

## THE TCARE ASSESSMENT PROCESS

TCARE provides both you – the unpaid caregiver – and the Caregiver Specialist with a meaningful evaluation of the challenges, stresses and satisfactions of your personal caregiver experience. Assessment results enable the Caregiver Specialist to recommend service options that best meet the caregiver's unique situation.

### Benefits of the TCARE Process:

- **Validates** family caregivers' feelings and experiences along their journey.
- **Stimulates** caregivers to reflect on their caregiving responsibilities through relevant and insightful questions.
- **Provides** structure to the interview between the Caregiver Specialist and the caregiver. This, in turn, enables the Caregiver Specialist to effectively support caregivers by efficiently targeting services to their strengths and needs.
- **Identifies** a broad range of support services available through public and private funding that address the specific stressors and burdens of the caregiver.

***Special note about the TCARE Process:** Dr. Rhonda Montgomery's extensive research demonstrates that the stressors / burdens which impact the caregivers the most DO NOT relate to what caregivers are DOING, but HOW CAREGIVERS FEEL about what they are doing. The issue that comes to the forefront is SELF APPRAISAL; and, the best ways to manage this issue is to talk with, and learn from others.*

\* **TCARE** (Tailored Caregiver Assessment and Referral Process) reflects current knowledge and research about family caregiving and was developed by Dr. Rhonda J.V. Montgomery and colleagues at the University of Wisconsin-Milwaukee.

**If you are an active participant with our Caregiver Support Program, use some of our services, and, are not yet involved in the TCARE process, we invite you to contact your Caregiver Specialist to get started.**

**The TCARE process (an evidenced-based program) includes six distinct steps. Not all caregivers will go through every step in the process.**

- **Step 1: Basic demographic information** about the caregiver and the care receiver.
- **Step 2: The Personal Caregiver Survey** identifies those caregivers most at risk by measuring specific stresses and burdens.
- **Step 3: The Assessment** triggers the identifying of particular goals, strategies and services based on the caregiver's responses. Questions are primarily focused on the caregiver.
- **Step 4: The Care Plan development and Consultation** with the caregiver targets the most appropriate and timely services.
- **Step 5: The six-month follow up.** Providing regular follow-ups is a best practice. Also, the TCARE process is an evidenced-based program that includes scheduled data collection timelines...in this case, every six months. (Note that follow-ups may occur more frequently when there are significant changes with the caregiver, the care receiver, or other issues.)
- **Step 6: The annual Reassessment.** As caregiving can change dramatically over time an annual (re) evaluation is completed. The updating of Care Plans follows the Reassessment.

**Caregiver comments about TCARE:**

- + **"TCARE has helped me gain a better understanding about my role as caregiver and options for caring for my spouse."**
- + **"I have become more patient and better at caring for my Mom. My stress level went down and so did hers. "**
- + **"Finally – someone is asking me the right questions!"**

**Senior Services: (425) 290-1240**

**Alzheimer's Association: (206) 363-5500**

**Stillaguamish Senior Center: North County: (425) 248-5276**

**Stillaguamish Senior Center: East and South County: (425) 248-5156**