

# FACT SHEET

## About Family and Caregiver Training



**Division of Disability and Rehabilitative Services**  
Bureau of Developmental Disabilities Services

### What is Family and Caregiver Training?

Family and Caregiver Training provides education and support directly to the family caregiver of an individual using waiver services. The service is intended to increase the confidence and stamina of the caregiver to provide supports to the individual that are relevant, meaningful and propel them toward their vision of a good life. Education and training activities are based on the family/caregiver's unique needs and must be specifically identified in the Person-Centered Individualized Support Plan.

Family and Caregiver Training is available on both the Family Supports and Community Integration and Habilitation waivers. The annual reimbursement limit has been increased to \$5,000 per waiver budget year. The PCISP must clearly identify how the educational materials and training programs, workshops and conferences enhance the caregiver's knowledge, skills, confidence and/or stamina.

Educational materials and training programs, workshops and conferences may relate to:

- Understanding the disability of the individual utilizing waiver services
- The caregiver achieving greater competence and confidence in providing the necessary supports
- Developing and accessing community and other resources and supports
- Developing or enhancing key parenting strategies
- Supporting the individual in developing self-advocacy skills
- Developing advocacy skills

Individuals and caregivers should work with their waiver case manager to locate activities and resources that may be available to them with the support of Family and Caregiver Training.

*The Division of Disability and Rehabilitation Services Bureau of Developmental Disabilities Services recognizes the challenges individuals and families face and value a person's right to live, love, work, play and pursue their dreams in their community.*

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