

Multicomponent interventions combine psychoeducational and supportive interventions with services such as home care, palliative care, respite care, and hospice where appropriate. Services such as respite care may be particularly helpful for individuals who have been in the caregiver role for long periods of time, or those who have multiple responsibilities in addition to caregiving.

Helpful Hints:

- Discuss the types of services available with the patient and caregiver and involve them in the decision to pursue services that may be of interest to them.
- Make or obtain appropriate referrals to home care, palliative care, mental health professionals, hospice, respite and support services as appropriate. Referral to a social worker can help caregivers determine the types of services and funding available to meet their needs.
- Ask caregivers if they are interested in local support groups or agencies such as the Cancer Support Community (if available- affiliates can be found at: <http://www.cancersupportcommunity.org/find-affiliate>). Provide information about these resources if interested. You can also provide them with links to cancer.org which provides telephone counseling and telephone workshops for caregivers and patients.
- Consider respite care services and work with the caregiver and social workers to determine what is most appropriate for the situation.
 - Types of respite care:
 - Informal support and relief provided by family, friends, churches or other community groups.
 - Volunteer or paid companions. If independent companions are used, a background check should be done.
 - Personal care or health care assistants may be available through home care and hospice agencies.
 - Residential respite care provided by area skilled or long term care facilities.
 - Payment for respite care:
 - Medical insurance including Medicare does not usually include coverage for respite services unless medical professionals are involved. Many hospice programs provide respite services which are covered under hospice benefits.
 - Some long-term care insurance benefits include respite services.
 - Respite care insurance covers these services.
 - Patients on Social Security disability and qualified veterans may have relevant benefits.
 - Other financial support may be available from foundations, state health agencies, and nonprofit organizations. Some states provide mechanisms to cover respite care under Medicaid.
 - For more information view Oncology Nurse Multicomponent Interventions or visit <https://archrespite.org/consumer-information/caregiver-financial-assistance>
 - Oncology Nurse Multicomponent Interventions:
<https://www.youtube.com/watch?v=hYniPqiW7gw&feature=youtu.be&list=PLgND6mUayF4FSkBuRNUK3LLETajzXWmOd>