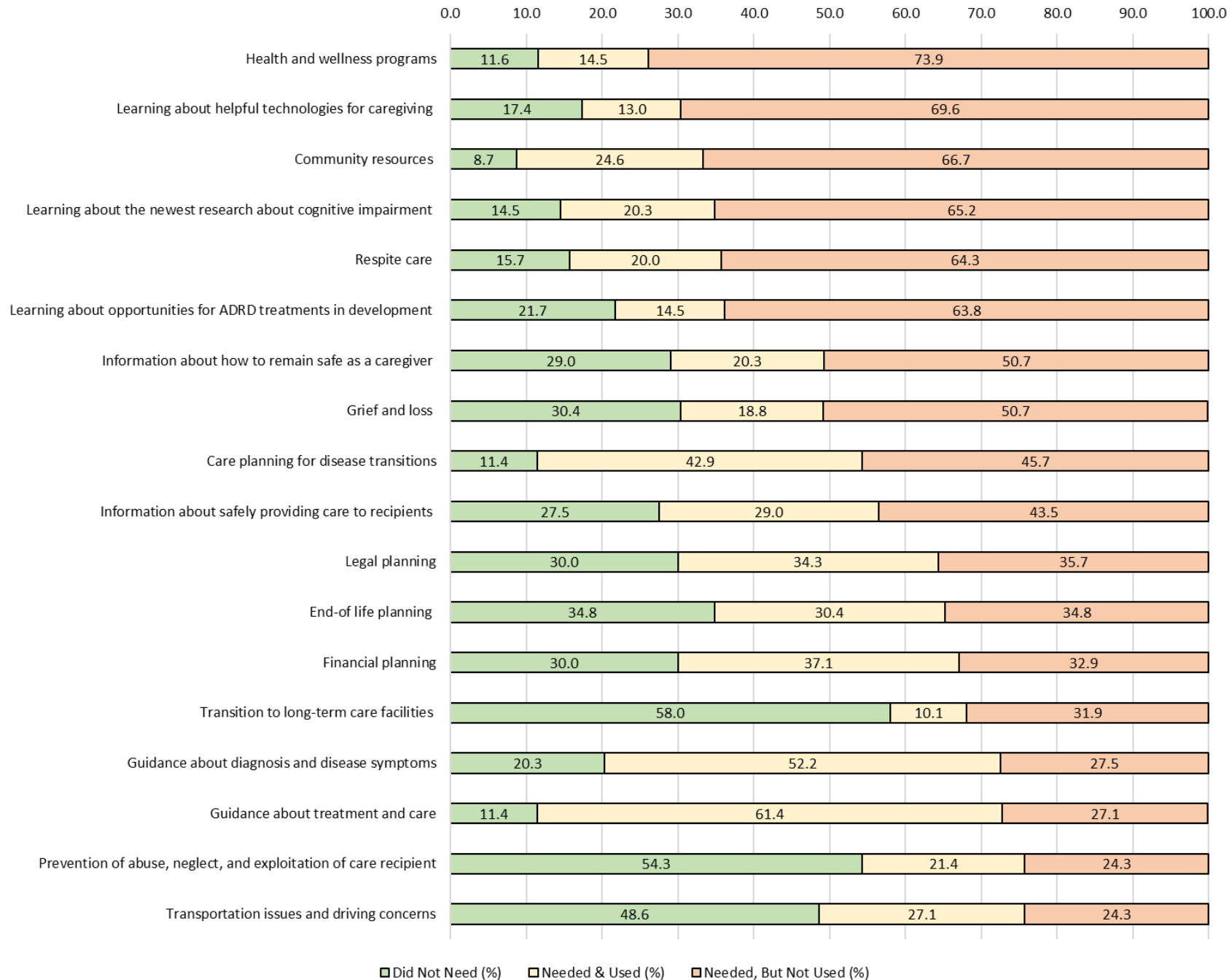


Punchlines: Finding Overview

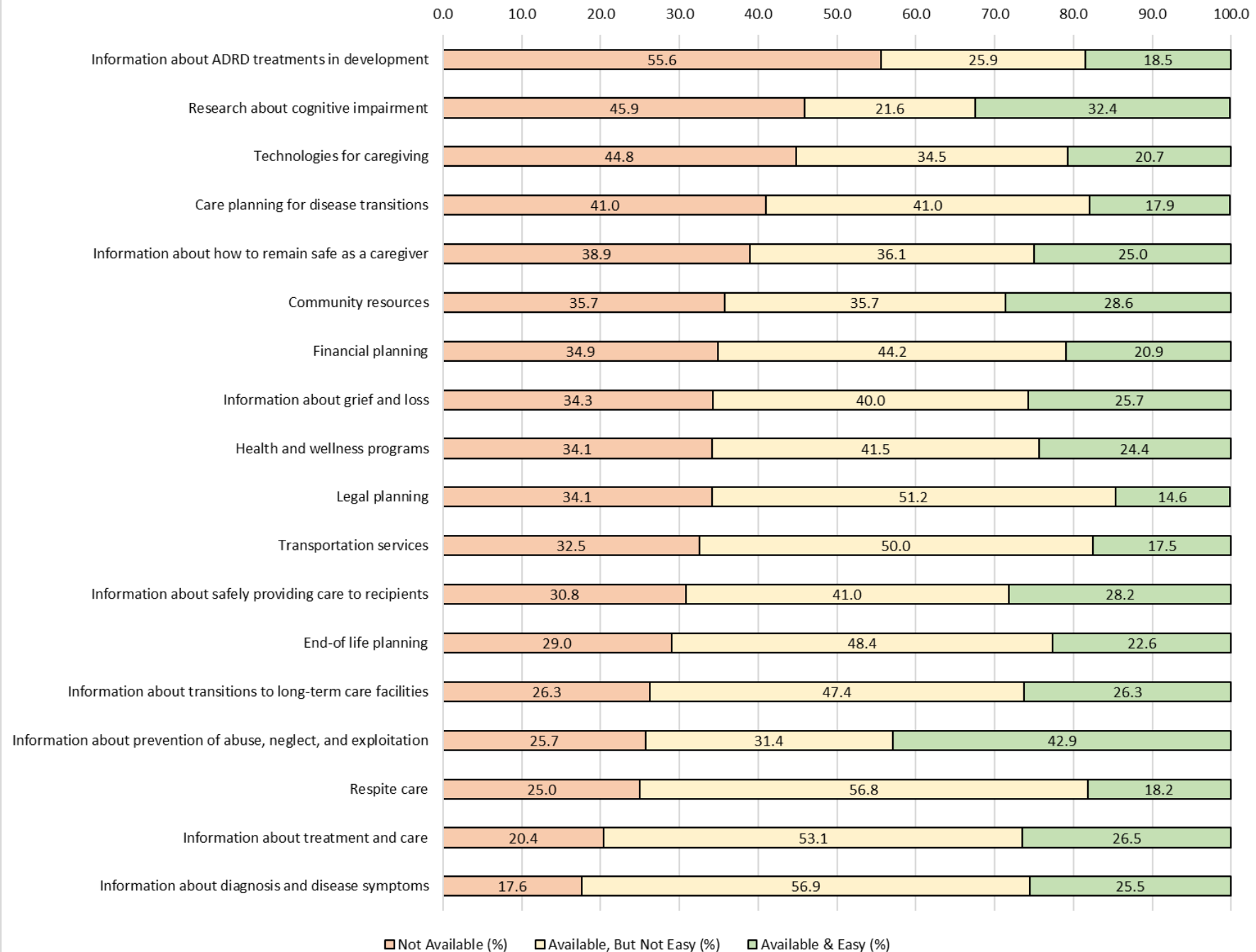
- Caregivers and organizations agree that:
 - Awareness is too low among caregivers
 - Service availability is insufficient in many communities
 - Services are not universally easy to access
- Relative to those outside the Border Region, *caregivers in the Border Region reported:*
 - ***Service Under-Utilization (needed, but not used)***
 - Health/wellness programs, information about safety (for caregiver and care recipient), end of life planning, learning about ADRD treatments in development
 - ***Service Access Gaps (not available or difficult to get to)***
 - Information (treatment and care, safety, grief and loss), planning (care for transitions, financial, legal, end of life), research about cognitive impairment
 - ***Barriers***
 - Health, social support, transportation



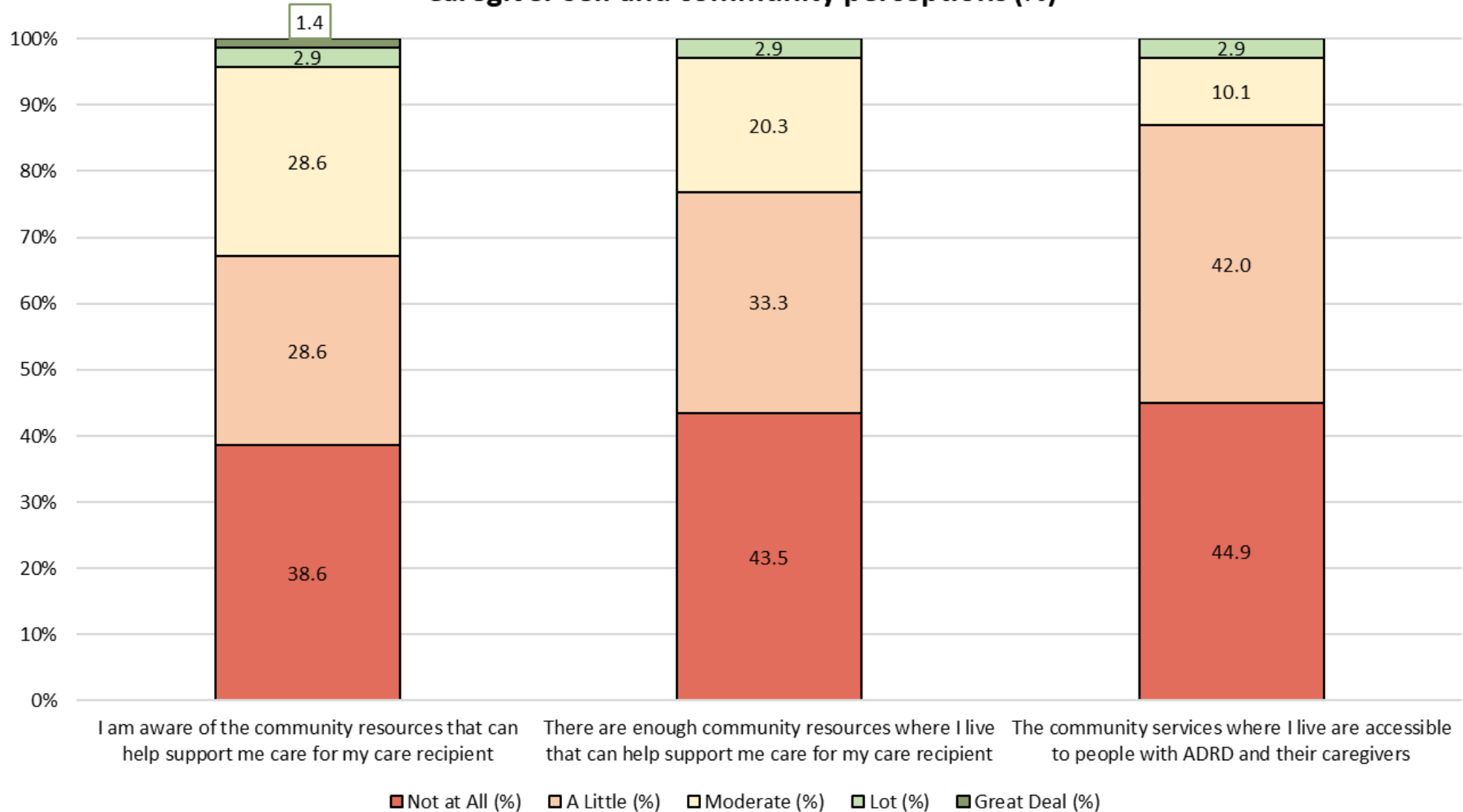
Caregiver need for, and use of, services and resources (past 6 months) (%)



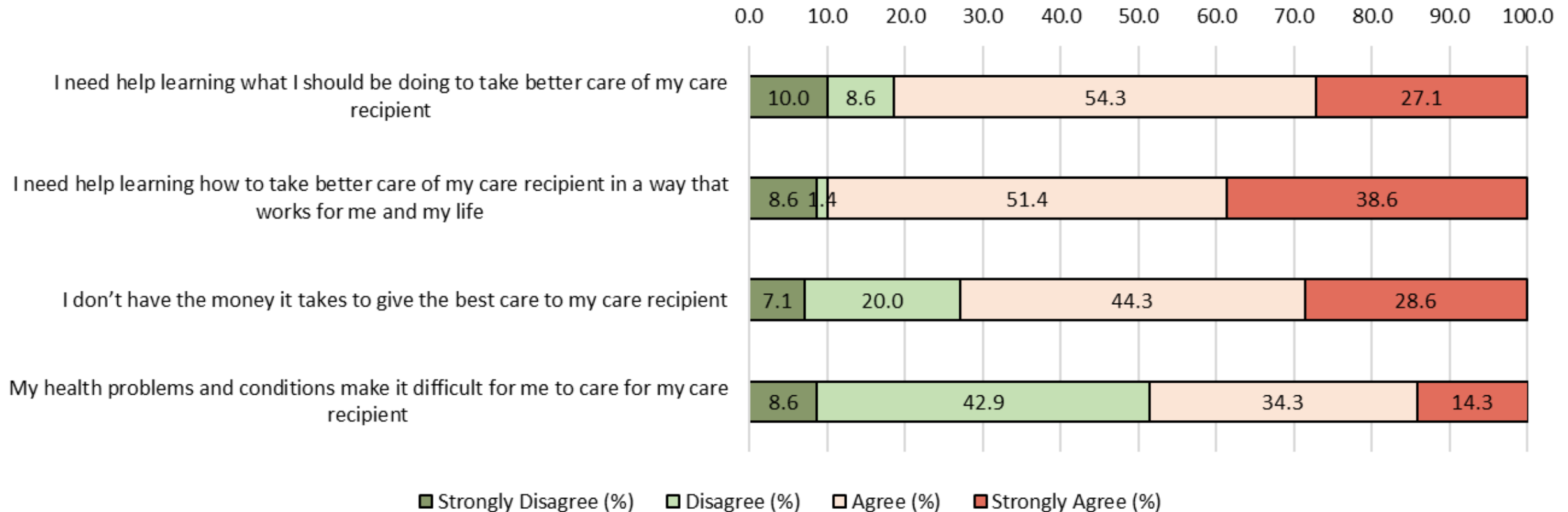
Caregiver beliefs that services and resources are available and easy to access in their area (%)



Caregiver self and community perceptions (%)



Caregiver barriers to providing optimal care (%)



57% of caregivers reported not knowing who to call for what they need

Take-Aways

- Caregivers need support that is:
 - Easy to find
 - Culturally appropriate
 - Affordable
 - Available early in the dementia journey
- Organizations and policymakers can act by:
 - Making services visible and simple to navigate
 - Expanding respite care, health/wellness services, and transportation supports
 - Training providers to support caregivers from diagnosis onward
 - Investing in the workforce and infrastructure that sustain caregiving in Texas



Phased Recommendations for Action

Short-Term Quick Wins

Raise Awareness

- Launch and expand community awareness campaigns in plain language (radio, clinics, social media)

Navigate

- Station navigators in priority locations
- Provide informational kits to share with caregivers at the time of ADRD diagnosis (local resources, contacts, planning tools)

Focus on Caregiver Health

- Screen caregivers for stress, depression, burnout) during routine care visits
- Introduce and pilot new wellness programs (virtual and in-person)

Transportation

- Introduce voucher or volunteer driver programs in rural-underserved areas

Medium-Term Build Capacity

Service Expansion

- Scale respite care (e.g., in-home, adult day services, volunteer-based)
- Establish co-located service hubs and bundle virtual services
- Expand digital literacy programming

Workforce Development

- Incentivize professionals to work in rural/under-served areas (e.g., stipends, loan repayment)
- Enhance training for community health workers and *promotoras*
- Develop student training and volunteer pipelines for respite and dementia care

Tailor for Expansion

- Establish multi-lingual hotlines, programs, and resources
- Launch targeted outreach strategies

Long-Term System Transformation

System Sustainability

- Support advisory councils to guide policy and track progress
- Create harmonized online systems for service referral, navigation, and data sharing

Financial Supports

- Promote subsidies, stipends, and tax credits for unpaid caregivers
- Expand financial/legal counseling services statewide
- Support low-cost/subsidized respite and wellness programs

Technology Infrastructure

- Expand broadband in rural areas
- Promote hybrid service delivery

The Full Report

- Highlights the services provided in Texas while identifying unmet needs and barriers to service access and utilization
- Includes recommendations for progress
- Report Elements (available for download)
 - Executive Summary
 - Full Report
 - Infographics
- To access the Report, visit:
 - <https://ccha.tamu.edu/projects/alzheimers-disease-related-dementias.html>

