

Caregiver Burnout: Montana Resources

Home and Community Based Services Waiver- Big Sky (Paid Caregiver)

- Medicaid waiver that assists persons with disabilities/seniors by allowing family members to be personal caregivers
- <https://dphhs.mt.gov/sltc/csb#la-147861265-montana-big-sky-waiver-program>

Montana Area Agencies on Aging (Senior and Long Term Care Division)

- Offers assistance with nutrition services, care management, legal assistance, and services for caregivers through the Family Caregiver Support Program (FCSP)
- <http://dphhs.mt.gov/sltc/aging/areaagencyesonaging.aspx>

Montana Community First Choice/Personal Assistance Programs (Paid Caregiver)

- Medicaid program that allows those with disabilities to self-direct their care to someone of their choice. Family members may be paid to be a caregiver.
- <https://dphhs.mt.gov/sltc/csb#147861266-community-first-choice-cfcpersonal-assistance-services-pas>

Montana Department of Public Health and Human Services-ADRC

- Assists individuals in navigating long term services for those with disabilities or over the age of 60
- <https://dphhs.mt.gov/sltc/aging/adrc/>

Montana Family Caregiver Support Program

- Provides services and resources for caregivers including hospice/respite care, case management, and caregiver support.
- <https://montana.my-adrc.org/>