

NEWS RELEASE

For Immediate Release

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Iowa CareGivers Receives Grants for Programs Supporting Direct Care Workers

Des Moines - Iowa CareGivers has been awarded grants from two funders to support training and self-care programs for Iowa's direct care workers and family caregivers. Delta Dental of Iowa Foundation awarded Iowa CareGivers \$25,000 for 2023 and pledged an additional \$25,000 in 2024. Telligen awarded Iowa CareGivers \$75,000 for 2023.

Delta Dental of Iowa Foundation awarded Iowa CareGivers \$50,000 over the next two years to aid with the expansion of the Mouth Care Matters program into curriculums of more community colleges and state programs. In 2014, a Delta Dental of Iowa Foundation grant originally funded the development of Mouth Care Matters, an oral health training program tailored to certified nursing assistants, home care aides, direct support professionals, patient care technicians, hospice aides, and other health care workers. Mouth Care Matters is a collaborative effort between Delta Dental of Iowa Foundation, the University of Iowa Colleges of Dentistry and Nursing, community colleges, the Iowa Dental Hygienists' Association, Iowa CareGivers and many others. The training is led by dental hygienists to teach skills for delivering oral care to Iowans

"We would not be able to grow the efforts of oral health training for direct caregivers without the support of Delta Dental of Iowa Foundation," said Di Findley, Iowa CareGivers executive director. "The broader goal of the funding is to increase understanding throughout the state of the importance of oral care in overall health and wellness. The Delta Dental of Iowa Foundation is a leader in ensuring access to good oral care for Iowans, and we are honored to be a partner in that effort."

With a \$75,000 Telligen Community Initiative grant, Iowa CareGivers will address one of the most compelling workforce challenges Iowa is facing—health care worker burnout. Grant funding will support the development and implementation of two pilot "Reservoir Replenishing Retreats for Care Workers", to promote and provide self-care programs and services for direct care workers. Direct care worker shortages, high turnover, and burnout have existed for decades, but the pandemic significantly worsened these issues, increasing burnout for care workers. Many direct care workers hold multiple jobs due to low wages and 15% live below poverty guidelines, according to PHI National. Burnout, along with mental and physical health struggles, have become rampant among the workforce, underlining the need for self-care awareness and practice.

"Direct care workers are passionate about helping others, and many will keep doing it despite their own health struggles. But when their mental and physical health starts to deteriorate from stress, it becomes a serious issue," said Findley. "Telligen recognizes that as Iowans age, the need for healthy care workers is critical for the future health of all Iowans. Telligen Community Initiative funding helps show these invaluable individuals who care for the people we love how important it is that they also care for themselves."

For more information on Iowa CareGivers, visit IowaCareGivers.org.

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ABOUT IOWA CAREGIVERS

Iowa CareGivers supports and advocates for direct care workers so the care needs of Iowans are met; employers have access to a highly qualified workforce; family caregivers have the supports they need when caring for loved ones; and to ensure Iowa's rural and urban economies thrive. IowaCareGivers.org

About Delta Dental Foundation

The Delta Dental of Iowa Foundation awarded over \$295,000 to nine organizations to strengthen and transform the oral and overall health of all Iowans. The grants are part of the Foundation's Community of Health Grant programs that are intended to infuse a spark, encourage new learnings, strengthen nonprofit organizations and coalitions operations, or initiate a larger oral or overall health initiative.

About Telligen Community Initiative

Telligen Community Initiative (TCI) is the charitable foundation of Telligen, Inc., a private, nonprofit health care intelligence company. TCI's mission is to initiate and support innovative and forward-looking health-related projects aimed at improving health, social well-being, and educational attainment. TCI's funding focuses on project support in Colorado, Illinois, Iowa and Oklahoma within the areas of health care workforce development and strengthening families and communities. For more information about TCI, please visit www.telligenci.org.

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