# Family Caregiver Support Program Policy and Procedure Manual

Policies and procedures for Area Agency on Aging staff working in the TCARE Screening and Assessment tool. The TCARE tool is imbedded in the GetCare system.

#### Ask the Expert

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FCSP, TCARE information and training resources

CLC/GetCare

<https://www.waclc.org/consite/index.php>

TCARE Assessor Training

<https://certification.tailoredcare.com/login/index.php>

Medicaid Alternative Care (MAC)

<https://www.hca.wa.gov/free-or-low-cost-health-care/i-help-others-apply-and-access-apple-health/medicaid-alternative-care-mac>

Tailored Supports for Older Adults (TSOA)

[<https://www.hca.wa.gov/free-or-low-cost-health-care/i-help-others-apply-and-access-apple-health/tailored-supports-older-adults-tsoa>](https://www.hca.wa.gov/free-or-low-cost-health-care/i-help-others-apply-and-access-apple-health/tailored-supports-older-adults-tsoa)

## Family Caregiver Support Program (FCSP) Background

Supporting unpaid family caregivers keeps Washington families together and means less people will need to access more costly in-home and residential services. These unpaid family caregivers need support to help prolong their ongoing caregiving activities as well as ensure their own mental and physical health stays intact while coping with related challenges. Research suggests that it is helpful to understand how a caregiver is feeling about their role to tailor the support to their individual needs.

The Family Caregiver Support Program (FCSP), established in 2000, is available in every county in Washington and offers unpaid family caregivers tailored services and resources. There are two goals for the FCSP:

• To provide information and support to unpaid family or other unpaid caregivers (whose care receivers are not involved with the Medicaid funded Long-Term Care service system), and

• To postpone or prevent the need for more expensive forms of care for adults (care receivers) needing ongoing care or supervision.

In 2007, the legislature revised 74.41.050 RCW mandating development of an evidence-based tailored caregiver assessment and referral tool. There was also legislative intent to have greater consistency in both policy and services within the FCSP. The Tailored Caregiver Assessment and Referral (TCARE®) protocol was the model that best matched the legislative mandate and intent. The company that officially oversees the management of TCARE® is Tailored Care (TCARE® Incorporated). Find more information regarding TCARE at tcare.com

Beginning July 2009, Washington started using the TCARE® tool for FCSP. The TCARE® process is based on the premise that providing the right service at the right time best supports those unpaid family caregivers who are burdened by their caregiving responsibilities. TCARE® includes screening, assessment, consultation and service planning elements, designed to be utilized with the FCSP and is administered through the Area Agencies on Aging (AAA).

TCARE® is a theory-driven protocol designed to identify measures of caregiver stresses and produce recommended services and supports to address those stressors. The goals, strategies and services are determined based on the results of a screening and assessment using multidimensional measures of caregiver stresses and uplifts, depression scores, identity discrepancy as well as care receiver Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs) scores. This protocol identifies and prioritizes services using a person-centered planning process targeted to support the caregiver’s abilities to provide care for the care receiver as well as to better care for themselves.

The certified TCARE assessor is tasked with helping caregivers build insight into their caregiving journey so they can use information and skills provided to prepare them for future needs of their care receiver. Skilled and supported caregivers are more likely to navigate a caregiving journey with better physical and mental health.

Aging and Long-Term Support Administration (HCLA) administers FCSP through funds primarily received from state and federal monies as well as other funding and unpaid supports.

## FCSP Caregiver Eligibility

### Who is Eligible to Receive FCSP Services?

Under the Washington State FCSP, an eligible “family caregiver” is an individual who is a spouse, relative neighbor or friend who has primary responsibility for the care of an adult with a functional disability\* and who does not receive financial compensation for the care provided. (RCW 74.41)

Under the **National FCSP (Title IIIE – Older Americans Act)**, family caregivers are:

* Adult family members or other informal caregivers providing care to individuals 60 years of age and older
* Adult family members or other informal caregivers providing care to individuals of any age with Alzheimer’s disease and related disorders
* Older relatives, including parents, age 55 and older providing care to adults ages 18-59 with disabilities

National FCSP **(Title IIIE – Older Americans Act)** Definition of Greatest Economic and Social Need

* For the purposes of prioritization of local services, Greatest Economic Need is defined in accordance with 45-CFR-1321.3.

\*The term functional disability refers to any reduction in the adult’s ability to perform essential activities of everyday life. These activities are necessary to maintain health, independence and quality in an adult’s life.

### Can Caregivers who Live Outside of Washington Participate in FCSP?

Please refer to local AAA policy.

It is not a state requirement that caregivers live in the state of Washington. Caregivers must be caring for a care receiver who lives in Washington.

### What is Considered Financial Compensation?

If an individual receives wages for the care they provide to the care receiver, these wages are considered financial compensation. However, if transportation or lodging/room & board is offered to a family member to make it possible for them to provide care, these types of costs are allowable and not considered as financial compensation.

### How is the Caregiver Age Requirement Different from State (SFCSP Funding Rules) to National (NFCSP Funding Rules)?

The age of the caregiver is not specified under the statute for the State FCSP(SFCSP), whereas under the National FCSP(NFCSP) the caregiver must be an adult, 18 and over, in order to be served.

### What is the Priority Caregiver Population for State FCSP (SFCSP)?

The state legislature’s priority population for the State FCSP (SFCSP) is unpaid family caregivers whose care receivers are not receiving Medicaid funded, Long-Term Care Services (e.g., CFC/ COPES, Medicaid Personal Care or MAC/TSOA). The SFCSP is viewed as a resource to help divert care receivers from the Medicaid long- term care system by way of supporting the unpaid caregiver. When SFCSP support is requested for an unpaid family caregiver whose care receiver is getting a Medicaid funded long-term care service, an Exception to Policy (ETP) should be utilized to track total caregivers served whose care receivers use Medicaid services.

### What is the Current Eligibility Threshold for Step 3 for any New Unpaid Caregiver Who Enrolls in the FCSP?

In order for a family caregiver to access the full TCARE® system (screening, assessment, consultation/care plan and services as recommended by the TCARE® algorithm) a family caregiver must have either:

* One high score in any of the three caregiver measures (relationship, objective, stress) or in depression or identity discrepancy; or
* A total of three medium scores in the caregiver measures scales, inner struggle or family role as indicated in the TCARE® screen.

Statewide eligibility thresholds may be changed in the future depending on available funding and/or demand.

**NOTE:** Please verify your local AAA eligibility policy.

## FCSP Processes

At all levels of planning for caregiver services, FCSP encourages family caregivers to seek available low cost and no cost supports (friends, family, faith communities) and other funding sources (e.g., Medicare, Apple Health, health and long-term care insurance, Veteran’s benefits) to supplement state and federal FCSP funding.

**TCARE Assessor Wisdom:** Many caregivers will need more than one contact before agreeing to engage in the TCARE process. Taking time to build a trusting relationship with the caregiver is very important to the process. When the screener/case manager/Family Caregiver Specialist takes time to develop a trusting relationship with the caregiver, the caregiver will be more willing to share information about sensitive subjects like depression and feelings of guilt. That trust will go a long way in helping the caregiver develop insight into their caregiving experience.

### Step 1: Gathering Demographic Information

Step 1 level of services in the FCSP protocol is gathering and entering the demographic information into the GetCare system. (See OAAPS minimum data set in the GetCare Library for guidance on required demographic elements.)

When a family caregiver is identified as needing FCSP's Information & Assistance services, the caregiver and care receiver should be entered into the GetCare system. Washington needs the data about the people we serve for planning, reporting and requesting additional state and federal funding. Use progress notes in GetCare to document one time only funding.

### Step 2: TCARE Screen

Step 2 level of services begins with the TCARE® Screen. The screen provides a triaging tool compiling questions answered by the unpaid caregiver to assess risk factors for burnout from caregiving task(s). TCARE® screenings can be conducted in a variety of settings: in person, by telephone, or through a self-screen form, called the Family Caregiver Survey. The scores from the TCARE® screen determine unpaid caregiver eligibility for Step 3 Level Benefits.

#### What screen scores make a caregiver eligible for an assessment?

When using the screen for purposes of assessment eligibility, a caregiver must have a score of **One High or Three Mediums** in any of the following components to advance to an assessment, which is the next step in this process.

|  |  |  |
| --- | --- | --- |
| **1 high score in any of the following components:** | **OR** | **3 medium scores in any of the following:** |
| Stress Measure | Stress Measure |
| Relationship Measure | Relationship Measure |
| Objective Measure | Objective Measure |
| Inner Struggle | Inner Struggle |
| Family Role | Family Role |

Before finalizing a TCARE® Caregiver Personal Survey that has been sent to the local AAA/contractor’s office, it is best practice that a TCARE® Screener or Assessor contact the caregiver to discuss their answers and respond to any questions they may have had in filling out the survey. This is especially true for caregivers who speak English as a second language, or don’t speak English. The process of contacting the caregiver and entering the screening scores in the GetCare system must be completed within **10 business days.**

## TCARE ASSESSMENT AND Care planning

### Step 3: TCARE® Assessment

The full TCARE® Assessment process includes all of the screening questions, as well as assessment questions focused on both the caregiver’s experience regarding the kinds and amount of care tasks they provide for the care receiver and the care receiver’s health condition. Some of the major areas covered in the assessment: care receiver behaviors, memory issues, Activities of Daily Living (ADL), Instrumental Activities of Daily Living (IADL), cognitive performance questions and diagnoses/conditions.

# One home visit at any time during the TCARE® assessment process; (Full Assessment, including all Screen and Assessment questions, consultation, care plan and verbal approval by the unpaid family caregiver) is required before services can be authorized during the initial assessment process as well as during subsequent annual TCARE® reassessment processes (Step 3).

# · If the caregiver and care receiver reside together, at least one annual home visit must occur in the home with both caregiver and care receiver present. This home visit allows the assessor to evaluate the care receiver’s living situation.

# · When caregiver and care receiver don’t live together, a home visit in the care receiver’s home is strongly encouraged.

# · If the care receiver is unwilling to have a home visit take place, consult with your supervisor, and enter a progress note in GetCare.

### Step 3 Eligibility

Verify FCSP Caregiver eligibility parameters with your local AAA as they may be different than state policy.

•In order for an unpaid family caregiver to be eligible to access the full TCARE® system (screening, assessment, consultation/care plan and services as recommended by the TCARE® algorithm) a family caregiver must have either:

* One high score in any of the three caregiver measures (relationship, objective, stress) or in inner struggle or identity discrepancy; or
* A total of three medium scores in the caregiver measure scales, inner struggle or family role as indicated in the TCARE® screen.

Statewide eligibility thresholds may be changed in the future depending on available funding and/or demand.

**NOTE:** If a AAA needs to vary its Step 3 eligibility criteria from that which is stated above, ALTSA FCSP staff must be notified in writing of the reason for this change and approve it prior to the eligibility change being implemented.

**NOTE:** If a AAA needs to vary its Step 3 eligibility criteria from that which is stated above, ALTSA FCSP staff must be notified in writing of the reason for this change and approve it prior to the eligibility change being implemented.

**TCARE Assessor Wisdom:** Some AAAs complete an assessment even if a caregiver doesn’t qualify for an assessment. These AAAs believe that an assessment is an opportunity for caregivers to take a look at their journey. If they don’t have the score levels to make them eligible by state standards, the AAA doesn’t have to choose to support them with respite or other expensive services. Or AAAs can use an ETP if the assessor believes the caregiver will benefit from respite. The thinking behind this is that many caregivers won’t understand that they are a caregiver until they answer those questions. The conversations and insight that comes with a TCARE assessment can help the assessor build a trusting relationship. Over time, the caregiver may feel more comfortable in sharing.

The caregiver can remain active in the FCSP if their care receiver does not want to participate in the program. However, for the caregiver to receive respite care or other ongoing services, the care receiver needs to be willing to receive care from a respite provider agency that provides in- or out-of-home respite services.

**FCSP Policy Reminder:** To be eligible for Respite Services paid through FCSP, a caregiver must provide a minimum of 40 hours of care per week (including supervision) or live with the care receiver who needs ongoing help. See WAC 388-106-1210

Available Resources: After completion of an assessment, a caregiver is eligible to receive services associated with the TCARE algorithm selected strategies identified in TCARE® and/or any service the caregiver desires if it is available at the local AAA.

**FCSP Policy Reminder:** TCARE® Assessors employed by a community FCSP TCARE® subcontractor through an AAA are required to inform caregivers of all the relevant, available services in their community, including all FCSP services contracted by the local AAA. This is to ensure that caregivers have sufficient information to make well informed choices on services that may best suit them.

## Consultation/Care Plan Draft

After an assessment is completed, the TCARE® assessor consults with the caregiver to facilitate service planning. The consultation with a caregiver helps to determine which services will comprise the final care plan and helps to explain the potential benefits of the services to the caregiver. It is important that the caregiver understand why the assessor is recommending the services. Helping the caregiver see WHY certain services are being recommended is important and will assist the caregiver to make decisions about what services they will accept.

A draft version of the care plan is developed by the TCARE® assessor after a TCARE assessment is completed. The consultation with a caregiver is a person- centered conversation, that reflects

• The information the caregiver gave during the assessment

• The caregiver’s beliefs, preferences and wishes

• The goals, strategies and the algorithm determine which services will be recommended in the draft care plan.

• Only the services accepted by the caregiver will be included on the final care plan.

**TCARE Assessor Wisdom:** During consultation, it is best practice to talk about wellness and the importance of finding time for respite and other forms of self care. Including a wellness activity in the care plan will help to remind the caregiver of the importance in managing their own mental and physical health.

### Health Goal

It is important to talk with caregivers about a health goal regardless of depression score. Health Goal is to be addressed during the TCARE® Consultation process. Our data reports at least 40% of caregivers in Washington have some signs of clinical depression. Caregiver stresses and other components, including caregiver’s inner struggle can affect both mental and physical health in caregivers.

### What is the Timeframe for Staff to Complete a TCARE® care plan for a family caregiver?

**FCSP Policy Reminder:** TCARE® Assessment process within CLC/GetCare: For an assessment to be complete, FCSP staff needs to move the assessment from draft to locked status and send the assessment to TCARE Inc. for the TCARE® algorithm to run. In the TCARE® assessment process within GetCare a screen must be moved from draft to locked within 30 calendar days to avoid repeating the screening process with the caregiver. A copy to review function is built into the GetCare/TCARE® system so that responses in the screening can be populated into a new assessment. All questions need to be asked during each screen or assessment process.

The Final Caregiver Care Plan is developed from the draft version of the Caregiver Care Plan. The plan will include the agreed upon services and expected outcomes.

Outcomes need to be measurable and specific. For example, instead of stating that a caregiver will learn how to transfer the care receiver from the bed to wheelchair, the assessor might include a statement in the Care Plan that says, “Caregiver will report having less back strain after receiving instruction on safe transfer skills.” This will promote conversation at next rescreen and teach the caregiver about the importance of self care.

**Care Plan Approval**

Since the family caregiver is the client for the TCARE assessment process and care plan, the TCARE® Assessor will request the caregiver’s signature on the Caregiver’s Care Plan.

* The caregiver’s signature signifies acknowledgment of services and receipt of the Caregiver Care Plan.
* Do not delay services if caregiver’s signature has not been obtained. Only the caregiver’s verbal approval is needed to begin services.
* The care receiver’s signature or verbal approval is never required in FCSP.
* The TCARE® Assessor signature is required to acknowledge the agreement between the two parties.

Available Resources: After completion of an assessment, a caregiver is eligible to receive services associated with strategies identified in TCARE® and/or services the family caregiver has requested that are available in the AAA area. **See strategies and services in the appendices at the end of the chapter.**

## Follow-Up and TCARE® Rescreening (Check local AAA rules)

|  |  |  |  |
| --- | --- | --- | --- |
| **Step** | **Rescreen every 6 months** | **Next Steps** | **Assessment** |
| **Caregivers at Step 1**  Up to $250. One time funding. If caregivers require further services, a screen will need to be completed. | (No screen at Step 1) Best Practice - Follow up with phone call to caregiver to ask if other services are needed. | Discuss benefits of TCARE screen and assessment with caregiver. Encourage screen (caregiver personal survey) |  |
| **Caregivers at Step 2**  Up to $500 annually. | Complete screen over the phone or if caregiver has prior screen, send Caregiver Survey and response card to caregiver and follow up with a call to ensure caregiver understood questions. | If screen scores meet assessment eligibility talk with caregiver about benefits of assessment and care plan | Complete Assessment if caregiver is eligible and agrees to an assessment. (see Step 3) |
| If scores are too low for to advance to Step 3, talk with caregiver about services available at step 2 and authorize services, | Rescreen in **6 months.** |
| **Caregivers at Step 3**  Full range of services depending on AAA contracted services, policy, community resources and offerings. Once a caregiver is eligible for Step 3, they will remain eligible for Step 3 even is their scores fall below eligibility levels. The family caregiver can move back to step 2 if and when they wish to. | Send Family Caregiver Survey and response card to caregiver and follow up with a call to answer questions (best practice), or complete over the phone.    If caregiver or care receiver have a significant change in health or disability, complete full assessment process (screen, assessment consultation and care plan) | If there are no changes, document in progress notes.    If scores are higher because of a significant change, or if caregiver requests a new assessment, complete a new assessment process. | **Annual Reassessment:**  Complete full assessment (screen, assessment, consultation and care plan) |

### For caregivers at Step 1 or Step 2

When caregivers are not requesting additional FCSP services, a rescreen (or the Family Caregiver Survey) at the six-month follow-up should still be encouraged. The rescreening responses will enable the local and state FCSP staff to learn about the effectiveness of the program and caregivers will be able to see how they are doing as compared to prior screening (e.g., have different score ranges in areas such as family role, caregiver measures, inner struggle, etc.) Those who choose not to be rescreened are to be encouraged to call back if their situation or needs change.

When caregivers wish to continue receiving FCSP short-term and/or limited services and have not reached the annual Step 1 or Step 2 financial cap, they can undergo a rescreen every six months.

If the caregiver’s rescreen results in higher ranges, FCSP staff should consult the AAA’s current eligibility threshold to see if the caregiver should be referred for a full TCARE® assessment.

### Rescreening for Caregivers at Step 3

All caregivers who have completed a full assessment and wish to continue to receive services must have a completed rescreen at least every **6 months** through a self-screen (Family Caregiver Survey), telephone or in-person interview. It is recommended to contact caregiver and talk through Family Caregiver Survey over the phone to ensure the caregiver fully understood questions if they filled out family caregiver survey alone. This is especially important if the caregiver doesn’t speak English or speaks English as a second language.

At time of rescreen, the assessor should consult with the caregiver to determine if the services are still helpful and desired. If so, then the assessor will make a case note and continue to include the service in the care plan. In the case of scores worsening, that is very common as most care receiver’s conditions are progressive as the caregiver’s stresses may be increasing. There may be cases where, without FCSP intervention, the caregiver’s stresses would be even higher; so, while there is an increase in scores, it is likely that stresses would be even higher without intervention, or the care receiver would have likely been placed in a Long-Term Care setting.

If there is a significant change in the health or abilities of the caregiver or care receiver, or if the caregiver asks for a reassessment, a reassessment should be completed.

If no significant change assessment is needed, write a progress note and continue services as needed until annual reassessment.Graphical user interface, text, application, email

AI-generated content may be incorrect.

## Annual Reassessment

Caregivers who are at Step 3 and wish to continue services must receive an annual reassessment **within 13 months** of the most recent assessment regardless of the screening levels. (Once a step three, always a step 3 if that is the wish of the family caregiver.)

At least one home visit must take place during the annual reassessment process (screen, assessment, consultation, care plan, home visit). As caregiving can change dramatically over time, it is important to see the caregiver and the care receiver on an annual basis.

At the annual TCARE® reassessment, if a family caregiver is receiving respite care services and wants to continue to receive them and the TCARE® scores indicate that the caregiver has benefitted from the services, the TCARE® Assessor should determine if the family caregiver is still living with or providing **40 hours per week** of care to the care receiver (40 hours includes supervision). If the family caregiver is providing less than 40 hours per week and it looks like the respite services are helping, the **AAA, according to their own local policy**, can decide whether to reduce or provide continued respite services. For example, the AAA may set the required number of unpaid caregiver hours at a lower lid, e.g., 25 hours a week, to still qualify the family caregiver for respite services. If a family caregiver still lives with the care receiver they would automatically still qualify for respite services depending on the outcome of the reassessment and if the TCARE® Assessor and family caregiver determine that respite services are still a benefit to the caregiver.

### Caregivers Caring for More than One Care Receiver

When a caregiver cares for more than one care receiver, the TCARE Assessor will complete separate assessment processes regarding each care receiver. The reason is that the caregiver may have different tasks they do for each care receiver, the caregiver may feel different caregiver measures for each care receiver and may benefit from different services regarding each care receiver. For example, a caregiver may feel the need to attend a support group because of the stresses they feel about caring for their care receiver who has Multiple Sclerosis but feels the need for respite services due to caring for someone with Alzheimer’s disease.

**Check local AAA policy for providing services to caregivers who have multiple care receivers.**

If a Step 2 caregiver is caring for two or more care receivers, the caregiver’s service package should not exceed a total of $500.00 annually. And, if eligible, a caregiver should be encouraged to proceed to Step 3 to receive a possibly more robust service package.

## Respite Policies

The purpose of respite care is to provide relief for families or other unpaid caregivers of adults (age 18 and over) who are living with functional disabilities. Where available, in-home and out-of-home respite care options can be provided on an hourly and/or daily basis, including 24-hour care for several consecutive days. Staff providing respite care services provide supervision, companionship and personal care services that are usually provided by the primary caregiver. Services appropriate to the needs of individuals with cognitive impairment are also provided. Medically related services, such as administration of medication or injections, are provided by a licensed health practitioner.

Respite providers require a contract. Check with your AAA FCSP Coordinator for a list of your current contracted respite providers before authorizing respite services.

The Washington Administrative Codes (WACs) that direct respite care services are WAC 388-106-1200 through 1230 and included in **Appendix H** of this Policy and Procedure Manual.

### AAA Respite Procedures

The AAAs must have a written procedure for:

• Determining, with the caregiver and care receiver, the amount of respite care services authorized, when it will be provided, and the name of the respite agency provider. This information must be included in the caregiver’s TCARE® Care Plan.

• Arranging for one-time or ongoing respite care with the agency provider and providing them with the TCARE® Respite Information form.

• Maintaining contact with caregivers to determine further needs and/or changes to the respite care plan.

• Providing a substitute respite care worker if the scheduled worker has to cancel.

• Attempting to provide respite care when a caregiver has an emergency; and

•

**FCSP Policy Reminder:** FCSP-funded respite services shall be terminated upon notification of a care receiver participating in COPES or Medicaid Personal Care, MAC/TSOA, a Developmental Disabilities waiver, or living in an assisted living, adult family home or nursing home facility.

### Guidelines for Determining Financial Participation for Respite Care Services

The Department requires eligible care receivers to pay part, or all of the cost of respite care services based on their monthly income (above 40% of the State Median Income (SMI). The FCSP staff will administer the sliding fee scale (Sr. Citizens Services Act (SCSA) schedule) which is updated annually, to determine the share of the cost of these services. The related income question is asked in Question #20 in the TCARE® Assessment.

**NOTE:** Remember to consider other sources of payment such as Medicare and/or Apple Health/Medicaid, health and long-term care insurance or Veteran’s benefits for payment towards respite care and other caregiver/care received services.

### How is the Participation Fee Determined?

1) There is no charge to the care receiver whose income is at or below 40% of the SMI, based on family size.

2) If the care receiver's gross income is above 40% of the SMI, then, utilizing the SCSA sliding fee scale, the TCARE® assessor will determine the percentage rate the participant is required to pay towards the cost of the respite care services; and

3) If the care receiver's gross income is 100% or more of the SMI, the participant must pay the full cost of the respite care services.

4) If the care receiver is experiencing extreme financial hardship (e.g., high medical expenses) and cannot pay for their share of the cost of the respite care services, the AAA’s FCSP Coordinator or Supervisor may grant an ETP and then the Assessor must document this situation in GetCare Progress notes. At the next reassessment, the care receiver’s income will be reviewed for financial participation if respite care services are continued.

### How is Income Defined?

A general definition for income includes, but is not limited to, all the money received which the participant can use to meet his/her needs, such as cash, pension, wages, Social Security benefits, Veteran’s benefits, dividends.

The cost of respite care is determined by the number of hours or days of respite care service authorized and used, and the rate for the service.

Listed below are examples of how FCSP staff shall determine the care receiver’s income:

A.1 If the caregiver and eligible care receiver are married to each other, all the monthly income received in either or both names shall be combined and one-half of the total shall be considered the participant’s income. Refer to Column One on the current (annual) SCSA sliding fee scale.

A.2 If the caregiver and eligible care receiver are married to each other and there are dependent children in the home, all the monthly income received in either or both parents’ names shall be combined and one-half of the total shall be considered the care receiver’s income. Refer to the SCSA fee scale column which represents the number of persons in the household less one (ex. for family of 4, use column 3).

Example: One spouse is the care receiver, the other is the caregiver, and they have two children under 18. The couple’s combined monthly income is $3,000. One-half the total is $1,500. The monthly income for column 3 (total of persons in the household less one because the husband and wife are counted as one) on the fee schedule is less than 40% of the SMI, so the care receiver does not have to pay participation.

A.3 In a case where both members of a married couple are respite care receivers and the unpaid caregiver is a friend or relative, all monthly income received in either or both names of the married couple shall be combined and then divided in half. Refer to Column One to determine what percentage of cost each spouse would pay.

A.4 If the care receiver is single (not married to caregiver), and the caregiver is a friend or relative, the only monthly income counted toward participation would be that of the care receiver. The only monthly income counted toward participation would be that of the care receiver. Follow the SCSA sliding fee scale by counting the people who are supported by the single care receiver’s income to determine the participation amount. The unmarried care receiver is considered head of their own household, even if they live with another relative/caregiver.

A.5 In a case where there are two non-spousal, care receivers living in the same household and are cared for by a relative or friend, each care receiver’s income will be considered separately when determining the percentage rate of participation amounts. The cost of the respite service will be pro-rated among the two care receivers. They will share in paying for a percentage of the service (if their income is above 40% of SMI)

A.6 Refer to the fee schedule, Columb One for the appropriate percentage of cost each participant will pay.

**NOTE:** Under no circumstances is the combined multiple care receiver’s participate to exceed the cost of the respite service(s).

A.7 Refer to local AAA policy. In the case of a care receiver who is a veteran receiving Veteran’s Aid and Attendance benefits for their long-term care needs, these benefits may be recognized as income and therefore counted. There are many different Aid and Attendance and caregiver programs in the VA with differing rules. It is important to keep in mind that the caregiver cannot be receiving pay through the VA program and also receive FCSP respite care. That caregiver would be considered a paid caregiver and therefore ineligible for FCSP funded respite.

### Spectrum of Respite Care Services

AAA Respite Billing Requirements:

1. The AAA’s National Family Caregiver Support Program (NFSCP) funding for Respite Care Services is to be used only when the care receiver’s income is at or below the 40% SMI or when participation is a financial hardship. All other respite care charges must be billed to the State funded FCSP. For more information go to MB# H12-056 – Procedure, August 9, 2012. Respite Care Services and Other Non-Core Personal Care Services Funding Source Billing Options Related to Participant Contributions.
2. As part of the monthly invoicing to ALTSA, the AAAs must report all funds received from respite care participants by the agencies collecting them. These funds shall only be used within the provider agencies for purposes of the Family Caregiver Support Program.

### What Types of Respite Care Providers can be Used in FCSP?

Respite care services are to be contracted with the local AAA. The types of possible respite agency providers that can be contracted include available residential facilities: licensed boarding homes, adult family homes, assisted living, nursing facilities, along with adult day services, home care/home health agencies, and any other providers such as Senior Companion, Volunteer Services, etc. Provider agencies shall be monitored for compliance according to the HCLA/AAA Policy and Procedures. Respite services may also be provided through an unpaid, network of family, friends and community members.

Family caregivers will be able to choose from available contracted agency providers in their service area. Special requests may be made for cultural, ethnic and language considerations. Caregivers may request a change in agency providers at any time. The array of respite care providers (volunteer and/or paid services) should cover all levels of care including:

1. Companionship, supervision and meal preparation,
2. Help with activities of daily living (e.g., personal care, lifting, turning, transferring, dressing, eating, walking, medication reminders, etc.),
3. Tasks such as catheter care, injections, pressure ulcer care, that require licensed medical or health professionals for respite type care such as a Licensed Practical Nurse or Registered Nurse, and

Out of home services: Adult day services where available (socialization, nursing services, rehabilitation, classes and many other activities) or short-term residential facility stays (nursing homes, assisted living, boarding homes and adult family homes).

There may be instances during a respite episode when transportation to a medical appointment or essential shopping\* may be provided to the care receiver by the home care agency worker. (This would apply if the family caregiver would normally be providing transportation but is unavailable during this episode(s) because s/he is taking a respite break.) This service is allowable if the TCARE® Assessor communicates this need in a written form (this could be included in the caregiver’s care plan, Respite Care Information Sheet or AAA/Respite Care Authorization form) to the home care agency ahead of time. The home care agency worker will use 1) public transportation (if appropriate) or 2) insured private vehicle, provided the home care agency worker has a valid driver’s license/insurance coverage.

\*The Medicaid agency home care rate already includes parity for transportation to medical appointments and essential shopping. Because respite care services utilize this same home care rate, it’s reasonable to expect transportation to medical appointments or essential shopping can be included in the respite service package.

Transportation for essential shopping would also be permissible under FCSP Supplemental Services when a home care agency is contracted to do housework and errands type services if the TCARE® Assessor communicates this need in a written form and follows the same procedures for the home care agency worker as stated above.

The following WAC pertains to nursing facilities that provide respite care. [WAC 388-97-1880](http://apps.leg.wa.gov/WAC/default.aspx?cite=388-97-1880).

Respite Care Provider Staffing and Monitoring Standards Licensing and/or certification of any respite staff are the responsibility of the Home Care/Home Health agencies, Adult Day Services and Residential Services. Check with AAA contract staff on the required certification, licensing, training and background checks needed for all contract respite providers.

If an AAA is unable to provide the array of respite services as listed in this section A through D, above, the AAA must contact HCLA Program Manager for technical assistance regarding adequate provider network.

The AAA must ensure they are utilizing the current respite provider rates and the Annual SMI Schedule (SCSA) to determine care receiver cost contribution/participation.

### Rates for Respite Provider Agencies

### Rates for In-Home Respite Service Providers

In-home respite care workers shall be paid according to the labor standards and applicable legislation (RCW 74.39A.310). Rates for Home Care Respite Provider Agencies are governed by the following legislation:

[RCW 74.39A.310](http://apps.leg.wa.gov/rcw/default.aspx?cite=74.39A.310) which requires that the contribution rate for caregiver compensation, paid leave, training and AWHI be paid by the department to home care agencies at the same rate as negotiated and funded in the Collective Bargaining Agreement (CBA) for Individual Providers (IPs) of home care services. This contribution rate is connected to the CBA and is communicated in an MB as changes occur.

Respite care services can contract with home care or home health agencies that employ Nursing Assistant Certified (NAC) staff at their established rate. Nurse delegated tasks are not included within the respite care services.

AAA staff will utilize the latest Management Bulletin on home care rates to determine applicable respite care rates.

### Rates for Out-of-Home Respite Providers

Each AAA shall negotiate for an hourly and/or a daily rate with providers whenever possible.

• If an agency provider has only an hourly rate, this rate shall be paid for each hour of respite care used, including 24 consecutive hours of respite care.

• If an agency provider (such as an adult day or residential service) has only a daily rate, the rate shall be paid for 24 consecutive hours or less of respite care used.

• If an agency provider has both an hourly and daily rate, the AAA shall reimburse the provider whichever rate (hourly or daily rate) is lowest.

When a respite episode warrants an exceptional rate for a non-Medicaid funded, out-of-home provider, (e.g., only one facility is available in the area, requires a higher rate, and is still more cost effective than some other type of facility), then the AAA may negotiate an exceptional rate and document it with the subcontractor’s contract.

The department shall pay Medicaid facilities the Medicaid rate approved for that facility (e.g., nursing homes, etc.). It shall be unlawful for any facility, which has a Medicaid contract with the department to charge any amounts in excess of the Medicaid rate for services covered, except for any supplementation permitted by the department pursuant to RCW 18.51.070. The participant shall pay for services not included in the Medicaid rate.

The agency provider shall not be paid for more service hours than authorized by the FCSP. Annually, HCLA will notify AAAs of the current rates paid by the department to providers offering a same level of service by respite care providers.

### How Should Respite Care Episodes be Scheduled for Emergent and Non-Emergent Situations?

TCARE® Assessors shall encourage eligible caregivers to schedule episodes of respite care in advance.

Requests for respite care, which are of an emergent nature, shall have first priority. An example of such an emergent need for respite would be when the caregiver becomes ill or injured to the extent that the caregiver’s ability to care for the care receiver is impaired. It is understood that emergencies may not be able to be resolved if respite resources, e.g., providers are not available to meet a given caregiver’s needs.

In-non emergent situations, respite care is available on a first-come first-served basis provided that sufficient funding resources are available to fill the requests each month. Respite care services are not part of an entitlement program. The amount of respite allotted is based on funding and/or home care agency direct care worker availability along with the needs of the particular caregiver and can vary from time to time.

If respite care cannot be provided, refer to the Waiting List section criteria. If a cancellation occurs, respite care shall be made available to those on the waiting list according to the service priority categories.

## AAA FCSP Special Circumstances

### Caregivers in Crisis

Local AAA policy will determine how best to serve caregivers in crisis. A caregiver should be screened, assessed, and have a completed care plan within 30 calendar days following the crisis if ongoing services exceeding $500 were authorized.

### Exceptions to Policy (ETP) and Documentation

Each AAA must develop an ETP process to be followed when exceptional cases arise within FCSP and the TCARE® process. The process must include a written approval process between the assessor and their supervisor or the AAA FCSP program coordinator before authorizing the ETP. For tracking purposes, staff must enter the demographics on the caregiver and care receiver, use progress notes in GetCare to document an exception to policy (ETP). Staff shall discuss ETPs with a supervisor and/or the FCSP Program Coordinator. In addition, a short description of the exception and what action was taken to address the situation is needed in progress notes. The date and name of authorizing party’s approval of the ETP (e.g., supervisor or FCSP Coordinator) must also be included in the progress notes.

### Examples of ETPs

• A caregiver who is in a crisis can be served with Step 2 or 3 FCSP services without first going through a screening or assessment. A TCARE® screening and/or assessment/care plan must be completed within 30 calendar days if ongoing services are needed.

• A caregiver who needs some supplies or a piece of equipment within Step 1 (if a TCARE® screen has been completed) or Step 2 that exceeds the dollar amount.

• For a caregiver who has Limited English Proficiency (LEP) and is requesting services, supplies or equipment, FCSP screeners and TCARE® assessors are asked to conduct a TCARE® screening/assessment using interpreter services. If this is not feasible, follow the documentation procedures for an ETP.

• If the screener has a “gut feeling” that an existing caregiver who rescreens at less than the eligibility threshold is truly in need of a higher level of service such a Step 2 or Step 3, discuss with supervisor.

• There may be those instances where a family caregiver who is struggling with the caregiving role provides unpaid care to an adult who is receiving Medicaid long- term care services (e.g., CFC/COPES). An exception can be made if there are no other resources available to help the caregiver. This individual can also be served without an ETP at Step 1 with resources like support group referrals, conferences etc. but if other needs occur (e.g., consultation, counseling) an ETP is needed. Respite care services are not permitted.

• In certain situations (e.g., culturally diverse communities), a primary caregiver may not be distinguishable from another family member/unpaid caregiver providing care to the same care receiver. In these circumstances, the total service package for these multiple caregivers should not exceed (in hours or funding) the AAA’s limit for one caregiver.

### Funding Related Waiting List Criteria for Respite and Counseling Services

If a AAA needs to implement a waiting list for FCSP funded counseling services, or respite services, please use the criteria below. The TCARE® score ranges (low, medium, and high) will be used to prioritize caregivers on a waiting list. Uplift scores do not count for any of the priorities. Priority one is considered the highest priority.

**Priority 1** – All 5 highs

**Priority 2** – 4 highs in Inner Struggle, Objective, Stress, and Relationship Caregiver Measures

**Priority 3** – 4 highs in Inner Struggle, Relationship, Stress Caregiver Measures, and Family Role**Priority 4** – 3 highs and 2 mediums. Highs must include Inner Struggle and Relationship Caregiver Measure

**Priority 5** – 3 highs and 1 medium. Highs must include Inner Struggleand Relationship Caregiver Measure

**Priority 6** – 3 highs, no mediums. Highs must include Inner Struggle and Relationship Caregiver Measure

**Priority 7** – 2 highs to include Inner Struggle and Relationship Caregiver Measure

**Priority 8** – 2 highs. One must include Relationship Caregiver Measure

The waiting lists are established only for caregivers who are new to TCARE®. There may be multiple caregivers on a waiting list who are in the same priority category. When an opening becomes available, the caregiver who has been on the list the longest will be served first.

## FCSP Frequently Asked Questions

### Are There Restrictions on Purchasing Goods or Services Under the FCSP Steps 1-3?

Yes, funding from the FCSP cannot be used to pay for rent, car repairs, computers, entertainment items, vacation expenses, major appliances, gift cards or utility bills. If staff are unsure of allowable items or services, contact HCLA FCSP Program Managers.

### Can a Caregiver Receive FCSP Services if the Care Receiver Lives in an Assisted Living Facility, Paid for Privately?

The state and federal funding sources have different viewpoints on this question:

The State FCSP RCW 74.41, states that the program is to “encourage family and other nonpaid individuals to provide care for adults with functional disabilities at home, and thus offer a viable alternative to placement in a long-term care facility”.

For National FSCP (NFCSP), the Older Americans Act defines a caregiver as: An adult family member or another individual, who is an “informal” provider of in-home and community care to an older individual.

Based upon the different definitions, the state FCSP funding should be limited to family caregivers who care for adults at home, whereas the NFSCP can include caregivers who’s loved ones live in an Assisted Living Facility. When applying the NFSCP funding, HCLA staff cautions AAAs about using costly services for caregivers whose care receivers are living in long-term care facilities.

### Can an AAA Provide Services to Caregivers who Live in WA State but Care for Family Member Living Outside of the State?

AAAs can provide services to caregivers, on a case-by-case basis, as determined by local FCSP policy.

### How Should Caregiver and Care Received Privacy and Confidentiality be Protected?

By its nature, the Family Caregiver Support Program involves collecting sensitive, private information from caregivers and care receivers. Such information must be treated with the utmost care. The Family Caregiver Support, is considered a Health Care Component under HIPAA and therefore is subject to its rules, oversight and penalties. Screen and assessment information is confidential and subject to RCW 42.56.590 and RCW 19.255.010 if a breach occurs. If the TCARE® Assessment and Care Plan involves the sharing of caregivers’ responses of any health-related information (e.g., results of the depression scale) AAAs shall get signed consent forms (the AAA can choose the DSHS 14-012 form or similar one) from the caregivers so they are aware that the FCSP staff may share the minimum necessary information with contracted partner programs in order to help provide effective caregiver services. The GetCare database is protected under strict security protocols and AAA security contract language. Only those staff with the proper security clearance and documented confidentially training are eligible to access the system.

For Activities of Daily Living needs and health-related information on the care receivers that will be shared with providers (e.g., respite care providers), a signed consent form (the AAA can choose the DSHS 14-012 form or similar one) should also be utilized and signed by the care receiver or their designated representative.

### What Documentation is Needed in the Family Caregiver File When Purchases are Made?

Staff that authorize services under the FCSP are responsible to ensure that, when purchasing goods/services or one-time set-up fees on behalf of an eligible family caregiver, documentation within a family caregiver file (e.g., copies of authorization and billing tracking documents) must include:

• A caregiver’s name,

• A description of the goods and services including purchase price,

• Proof (can be verbal verification with caregiver) the goods were purchased, and

• Goods or services were received, the costs verified, and purchase is consistent with needs identified in the TCARE® care plan.

• **No cash or gift cards may be offered to family caregivers.**

It is important to also consult local AAA policies for additional documentation that may be required.

### Can a Care Receiver Receive General Case Management at the Same Time Their Family Caregiver Received FCSP?

Yes, and the FCSP staff should coordinate with the General Case Management staff to optimize service delivery and avoid duplication of efforts and resources.

### Can a Caregiver Receive Services Through a Kinship Care Program (Kinship Caregivers Support Program or Kinship Navigator Program), and Simultaneously from the Family Caregiver Support Program?

Yes, as these programs serve different primary care receiver populations (adults versus children), the needs of the caregiver can vary based on their role. The FCSP staff should coordinate with the kinship care staff to optimize service delivery.

**TCARE Mentor Tip:** If caregiver wants to stay connected to FCSP through Step 1, contact with these caregivers, at least every six months is a good way to determine caregiver’s desire for more or less involvement with the FCSP.

### Can an Area Agency on Aging Change Eligibility Criteria?

If an Area Agency on Aging must change eligibility criteria, email a summary of plan to the HCLA Family Caregiver Support Program Manager.

## TCARE/GETCARE

**For questions and more i-depth tutorials about using TCARE or GetCare, refer to the Help Library in the CLC/GetCare system.**

### What is the Process for FCSP Inactivation?

To disenroll (inactivate) a FCSP caregiver in GetCare:

• All incomplete or draft Screenings and Assessments must be completed and locked or struck out for each caregiver.

• To “inactivate” the caregiver and care receiver in GetCare, they must be disenrolled from the system by end dating the service enrollment in the enrollment section and selecting disenrollment reason.

• Write a progress note, reporting the reason for disenrollment.

### What if There has not Been Any TCARE® Activity for a Caregiver in Many Months?

If there have been no screenings, assessments, care plans or progress notes provided in the caregiver’s file for the last year, the caregiver should be disenrolled from services. Check with local AAA policy.

## FCSP Reports in ADSA Reporting (Legacy)

Legacy TCARE Data Request Instructions and Form

The original (legacy) TCARE portal was abandoned when all TCARE operations were integrated into the Washington State GetCare system in September 2021.

The following data from the legacy TCARE portal (ADSA Reporting) remains available and can be requested for data analysis/research and for public information requests.

TCARE® 1503 – Active Caregiver Summary

• TCARE® 1504 – Care Plan Service Summary

• TCARE® 1505 – Worker Activity AAA

• TCARE® 1506 – Worker Caseload Tickler

• TCARE® 1063 – Inactive Caregivers by AAA

The Data Request Form and instructions can be found on the ALTSA Intranet site at the following address: [<https://intra.altsa.dshs.wa.gov/CA/>](https://intra.altsa.dshs.wa.gov/CA/)

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### FCSP Reports in GetCare

GetCare has a TCARE Manager Tool that keeps track of TCARE screens and Assessments by case manager similar to ADSA Reporting. See the TCARE Manager under the CLC Set button in the top blue ribbon in the CLC/GetCare system.

## Appendices

### Appendix A –Step Levels of Support\*

**NOTE:** Refer to your AAA for local policy regarding funding caps.

### Step 1 Level of Support

* Caregiver Demographics
* Caregivers may receive up to $250. Of services or consumables (supplies that are used up), one time only
* Begins building rapport and a trusting relationship with caregiver.
* Check on caregiver within 3 months to educate about the benefits of TCARE screen and assessment.

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### Step 2 Level of Support

Step 2 TCARE Screen

Trained TCARE Screener completes a TCARE Screen with caregiver over the phone or in person.

If a personal Caregiver Survey is sent to the family caregiver, it is best practice to contact the caregiver and ensure they understood the questions. This is especially important if the caregiver speaks English as a second language or the TCARE Screen is translated into a language other than English.

Screen must be entered into the GetCare system within 10 days of receiving the Personal Caregiver Survey in the mail or email.

As long as a new screen is completed every 6 months, a caregiver may receive up to $500. in services or consumables (supplies that are used up) per year. (See AAA rules for local funding CAPS)

May not receive respite services or other ongoing services like housework and errands without a AAA approved Exception to Policy (ETP).

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### Step 3 Level of Support

Step 3 TCARE Assessment

Eligibility – 1high or 3medium scores in the 5 domains (family role, caregiver measures[stress, relationship, objective], inner struggles) Check with your supervisor or AAA leadership for eligibility requirements in your local AAA.

Caregivers receive one or more services offered by AAA. Check with your supervisor or AAA leadership for a list of contracted services and other supports in your community.

Use TCARE Assessment algorithm developed goals and strategies AND the wishes of the caregiver to determine services and supports that you will recommend to caregiver.

Consult with the caregiver by having person centered conversation with the caregiver and outline WHY you are recommending the services to them. Talk about how the services and supports may reduce the stresses of caregiving.

An in person visit is required in most cases, during the assessment or reassessment process.

Form a care plan with ONLY service and supports the caregiver agreed to during the consultation meeting.

Get verbal agreement from the caregiver (FCSP) and verbal agreement from the caregiver and care receiver (MAC/TSOA only). Send out paper form of care plan with signature page for signature (FCSP) Caregiver only, (MAC/TSOA) Caregiver and Care receiver.

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### Appendix B: Service Names, Service Types and Service Categories

| **Service Category** | **Service Type**  **Not included in Selection/**  **Display of Service Name**  **INFORMATION ONLY** | **Service Name** |
| --- | --- | --- |
| **(0) Other**  **This service category functions as an option for services that do not fit in other service categories.** | a) Comfort Therapies (under Health Goal Other), z) Other | Massage |
| **(1) Adult Day Service (Experience time away from care responsibilities)** | a) Health model, b) Social model,  c) Dementia model, z) Other | Adult Day Care-dementia model  Adult Day Health-dementia model  Adult Day Health Services  Adult Day Care |
| **(2) Assistive technologies (Promote safety and functional abilities of care receiver)** | a) Emergency response system (medical alert, in home monitoring), b) Home modifications (e.g. ramps, walk in showers, grab-bars), c) Home safety features (e.g. lighting, locks, exit door alarms), d) Assistive devices and care supplies (e.g. low beds, mobility devices, commodes, protective garments), z) Other | Electronic locator bracelet  Durable Medical Equipment  Home Safety Evaluation  Occupational Therapist Evaluation  Adaptive Equipment  Personal Emergency Response System  Care Supplies  Physical Therapy Evaluation |
| **(3) Counseling (Develop new perspective and practice skills with feedback)** | a) Alternative ways to express anger and frustration, b) Increase level of mastery or confidence, c) Caregiver journey/identity change, d) Develop new way of viewing current situation (Cognitive Reframing), e) Coping Skills, f) Family communication and relationships, g) Understanding and coping with guilt, h) Self-care techniques, i) Stress management techniques, j) Understanding loss and grief, k) Valuing positive aspects of caregiving, l) Problem solving skills, z) Other | Individual counseling  Caregiver Counseling |
| **(4.1) Education for caregiver to obtain information about services and assist with planning for the future** | a) Available support services and how to obtain them, b) Disease and disease processes (provide basis for accurate assessment of care needs), c) End-of-life planning, decision and care, d) Legal, financial and/or health care planning, e) Safe-guarding care receiver in his/her home (e.g. wander alert services, personal/home safety tips), f) Selecting a suitable living environment, z) Other | Online Caregiver resources  Caregiver Advocate  Family Caregiver Specialist  Dementia Consultation  Caregiver Consultation  Family Caregiver Training/Education  Long Term Care Planning  Veteran's Benefits Consultation  Caregiver Conference |
| **(4.2) Education for caregiver focused on psycho-social issues and coping skills** | a) Alternative ways to express anger and frustration, b) Increase level of mastery or confidence, c) Caregiver journey/identity change, d) Develop new way of viewing current situation (Cognitive Reframing), e) Coping Skills, f) Family communication and relationships, g) Understanding and coping with guilt, h) Self-care techniques, i) Stress management techniques, j) Understanding loss and grief, k) Valuing positive aspects of caregiving, l) Problem solving skills, z) Other | Early Memory Loss Support Group  Caregiver Consultation  Family Caregiver Training  Alzheimer’s Support Group  Powerful Tools For Caregivers  Caregiver Conference |
| **(4.3) Education to build caregiving skills (e.g. direct care and communication)** | a) Direct care skills (e.g. bathing, dressing, transfer), b) How to ask for help from informal sources (e.g. family, friends, neighbors), c) Skills to communicate with care receiver, d) Skills to communicate with service providers, e) Skills for responding to mood and behavior changes, z) Other | Caregiver Consultation  Family Caregiver Training  Caregiver Training  Caregiver Conference  Dietician Consultation |
| **(5) Education for care receiver (Facilitate self-care and/or reduce need for assistance)** | a) Improve physical strength, coordination or mobility, b) Skills to increase self-care and independence, c) Reduce expectations for care, z) Other | Falls Prevention Workshop  Chronic Disease Self-Management Program  Medication Management |
| **(6) Financial and/or Legal Services and Protection (Obtain assistance or counsel)** | a) Automatic bill pay (e.g. utility, rent, mortgage), b) Financial assistance or voucher programs (e.g. prescriptions, care supplies, services, housing), c) Legal Services (e.g. estate planning, legal counsel, elder law attorneys), d) Consumer advocacy and protection services (e.g. adult protective services), e) Benefit entitlement programs and/or health insurance plans (e.g. Medicaid, Medicare, LTC Insurance), z) Other | Estate planning/Elder Law Services  Benefits Check-up  Elder Law Attorney  VA Aid and Attendance  Advance Medical Directive Information Packet  Estate Planning  Protective Payee Services |
| **(7) Informal Help Network (Enlist or increase current amount of help)** | a) Family and friends (includes family meetings), b) Religious affiliation groups, c) Ethnic/Cultural social club, d) Civic or fraternal organization (e.g. Rotary Club, Lions Club, Jaycees), e) Student group/organizations (e.g. high schools, universities, fraternities), z) Other | Faith based community  Religious community  In-home respite care (unpaid)  Meal Sites  Family support  Help from Friends  Home maintenance/Yard Work  Volunteer/Community Service |
| **(8) In-home Supports and Services (Reduce responsibility or workload)** | a) Chore/Homemaker services, b) Home delivery of meals/groceries, c) Home health care (e.g. nursing, care attendants), d) Personal care, e) Pharmacy delivery, f) Sitter/Companion services, g) Volunteer/Friendly visitor services, z) Other | Housework and Errands  In-home Personal Care  In-home respite care (paid)  Grocery Delivery Service  Meals-On-Wheels  Bath Aide  Home Delivered Meals  Volunteer Chore Services  Caregiver (private pay) |
| **(9) Living Environments (Introduce alternate source of 24-hour supervision/care)** | a) Assisted living or other community-based setting b) Nursing home c) Home of another family member or friend z) Other |  |
| **(10) Overnight Respite Services (Experience time away from care responsibilities)** | a) Facility-based respite, b) Home-based respite, c) Home of another family member or friend, z) Other | Overnight In home Respite  Overnight in home of friend/family  Overnight Facility-Based Respite |
| **(11) Palliative and/or Hospice Care (End-of-life supports and services)** | a) Facility-based hospice, b) Home-based hospice, c) Palliative care consultation/ services, z) Other | Palliative care  Hospice Services |
| **(12) Rehabilitation Services (Identify and promote functional abilities of care receiver** | a) Occupational Therapy, b) Physical Therapy, c) Speech Therapy, d) Respiratory Therapy, z) Other | Occupational Therapist Consultation  Physical Therapy Consultation |
| **(13) Support Groups (Expand and sustain networks of support)** | a) Condition or disease focused (including early stage groups for care receiver), b) Emotional support/release, c) Friendship/Peer support, d) Skill development, z) Other | Family Caregiver Support Group  Support Group for Adult Children  Early Memory Loss Support Group  Alzheimer's Support Group  Online Support Group  Disease-based Support Group |

### Appendix C: TCARE® Strategies and Associated Services

This section illustrates the types of strategies utilized in TCARE® and examples of services that could be offered.

|  |  |  |
| --- | --- | --- |
| **A** | | Strategies to change personal rules for care |
| **B** | | Strategies to reduce or minimize workload |
|  | **B1** | Reduce care needs of care receiver |
| **B2** | Reduce difficulty of care and tasks |
| **B3** | Introduce alternate source for care to provide respite |
| **C** | | Strategies to support positive self-appraisal (enhance or affirm current identity & behavior) |
|  | **C1** | Reject negative appraisal |
| **C2** | Reinforce positive aspects of identity |
| **D** | | Strategies to reduce generalized stress |
| **E** | | Strategies to improve overall health |

### Strategies A, C, and D (Defined Above)

* Caregivers Workshop Series
* Powerful Tools for Caregivers
* Wellness Programs
* Caregiver Education
* Counseling\*
* Legal, Financial, Health Care Planning
* Support Groups
* Caregiver Education

Counseling within the FCSP is defined as Individual or Family Counseling that can be provided by the following professionals who hold a current license with the Washington State’s Department of Health:

* Psychiatrists
* Psychologists
* Psychiatric advanced registered nurse practitioners (ARNPs)
* Psychiatric mental health nurse practitioners-board certified (PMHNP-BCs)
* Mental health counselors
* Independent clinical social workers
* Advanced social workers
* Marriage and family therapists

### Strategy B (Defined Above)

* Equipment and Supplies, PERS (e.g., Assistive Technologies)
* Caregiver Education – Information and Skills (including evidence-based (EB) interventions, e.g., STAR-Caregivers (STAR-C), RDAD (Reducing Disability in Alzheimer’s Disease), Home Care Aide Training
* Care Receiver Education – Improve Health, Strength and Self Care, including Evidence Based interventions (e.g., Chronic Disease Self-Management /Living Well classes, Diabetes Self -Management Program and Chronic Pain Self -Management Programs)
* Financial and Legal Planning, setting up Bill Pay process
* Transportation
* Home Delivered Meals/Grocery Deliveries
* Pharmacy Delivery
* Rehabilitation Services (e.g., OT/PT)

Higher care needs: In TCARE®, services that provide a break from caregiving are identified under the categories of Informal Help Network, In-Home Supports and Services (Personal Care), Adult Day Services, Overnight Respite Services.

Examples of Services:

* Adult Day Services - Adult Day Health, Dementia and Social Day Care
* Chore/Homemaker Services – e.g., housework and errands type service
* Personal Care or Home Health Services
* Out-of-Home and In-Home Respite

### Strategy E (Defined Above)

Example of Services:

* Mental and Physical Health Evaluation
* Alcohol and Drug Abuse Evaluation

Wellness Services – Services to keep caregiver healthy that do not include those services related to emotional health. Emotional Health services belong in Strategies A, B, C and

### Appendix D: Restrictions for Purchasing Goods and Services

**Restrictions for Purchasing Goods and Services under FCSP**

* FCSP supplemental service funding CAN’T be used to pay for:
* Gift Cards
* Rent
* Car repairs
* Utility bills
* Major appliances
* Vacation expenses
* Entertainment items

Graphical user interface, text, application, email

Description automatically generated

### Appendix E: FCSP Core Services Definitions for OAAPS Reporting

|  |  |
| --- | --- |
| **OAAPS FAMILY CAREGIVER SUPPORT PROGRAM CORE SERVICES** | **OAAPS SERVICE DEFINITIONS** |
|  | |
| **Information Services (Outreach)**  **Non-Registered Service**  OAAPS Unit/Bar Code**:** 1 Activity/.79.51 Information Services (Outreach Activities) | Information Services  OAAPS Definition: Access Assistance—Case Management—A public and media activity that conveys information to unpaid caregivers about available services, including in-person interactive presentation, booths/exhibits, or radio, TV, or Web Site Events. |
| **Access Assistance-Information and Assistance**  **Non-Registered Service**  **OAAPS Unit/Bar Code: 1 Contact/.79.2a.2 Access Assistance—Information and Assistance** | A service that provides the individuals with current information on opportunities and services available to the individuals within their communities. |
| **Access Assistance – Care Coordination**  **Registered Service**  OAAPS Unit/Bar Code:1 Hour/.79.2a.1 Access Assistance— (Screens, Assessments/Coordination of services) | A service provided to an unpaid caregiver, at the direction of the unpaid caregiver, by an individual who is trained or experienced in the coordination skills that are required to deliver services and supports. |
| **Support Services**  **Counseling -- Registered Service**  **Training-- Registered Service**  **Support Groups – Non-registered Service or Registered Service**  OAAPS Unit/Bar Code: 1 Hour/.79.5c Support Services (Counseling, Support Groups & Trainings) | **Counseling**—A service designed to support unpaid caregivers and assist them in decision-making and problem solving. This service must be provided by a qualified counselor and includes individual and group sessions   * + **Training**—A service that provides unpaid caregivers with instruction to improve knowledge and performance of specific skills relating to caregiving. These specific skills may include, but are not limited to, activities related to health, nutrition, and financial management; providing personal care; and communicating with health care providers and other family members.   + **Support Groups --** (nonregistered or registered)—A service led by an individual who meets state/territory policy requirements to facilitate caregiver discussion of their experiences and concerns and develop a mutual support system. |
| **Respite**  **Registered Service**  OAAPS Unit/Bar Code: 1 Hour/.79.5d.3 Respite Services—Overnight & .79.5d.4 Respite Services—Other | Respite Care—A services which offers temporary, substitute supports or living arrangements for care recipients. It provides a brief period of relief for the unpaid caregiver.  There are four types of respite:   1. In-Home Respite 2. Out-of-Home Respite (Day) 3. Out-of-Home Respite (Overnight) 4. Other |
| **Supplemental Services**  **Registered Service**  OAAPS Unit/Bar Code: 1 Unit/.79.4.a Supplemental Services—Assistive Technology/DME/PERS, .79.4.b Supplemental Services—Consumable Supplies, .79.4.c Supplemental Services--Home Modifications/Repairs, .79.4.d Supplemental Services—Legal/Financial Consultation, .79.4.e Supplemental Services—Homemaker/Chore/Personal Care, .79.4.f Supplemental Services—Transportation, .79.4.g Supplemental Services—Nutrition Services, .79.4.h Supplemental Services--Other | Goods and services provided on a limited basis to complement the care provided by unpaid caregivers  “Limited basis” for supplemental Services is equal to the current funding limit of the three FCSP steps. In 2025, the limit is Step 1, $250 one time only. Step 2, $500 annually with TCARE screen every 6 months. Step 3, after a full TCARE Assessment and care plan is completed annually and is limited to funding caps determined by each Area Agency on Aging.   * Assistive Technology/Durable Medical Equipment/Emergency Response * Consumable Supplies * Home Modifications/Repairs * Legal and/or Financial Consultation * Homemaker/Chore/Personal Care * Transportation * Nutrition Services * Other |

### Appendix F: TCARE® Screener, Assessor Training and Assessor Monitor

#### TCARE® Screener Training

TCARE Screener Training is completed by self-study in the form of power point slides. The recorded Power Point slide deck can be found in the GetCare Help Library under Caregiver Programs. Local AAAs may have additional training and TCARE Inc. may develop new training for Screeners

#### TCARE® Assessor Online Training

A TCARE® Assessor must complete TCARE® Inc online Assessor training other TCARE Inc. led training and be certified by Tailored Care Inc. before using the TCARE® Assessment Tool in GetCare.

#### Training Process

AAA Supervisor will enter an Issue Manager Request in GetCare with the following information:

• Name of assessor trainee

• Phone number

• Email address

• AAA and office or network agency

• All other information GetCare needs for access to MAC/TSOA, Provider 1, etc.

#### Next Steps

1. HCLA FCSP/TCARE Program Manager will provide access to GetCare with requested role permissions.
2. HCLA FCSP/TCARE Program Manager will contact TCARE Inc to register assessor trainee.
3. TCARE Inc will email training process to trainee and provide link to training.

Use Google Chrome, Firefox, Safari or Microsoft Edge to access TCARE Inc. Training site.

**NOTE:** Assessor trainees cannot use the TCARE assessment in GetCare until they have completed the TCARE Assessor exam and have a training certificate from TCARE Inc.

Our TCARE Assessor Trainees will use the Washington Assessor Training section of TCARE Inc Training.

Trainee will:

* + - Attend TCARE training by TCARE Inc. staff member
    - View all courses
    - Take all quizzes
    - Complete Walk Throughs and Case Studies
    - Complete Hands-on Exercises
    - Pass TCARE Assessor Final Exam

1. Supervisor will assign an experienced, knowledgeable TCARE assessor to mentor new assessor.
2. Assessor Trainee will assess a caregiver and complete the entire TCARE process; TCARE screen, TCARE assessment, consultation and care plan with assistance as needed from mentor.
3. AAA will train new TCARE Assessor about local policy, MTD, FCSP, GetCare depending on staff position.

**NOTE:** Many TCARE Assessor Trainees report that having a mentor while they are working through their first assessment processes is very helpful in learning to become an accomplished Assessor.

#### Monitoring/Quality Assurance

It is recommended that a supervisor review three TCARE® caregiver cases (which includes entering demographics through the completion of care plan) and provide a mentor who is TCARE certified and provide feedback to each newly certified TCARE® assessor within their first three months. After the first year, it is recommended that a minimum of two TCARE® caregiver cases be reviewed for each assessor to ensure program quality.

### Appendix G: TCARE® Assessor Qualification and Recertification

#### TCARE Assessor Qualifications

Staff administering the full TCARE assessment/consultation and service planning must meet the minimum qualifications of an AAA Case Manager as outlined in Chapter 1 of the Policy and Procedure Manual of AAA Operations. Local AAAs may have additional education/experience requirements for AAA case managers .

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**NOTE:** If a staff member does not meet these minimum requirements, a waiver in form of a letter must be submitted to ALTSA FCSP/TCARE Program Manager that includes an explanation of the qualifications, experience and reasons for recommendation of the staff person.

#### Recertification of TCARE® Assessors

If a TCARE assessor has a lapse of more than a year in using the TCARE assessment process, the assessor will visit the TCARE Inc Training site to refresh their knowledge of the philosophy and process of TCARE and complete other updates in training determined by their AAA. If assessor doesn’t have access to the TCARE Inc training site, contact the FCSP/TCARE Program manager at HCLA.

### Appendix H: WACs and RCWs

#### FCSP Related Washington Administrative Codes (WACs) and Revised Codes of Washington (RCW)

The following rules apply to clients receiving services in Family Caregiver Support Program. HCS works in partnership with Area Agencies on Aging to provide quality service delivery in all counties.

|  |  |
| --- | --- |
| **RCW** | |
| [Section 74.41.010](file:///C:/Users/ALLARDR/AppData/Roaming/Microsoft/Word/Section%2074.41.010) | Legislative Findings |
| RCW [74.41.020](http://app.leg.wa.gov/RCW/default.aspx?cite=74.41.020) | Intent |
| RCW [74.41.030](http://app.leg.wa.gov/RCW/default.aspx?cite=74.41.030) | Definitions |
| RCW [74.41.040](http://app.leg.wa.gov/RCW/default.aspx?cite=74.41.040) | Administration – Rules - Program Standards |
| RCW [74.41.050](http://app.leg.wa.gov/RCW/default.aspx?cite=74.41.050) | Family Caregiver Long-term Care Information and support services—Respite Services, evaluation of need, caregiver abilities |
| RCW [74.41.060](http://app.leg.wa.gov/RCW/default.aspx?cite=74.41.060) | Respite Care Program - Criteria |
| RCW [74.41.070](http://app.leg.wa.gov/RCW/default.aspx?cite=74.41.070) | Family caregiver long-term care information and support services - data |
| RCW [74.41.080](http://app.leg.wa.gov/RCW/default.aspx?cite=74.41.080) | Health care practitioners and families not impaired |
| RCW [74.41.090](http://app.leg.wa.gov/RCW/default.aspx?cite=74.41.090) | Construction—chapter applicable to state registered domestic partnerships --2009 |
| RCW [74.41.900](http://app.leg.wa.gov/RCW/default.aspx?cite=74.41.900) |  |
| **WAC** | |
| WAC [388-106-1110](https://apps.leg.wa.gov/wac/default.aspx?cite=388-106-1110) | Am I eligible for SCSA-funded services at no cost? |
| WAC   [388-106-1115](https://apps.leg.wa.gov/wac/default.aspx?cite=388-106-1115) | What income and resources are exempt when determining eligibility? |
| WAC [388-106-1120](https://apps.leg.wa.gov/wac/default.aspx?cite=388-106-1120) | What if I am not eligible to receive SCSA-funded services at no cost? |
| WAC [388-106-1200](file:///C:/Users/ALLARDR/AppData/Roaming/Microsoft/Word/388-106-1200) | What definitions apply to respite care services through the family caregiver support program? |
| WAC [388-106-1205](file:///C:/Users/ALLARDR/AppData/Roaming/Microsoft/Word/388-106-1205) | What are respite care services? |
| WAC [388-106-1210](file:///C:/Users/ALLARDR/AppData/Roaming/Microsoft/Word/388-106-1210) | Who is eligible to receive respite care services through the family caregiver support program? |
| WAC [388-106-1215](https://apps.leg.wa.gov/wac/default.aspx?cite=388-106-1215) | Who may provide respite care services through the family caregiver support program? |

#### Respite Care Services Washington Administrative Codes (WACs) and Revised Codes of Washington (RCW)

|  |  |
| --- | --- |
| **RCW** | |
| [Section 74.41.010](file:///C:/Users/ALLARDR/AppData/Roaming/Microsoft/Word/Section%2074.41.010) | Legislative Findings |
| RCW [74.41.020](http://app.leg.wa.gov/RCW/default.aspx?cite=74.41.020) | Intent |
| RCW [74.41.030](http://app.leg.wa.gov/RCW/default.aspx?cite=74.41.030) | Definitions |
| RCW [74.41.040](http://app.leg.wa.gov/RCW/default.aspx?cite=74.41.040) | Administration – Rules - Program Standards |
| RCW [74.41.050](http://app.leg.wa.gov/RCW/default.aspx?cite=74.41.050) | Family Caregiver Long-term Care Information and support services—Respite Services, evaluation of need, caregiver abilities |
| RCW [74.41.060](http://app.leg.wa.gov/RCW/default.aspx?cite=74.41.060) | Respite Care Program - Criteria |
| RCW [74.41.070](http://app.leg.wa.gov/RCW/default.aspx?cite=74.41.070) | Family caregiver long-term care information and support services - data |
| RCW [74.41.080](http://app.leg.wa.gov/RCW/default.aspx?cite=74.41.080) | Health care practitioners and facilities not impaired |
| RCW [74.41.090](http://app.leg.wa.gov/RCW/default.aspx?cite=74.41.090) | Construction—chapter applicable to state registered domestic partnerships --2009 |
| RCW [74.41.900](http://app.leg.wa.gov/RCW/default.aspx?cite=74.41.900) |  |
| **WAC** | |
| WAC [388-106-1110](https://apps.leg.wa.gov/wac/default.aspx?cite=388-106-1110) | Am I eligible for SCSA-funded services at no cost? |
| WAC   [388-106-1115](https://apps.leg.wa.gov/wac/default.aspx?cite=388-106-1115) | What income and resources are exempt when determining eligibility? |
| WAC [388-106-1120](https://apps.leg.wa.gov/wac/default.aspx?cite=388-106-1120) | What if I am not eligible to receive SCSA-funded services at no cost? |
| WAC [388-106-1200](file:///C:/Users/ALLARDR/AppData/Roaming/Microsoft/Word/388-106-1200) | What definitions apply to respite care services through the family caregiver support program? |
| WAC [388-106-1205](file:///C:/Users/ALLARDR/AppData/Roaming/Microsoft/Word/388-106-1205) | What are respite care services? |
| WAC [388-106-1210](file:///C:/Users/ALLARDR/AppData/Roaming/Microsoft/Word/388-106-1210) | Who is eligible to receive respite care services through the family caregiver support program? |
| WAC [388-106-1215](https://apps.leg.wa.gov/wac/default.aspx?cite=388-106-1215) |  |
| WAC [388-106-1220](http://app.leg.wa.gov/wac/default.aspx?cite=388-106-1220) | How are respite care providers reimbursed for their services through the family caregiver support program? |
| WAC [388-106-1225](http://app.leg.wa.gov/wac/default.aspx?cite=388-106-1225) | Are participants required to pay for the cost of their respite care services through the family caregiver support program? |
| WAC [388-106-1230](http://app.leg.wa.gov/wac/default.aspx?cite=388-106-1230) | What determines emergent and non-emergent respite care services through the family caregiver support program? |

### Appendix I: Commonly Used Acronyms and Abbreviations

|  |  |
| --- | --- |
| AAA | Area Agency on Aging |
| ADL | Activities of Daily Living |
| IADL | Instrumental Activities of Daily Living |
|  |  |
| CFC/COPES | Community Living Connections/Community Options **Program Entry System** |
| CMS | Centers for Medicare and Medicaid |
| **ETP** | **Exception to Policy** |
| **ETR** | **Exception to Rule** |
| FCSP | Family Caregiver Support Program |
| HCLA | Home and Community Living Administration |
| HCS | Home and Community Services |
| IADL | Instrumental Activities of Daily Living |
| NFCSP | National Family Caregiver Support Program |
| MAC/TSOA | Medicaid Alternative Care/Tailored Supports for Older Adults |
| OAA | Older Americans Act |
| **RCW** | **Revised Code of Washington** |
| SCSA | Senior Citizens Services Act |
| SFCSP | State Family Caregiver Support Program |
| SMI | State Median Income |
| TCARE | Tailored Caregiver Assessment and Referral |
| WAC | **Washington Administrative Code** |

## Revision History

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Made By** | **Change(s)** | **MB #** |
|  | Dana Allard-Webb | Moved to new template | N/A |
| 5/11/2021 | Dana Allard-Webb | Changes due to GetCare/TCARE Integration  Changes for 6-month screen policy  TCARE Screener and Assessor Training  TCARE Assessor | H21-050 |
| 2/28/2022 | Dana Allard-Webb | Removed NAPIS language  Changed TCARE Assessor and Screener Training Process |  |
| 7/15/2025 | Dana Allard-Webb | * Updated definitions of OAA family caregiver, greatest economic and social need, and limited basis * Updated annual home visit explanation * Repaired verbal approval language * Updated TCARE Assessor training requirements * Updated TCARE Assessor educational requirements * Updated ALTSA to HCLA * Changed TCARE components identity discrepancy, depression and burdens to new words; family role, inner struggle, and caregiver measures throughout manual. |  |