New Mexico Caregivers in Action

How To Get Involved
Presented By Pamela Stafford
The Arc NM Conference
June 23, 2021
What we will discuss today.

1. The Work of The NM Caregivers Coalition
   • The Voice of the Caregiver
   • The Challenges of the Caregiver

2. The Differences in NMCC and NMCA
   • NMCC
   • NMCA

3. The Work of The NM Caregivers In Action
   • Membership Services
   • Advocacy and Public Policy

4. How you can get involved / Next Steps
   • Become a Member
   • What is new and in the future for NM Caregivers in Action
Section 1:
The NM Caregivers Coalition
The Voice of the Caregiver

• NMCC started in 2009
• They started with Listening Sessions through a grant with DDPC
• Education and training for caregivers
• Convenes caregivers, care recipients, advocates and providers
• 2017 / 2018– Senate Joint Memorial 6
• Caregiver Voices consistent across the years
• There are a few distinction in categories of caregivers and in areas of the state
The Voice of a Caregiver

• A conversation with a caregiver always starts and ends with the person(s) receiving care
• What does a caregiver want for themselves?  
  • Respect  
  • Training  
  • Higher Wages  
  • Benefits
### Differences in Category of Caregivers

<table>
<thead>
<tr>
<th>Family (Paid and Unpaid)</th>
<th>Professionals</th>
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<tbody>
<tr>
<td>• Respect from Health Care Professionals</td>
<td>• Respect from Family and other Team Members</td>
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<tr>
<td>• Respect / flexibility from Employers</td>
<td>• Respect from Employer and Manager</td>
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<tr>
<td>• Training on Care</td>
<td>• Reimbursement for training / increase in wages</td>
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<tr>
<td>• Navigational Support</td>
<td>• Mileage and travel time reimbursement</td>
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<td>• Support Groups</td>
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The Challenges of a Caregiver Pre–Covid

• Often had to work two jobs to make ends meet.
• Most professionals had considered giving up the work for something else.
• Many professionals had unpaid hours due to the recipient not having enough authorized hours.
• Many professional caregivers had unpaid family caregiving responsibilities as well.
• Family caregivers often felt like full-time case managers or were taking on financial duties in addition to care.
• Family caregivers might have multi-generational family members for which they were providing care.
NW special concerns

• Lack of Broadband - bad weather days
• Distance between Care Recipients
  • Veterans often authorized for just two hours a week
  • Unpaid mileage and time for long distance (couldn’t afford to work)
• Roads were sometimes very bad/ vehicles impacted
• Weather issues impact travel and safety
Have the last few slides painted a picture / given voice to the “average” caregiver?

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2. The Difference in NMCC and NMCA
NMCC in comparison to NMCA

**NMCC**
- Not for Profit
- State Wide
- Tax Status 501 c(3)
- Convenings
- Research, training and support
- Well established agency / good reputation / familiar brand

**NMCA**
- Not for Profit
- State Wide
- Tax Status 501 c(6)
- Membership Services and Advocacy / Public Policy
- Hired Organizing Director / first employee May 1, 2021
Sisters, Sisters

Different and Distinct Agencies
MOU to share training and other resources

NMCC -

NMCA -
NMCC

• Research
• Listening Sessions
• Trainings, Convenings, Support
• No Membership Needed
• Giving a Voice to Family and Professional Caregivers

Home - New Mexico Caregivers Coalition - Giving a Voice to Family and Professional Caregivers (nmdcc.org)
3. NMCA
NMCA

• Member Services
• Advocacy and Public Policy Initiatives
• Training would be legislative advocacy, public policy initiatives
• Member dues required
• Promote better work environments for paid caregivers
• Promote respect, training and support for family caregivers
• We are committed to, and intentional about, achieving racial equity for caregivers.
Membership Services

• Discounted (group rate) Insurance:
  • medical
  • vision
  • dental
  • life
  • legal insurance
• $400 cash stipends during COVID–19,
• Future Discounts
Advocacy and Public Policy

• Legislative Action
• Advocacy to Change Policy
• The more membership, the stronger the voice of the employee (Organizing Director) representing the members
• Action from membership - call / write legislators, public comment at hearings
4. Get Involved

Next Steps
Memberships

• Caregivers $15 annually

• Advocate (care recipient, guardians, family members, case managers, therapists, nurses) $30 annually

• Advisory Council (businesses, agencies) $300 annually
What is next?

1. First Meeting June 28, 2021, 3–4 by Zoom

- How do people want to receive their communications?
- What benefits do people want to see included in membership?
- Public Action, Initiatives, State and Federal Legislation
Opportunities for Federal Action in World of Care

- Social Security Reform – House Ways and Means Social Security Sub-committee
- Home and Community-Based Services Act -
- Health Care infrastructure (American Jobs Plan)
Questions/ Discussion
Pam@NMCareAction.org

Social Media:
New Mexico Caregivers In Action | Facebook
NMCareaction (@NMCareAction) / Twitter
NMCareAction (@nmcareaction) • Instagram photos and videos

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