

Advancing Family Caregiver Support in Korea: National Efforts and the Way forward

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Disclaimer

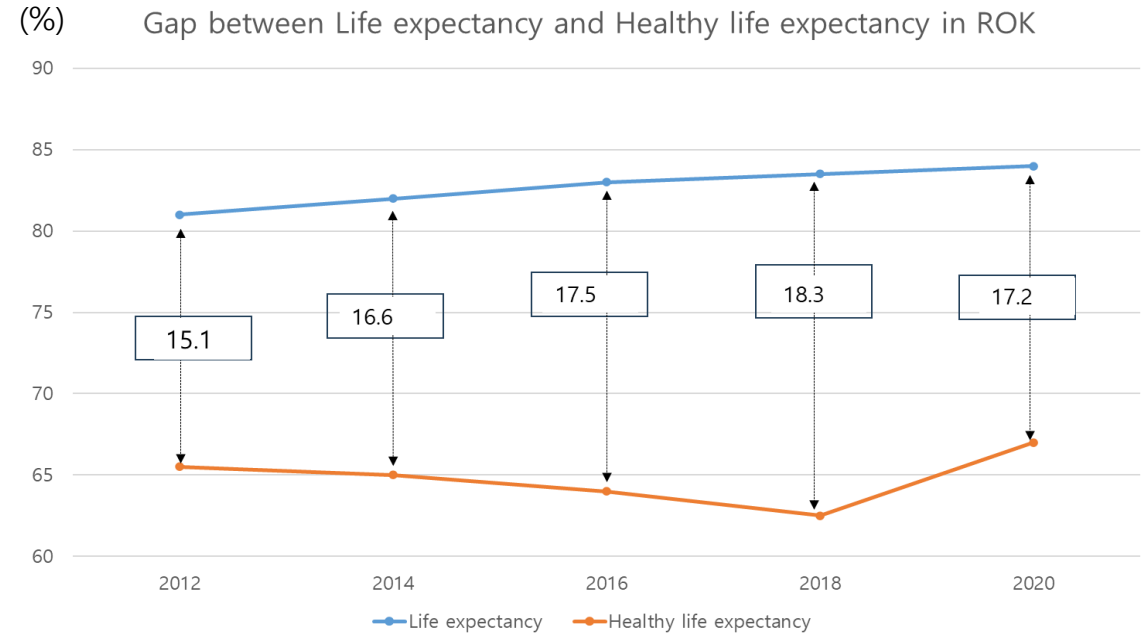
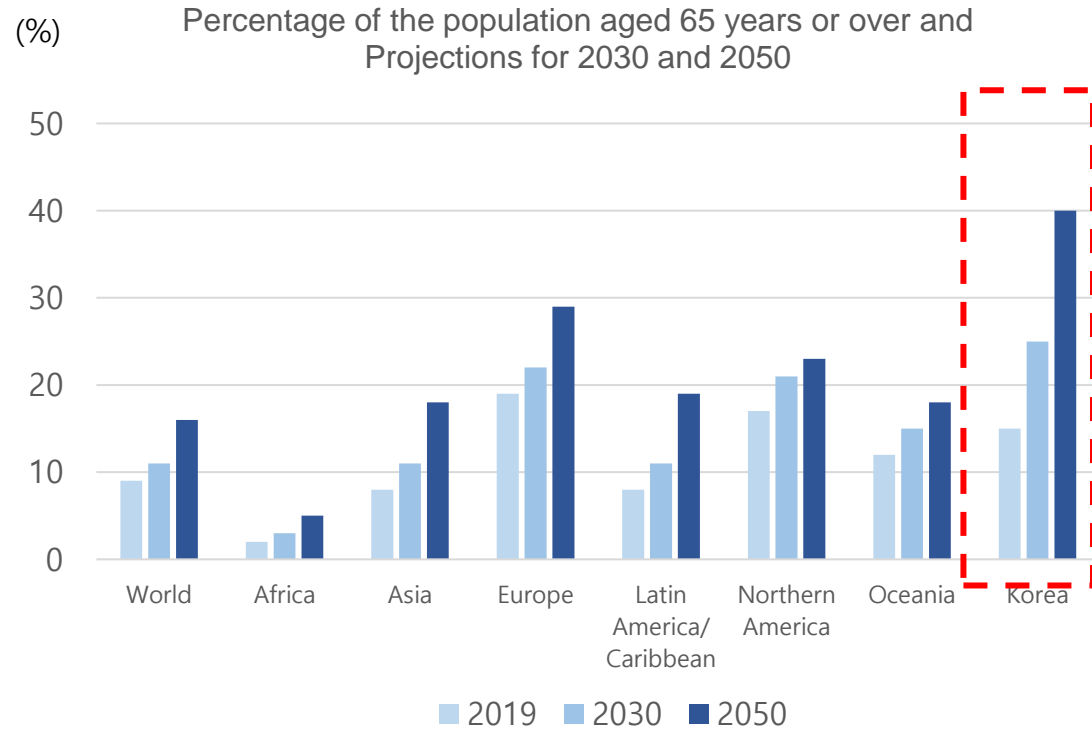
- Disclosure of Interests (last 3 years): none
- Reporting my personal perspective and knowledge of family caregiver support in Korea



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Population Aging and Long Term Care System in Korea

Population Aging

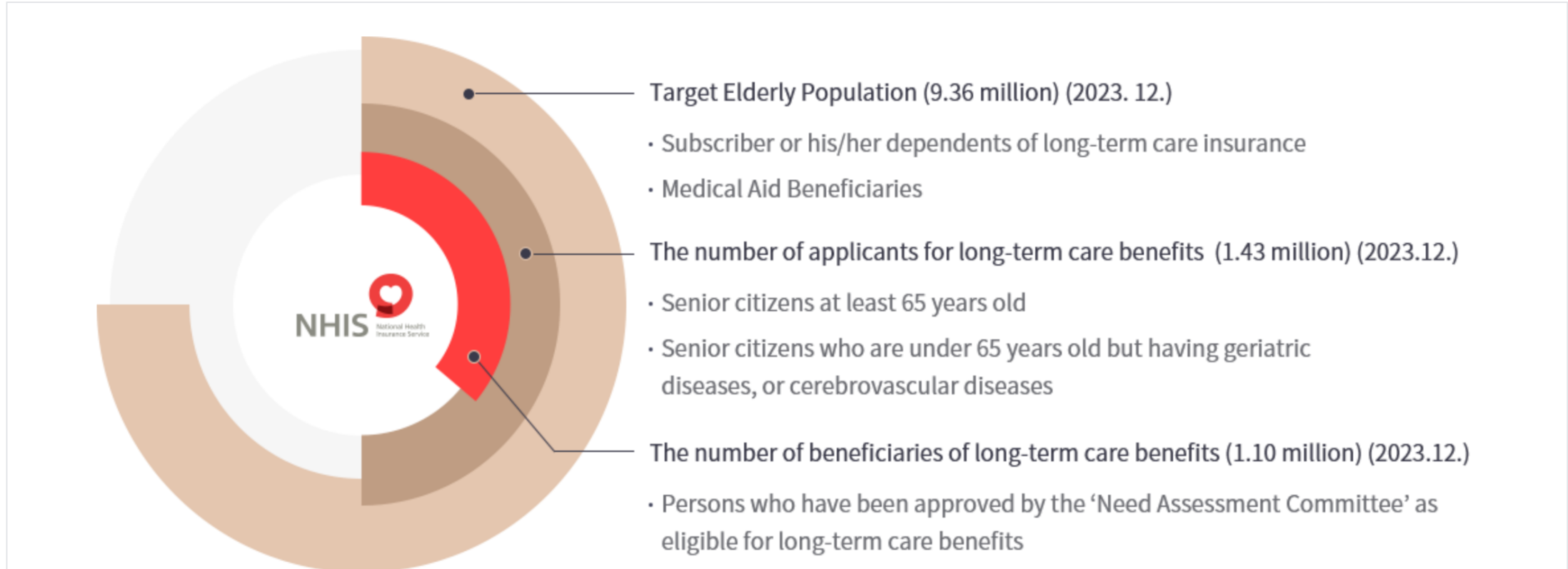


Source: UN (2015, 2019), Korean Statistical Information Service (KOSIS) (2021)

- Korea is projected to have 20.6% (10 million) of its population aged 65 or older by 2025, reaching 40% (17 million) by 2050
- Increased unhealthy aging years leads to a higher demand for long term care and caregiving services
- The changing family structure, low birth rates, and rapidly aging population have made long-term care (LTC) one of the most pressing social issues in Korea
- The introduction of long-term care insurance in 2008 made a significant transitioning from family-based care to a social care model

Long-Term Care Insurance In Korea

Population Coverage



- Korea's long-term care insurance is a social insurance system
- As of 2023, approximately 11% of the elderly are receiving benefits from long-term care insurance.

Type of Public Long Term Care Benefit

LTCI Benefit grade

Grade	Conditions	Score
Ranking 1	A person who is completely dependent on the help of another person to go about daily life	score \geq 95
Ranking 2	A person who is mostly dependent on the help of another person to go about daily life	$75 \leq$ score $<$ 95
Ranking 3	A person who is in partial need of the help of another person to go about daily life	$60 \leq$ score $<$ 75
Ranking 4	A person with mental and physical disabilities and who is in partial need	$51 \leq$ score $<$ 60
Ranking 5	A person with dementia	$45 \leq$ score $<$ 51
Cognitive support ranking	A person with dementia	Below 45



Institutional Care

Day and Night Care

Short-term Respite Care

Home-Visit Care

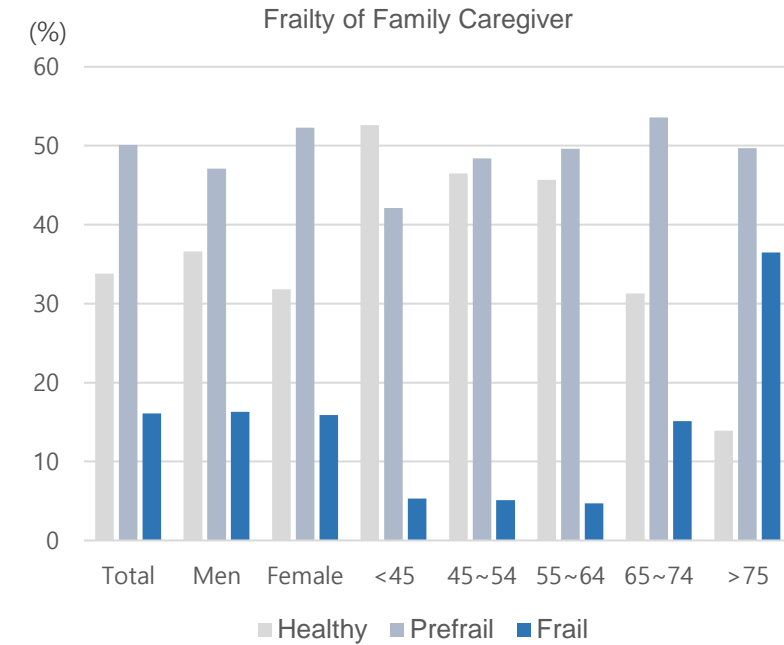
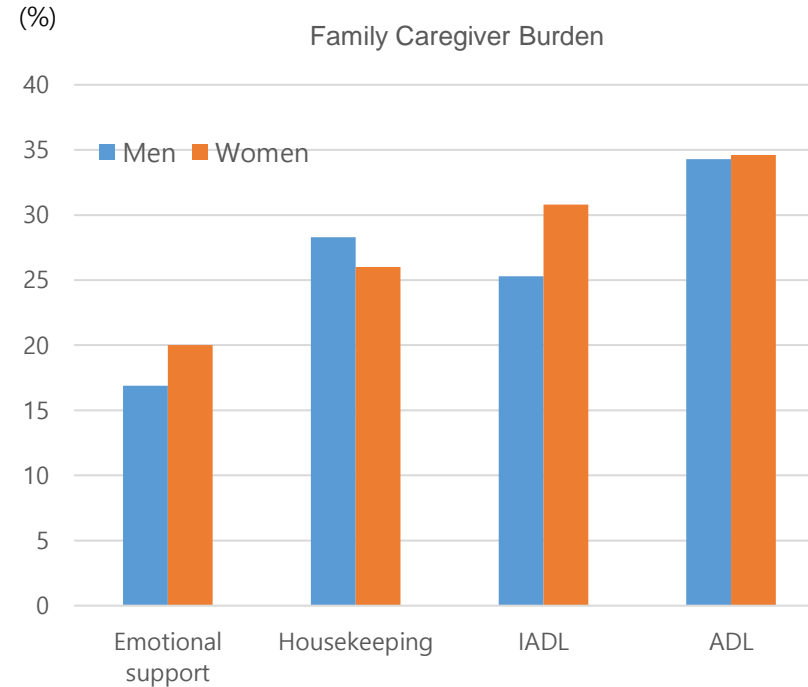
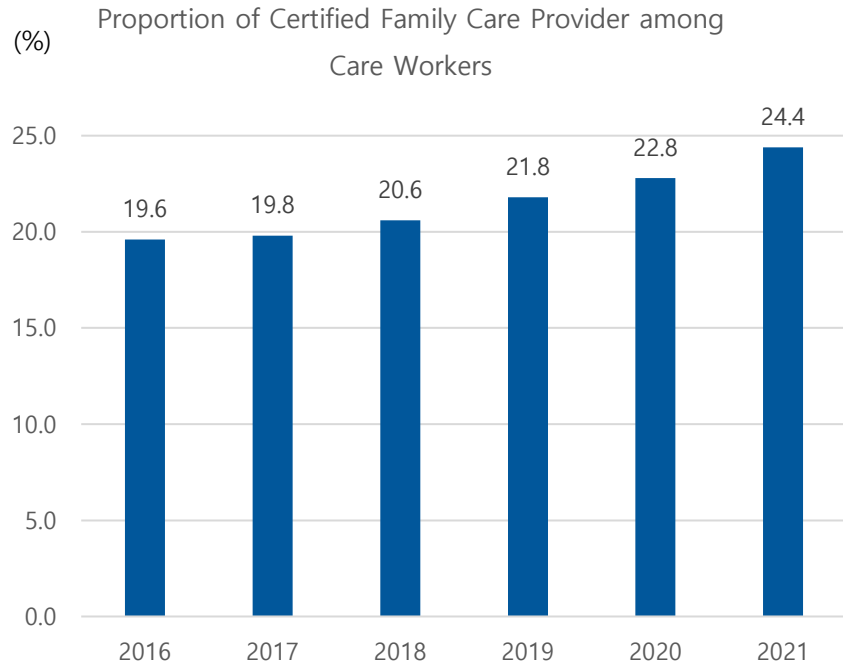
Home-Visit Nursing

Care supplies and equipment

Home-Visit Bathing

- The system is primarily focused on providing care for the elderly and consists of six levels of care needs, from Ranking 1 to 5 and cognitive support ranking.
- The higher the ranking (e.g., ranking 1 and 2), the more comprehensive and intensive benefits. Lower rankings focus more on preventive measures and occasional home based support, allowing individuals to maintain independence for as long as possible.

Changes in Family Caregiving Situations



- Cash benefit for family caregiver in long-term care insurance increased from 60,000 (2016) to 122,000 (2021) (1 in 4 care workers)
- Family Caregivers with cash benefit experience greater burden compared to general family caregivers (Cho et al., 2023)
- Female caregivers feel more burden in emotional support and IADL, Male caregivers in Housekeeping
- 36.5% of family caregivers aged 75+ are frail, versus 16.1% of all family caregivers

Family Caregiving Burden: Current Situation and Challenges

•Partial Relief by Public LTC Services:

- Public services cover some caregiving hours
- Family caregivers still responsible for care outside these hours
- Especially burdensome for conditions like **dementia** and **stroke** at home

•Impact of Nuclear Families:

- Caregiving often falls to **1-2 family members** living with the recipient
- Leads to high caregiving burden on specific family members

•Decline in Quality of Life:

- Heavy caregiving responsibilities cause significant declines in family caregivers' **quality of life**

•Need for Systematic Support:

- Need for **systematic approaches** to help family caregivers manage the caregiving burden effectively

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Overview of COMPASS

The Caregiver Orientation for Mobilizing Personal Assets and Strengths for Self-Care (COMPASS) for Caregiving Journey: The First National Family Caregiver Support Program in a Long-Term Care Insurance System

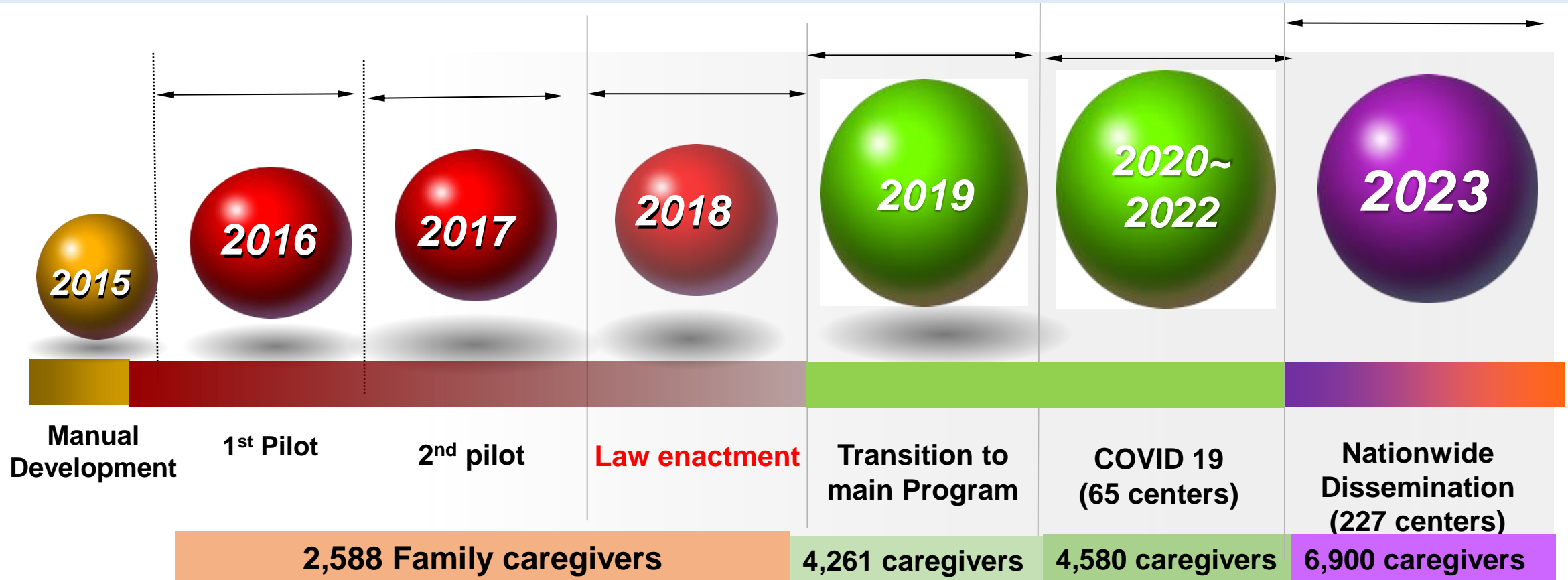
2015



2023



History of COMPASS program



- During the pilot program, 2,588 family caregivers were supported between 2016 to 2018
- The need for supporting family caregivers led to changes to the 2018 Long-Term Care Insurance Act. These changes included providing information, guidance, and counseling for family caregivers
- From 2020 to 2022, the formal establishment of these services was done
- After nationwide expansion, COMPASS has played a key role in building a strong social safety net

Goals of COMPASS

Objective: Strengthen the caregiving capacity of family for long-term care recipients, reduce the negative impacts of caregiving, and improve the quality of life for both the recipients and caregivers, thereby supporting **Aging In Place**

Goal 1: Improve caregivers' knowledge and skills in caregiving

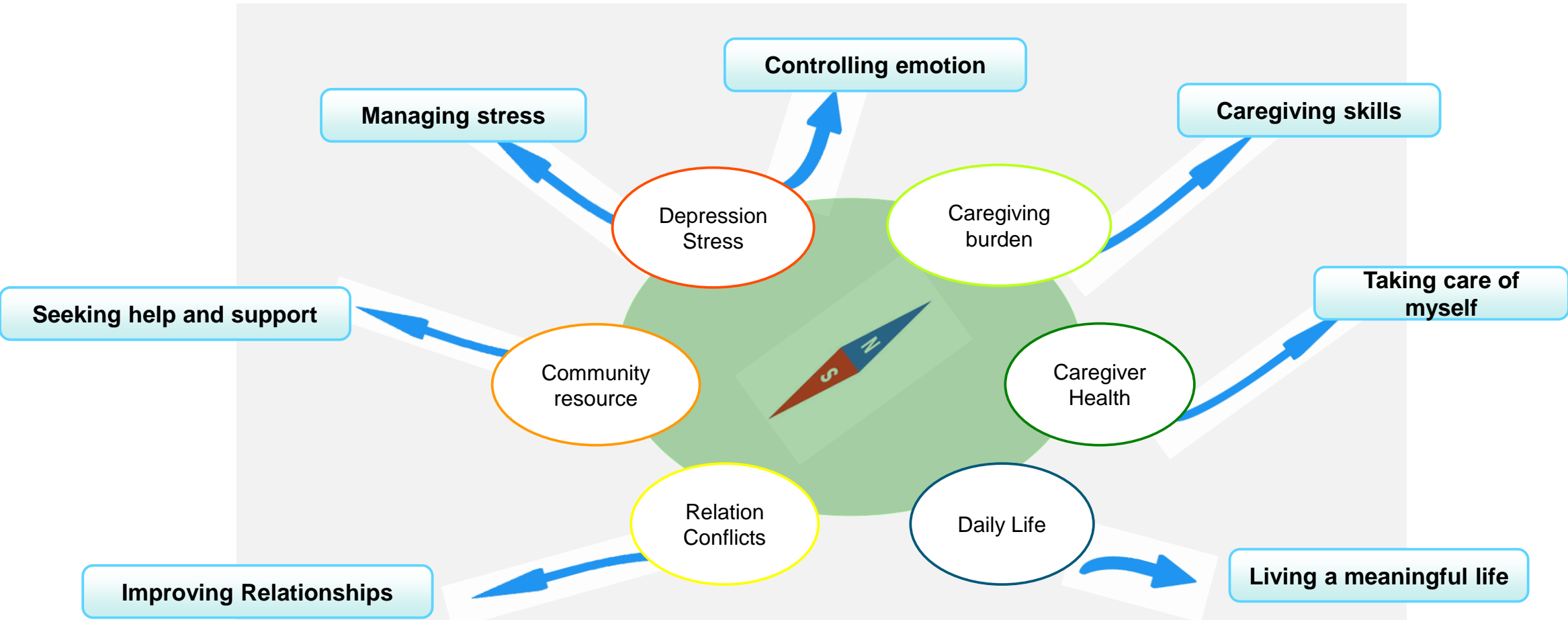
Goal 2: Enhance caregivers' positive attitudes towards caregiving

Goal 3: Increase caregivers' sense of caregiving efficacy

Goal 4: Strengthen caregivers' ability to independently perform caregiving tasks

Goal 5: Reduce caregivers' stress related to caregiving

COMPASS: The Structure of the Program



- The COMPASS program consists of multicomponent interventions addressing caregiving risk areas: resource utilization, social support, caregiving skills, depression, stress, burden, and caregiver health
- Program providers develop individualized modules based on identified problems and deliver them through various activities, including emotional support, skill training, consultation, and health education

Evidence Based Program Development

[Based on Research Evidence of Effectiveness]

Depression: Acceptance and Commitment Therapy, Behavioral Activation, Mindfulness, Psychoeducation, Cognitive Behavioral Therapy, and Multicomponent Interventions

Anxiety: Psychoeducation

Caregiving burden: Case Management, Psychoeducation, and Multicomponent Interventions

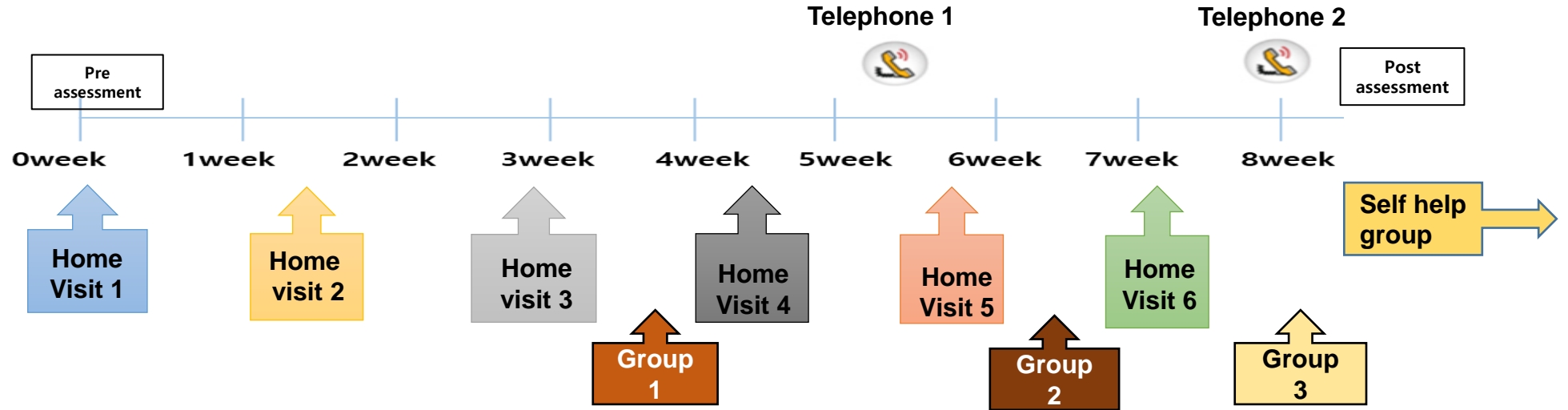
Quality of life: Group Activities, and Self-help Groups

Evidence Based Approach	COMPASS module
Information Education	✓ Caregiving skills ✓ Taking care of myself
Psychoeducation	✓ Living a meaningful life
Acceptance and Commitment Therapy	✓ Managing stress
Behavioral activation	✓ Controlling emotion
Mindfulness	✓ Improving relationships
Cognitive Behavioral Therapy	
Resource utilization	✓ Seeking help and support

COMPASS: Home Visit Family Caregiver Support Program

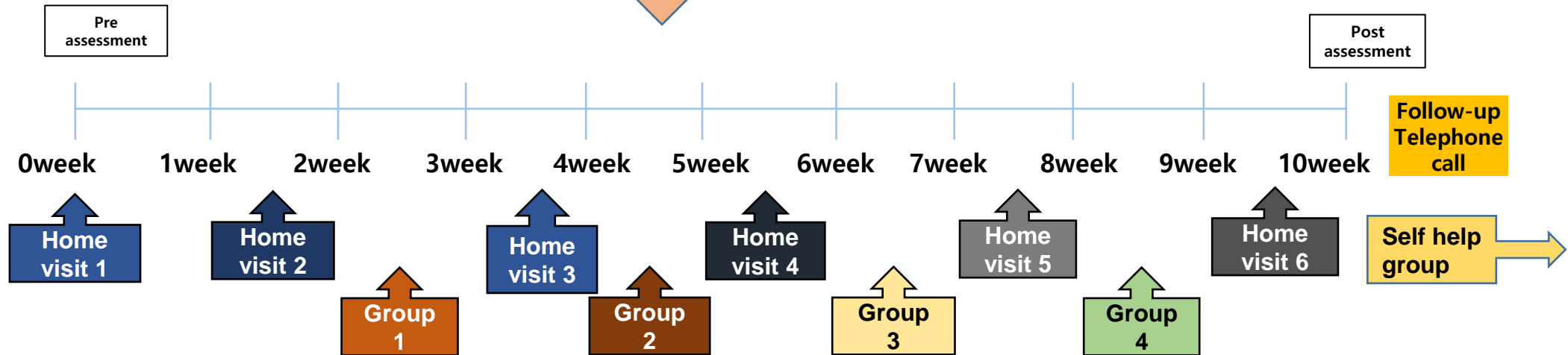
1st Pilot

Family caregivers who living with and directly providing ≥ 6 hours of care daily to the LTC receivers, and having a high caregiving burden



Extension of the service period, Strengthening group activities and self-help meetings, Excluding telephone Consultation

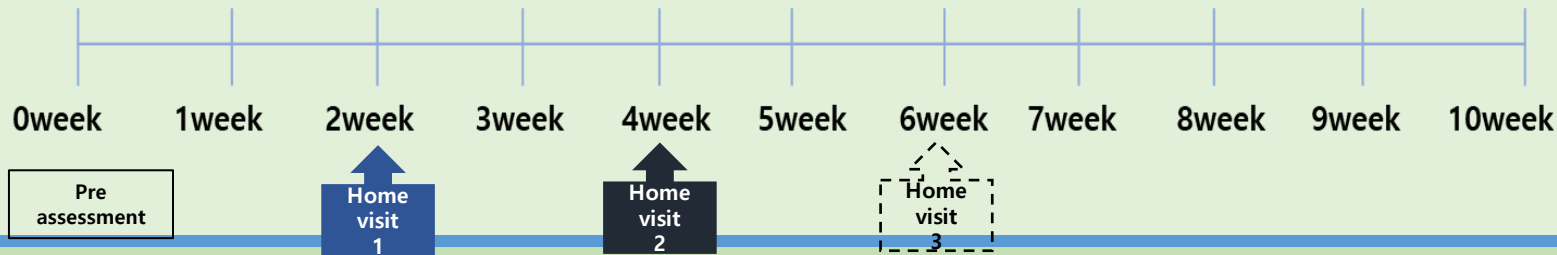
2nd Pilot & Main program



Family Support Group Classification

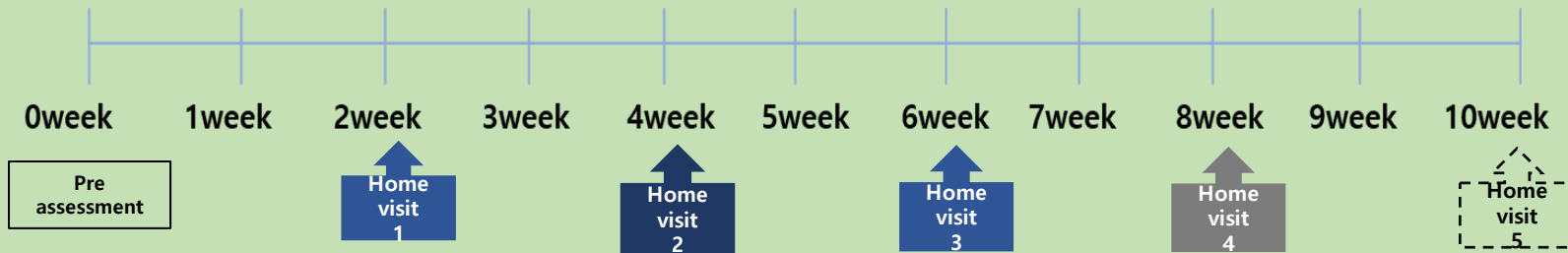
Nationwide dissemination since 2023

Basic (Home visit 2~3)



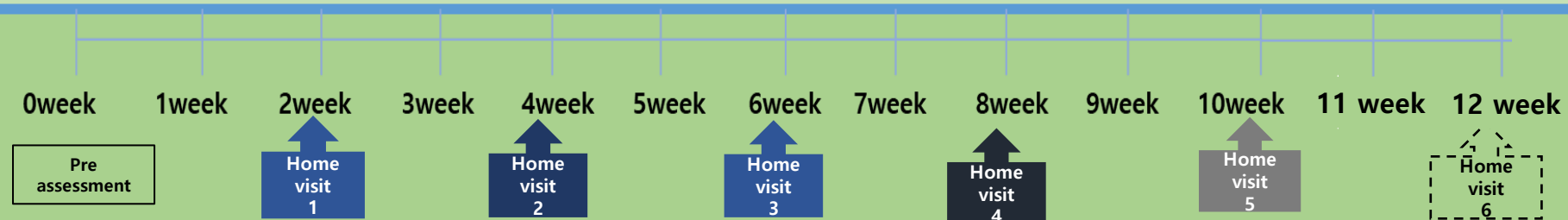
Monthly telephone follow-up (3 month)

General (Home visit 4~5)



Monthly telephone follow-up (3 month)

Intensive (Home visit 5~6)



Monthly telephone follow-up (6 month)

Group & self-help activities are provided optionally, based on the needs of the family

To expose more families to the program, support is divided and provided based on the level of demand

- The group with low burden and depression is placed in the basic support group
- The group with moderate burden and low depression is categorized as the general support group
- The group with high caregiving burden and high depression is assigned to the intensive support group
- The high-risk group for depression is referred to professional mental health services

Need Based Program Mapping and Plan

Area	Need assessment	Recommended Module
Information	1. Is it difficult to obtain information about services or help needed for care activities?	Seeking help and support
	2. Is it difficult to obtain help or assistance when caring for the care receiver?	Seeking help and support
Care Activities	3. Is it difficult to find information about the care receiver's condition or situation?	Caregiving skills: Disease
	4. Is it difficult to support daily activities for the care receiver?	Caregiving skills: Daily life
	5. Is it difficult to manage the care receiver's symptoms (pressure ulcer, fall)?	Caregiving skills: Symptom
	6. Is it difficult to manage the care receiver's behavior or emotion?	Caregiving skills: Dementia
Physical Health	7. Have you had health check-ups or treatments on time in the last two years?	Taking care of myself
	8. Have you found it difficult to keep up with regular meals or a balanced diet?	Taking care of myself
	9. Have you been unable to sleep well in the past month?	Taking care of myself
	10. Have you been unable to do regular exercise?	Taking care of myself
	11. Are you experiencing difficulties in your daily life due to a chronic illness?	Taking care of myself
Social Life	12. Is it difficult to continue enjoying social activities because of caregiving responsibilities?	Living a meaning life
	13. Have you had trouble enjoying time with your family or friends?	Living a meaning life
	14. Are you having trouble finding time to rest just for yourself?	Living a meaning life
Mental Health	15. Are you feeling stressed due to caring for a care recivier?	Managing stress
	16. Do you feel like crying or sad?	Managing stress
	17. Have you ever wanted to yell at, pinch, or hit the recipient?	Controlling emotion
	18. Do you feel helpless or like you can't do anything right?	Controlling emotion
Relationship Conflict	19. Are you experiencing conflicts related to caregiving with the care receiver?	Improving relationship
	20. Are you experiencing conflicts with your family regarding caregiving?	Improving relationship
Caregiving Risk	21. Suicidal thoughts	Resource coordination
	22. Care receiver abuse	Resource coordination

Mapping the necessary modules for family caregivers through a checklist-style needs assessment

Family Caregiver Centered Goal Setting

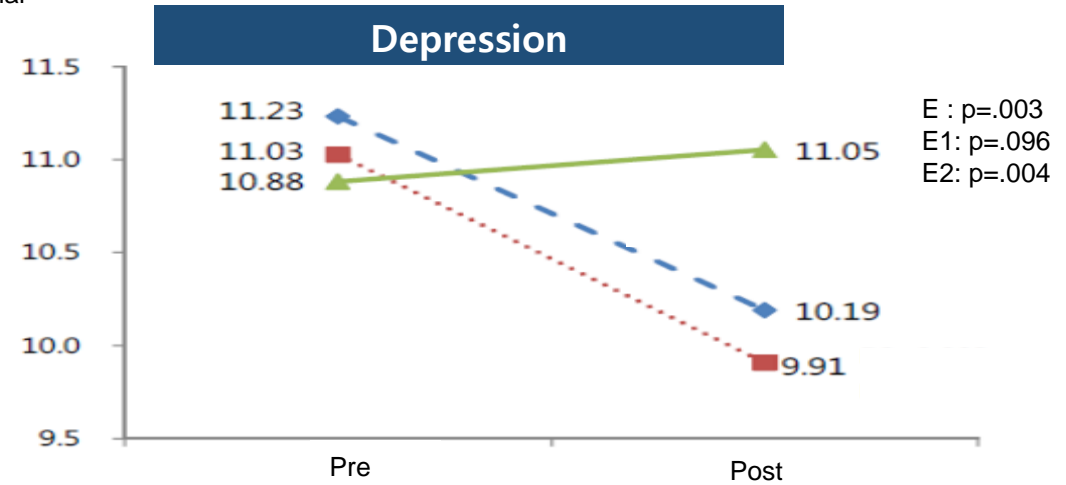
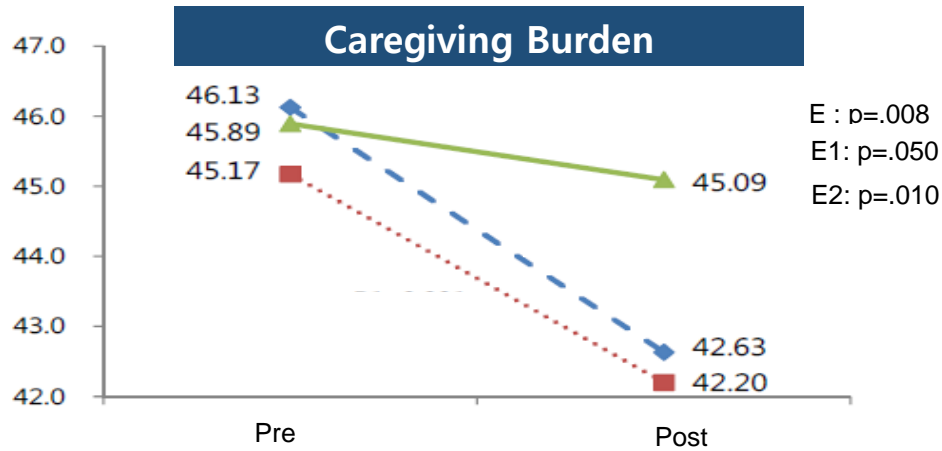
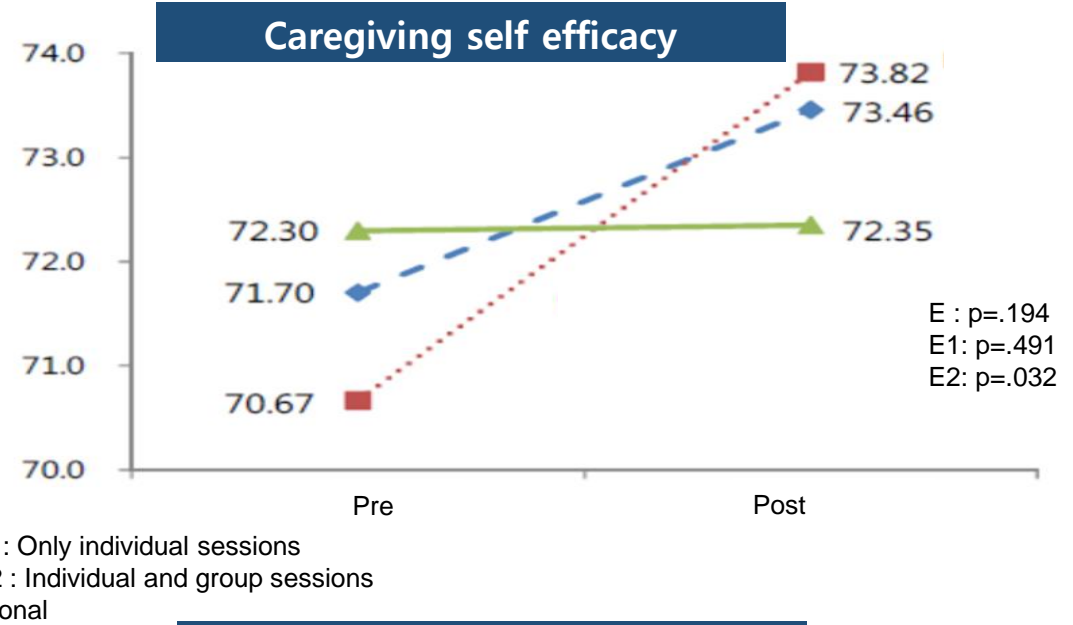
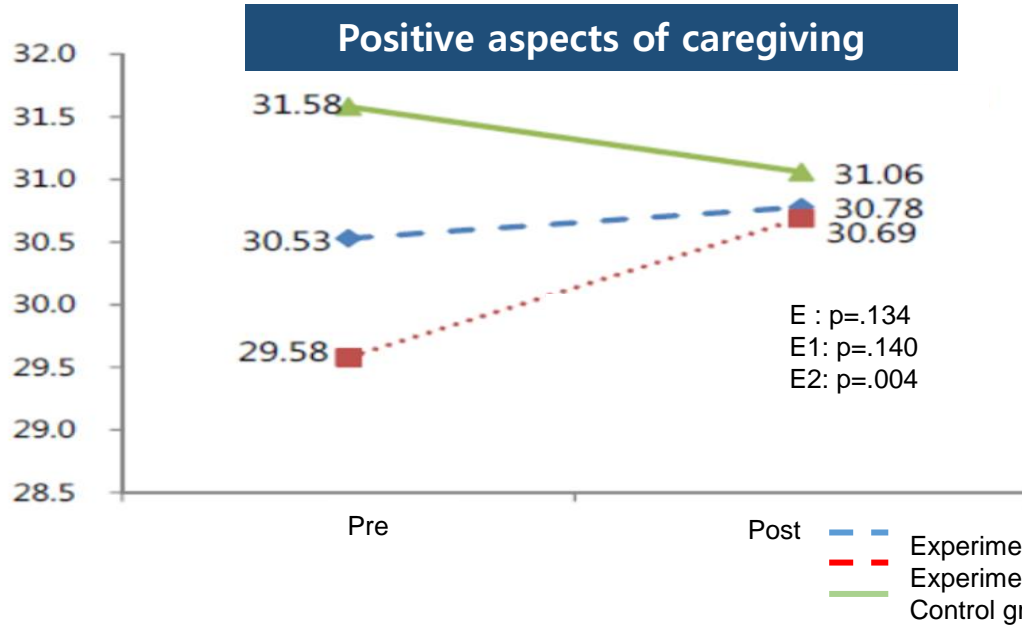
	<u>Need</u> What do you find difficult?	<u>Goal</u> How do you hope things will change?	<u>Plan</u> What can you do to achieve this goal in the next three months?
What are the three most challenging aspects of caring for a care receiver?	1. Care receiver's hearing impairment makes communication difficult.	1. I want to find ways to assist hearing to facilitate communication.	<ul style="list-style-type: none"> I will apply for a hearing aid support program. Communicate using methods such as writing on notepads.
	2.	2.	
	3.	3.	
What are the three expectations for a family caregiver?	1. I often feel irritated and angry.	1. I take time for myself.	<ul style="list-style-type: none"> I drink tea during the recipient's nap time. I go for a walk during the home care visit hours.
	2.	2.	
	3.	3.	

- In addition to a standardized checklist-style needs assessment, investigate the needs of family caregivers through open-ended questions to establish objectives and action plans
- This method involves asking specific questions about the problems experienced by family caregivers, helping to identify their goals and effective ways to cope with the problems

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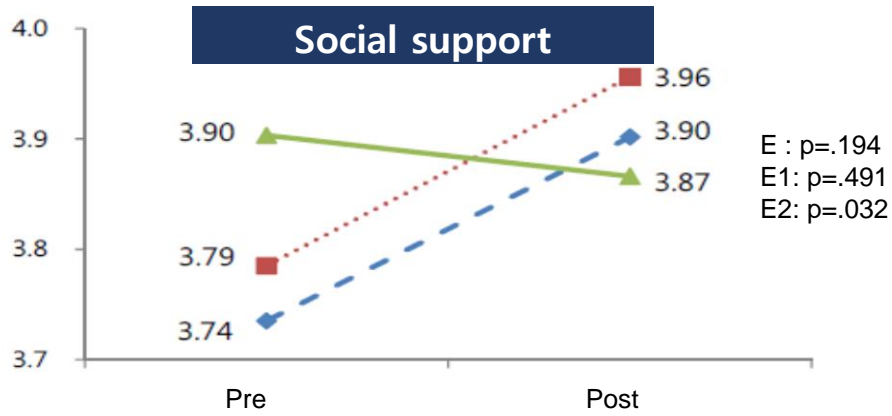
Findings from the Program Evaluation

Evaluation of Program Outcome (Short term effect)

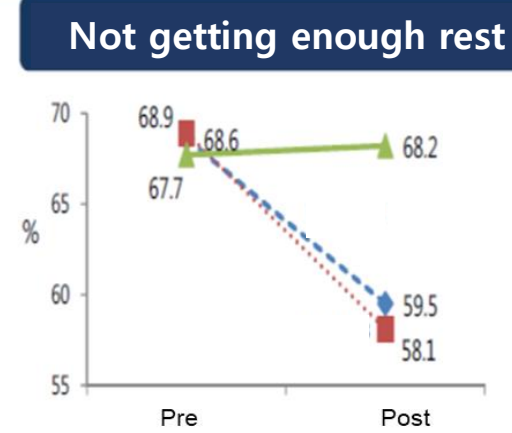
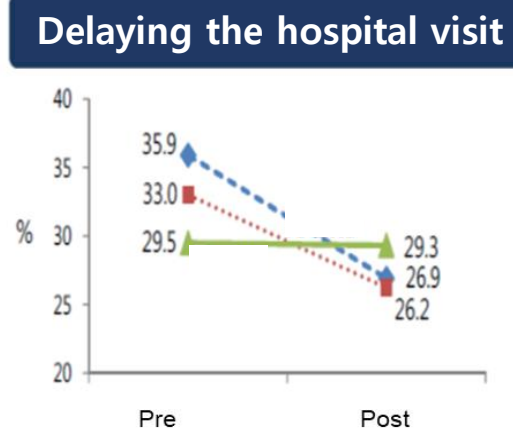


- COMPASS is effective against the psychological problems of burden and depression
- Participating both in individual and group sessions showed significant improvements in positive aspects of caregiving and caregiving efficacy

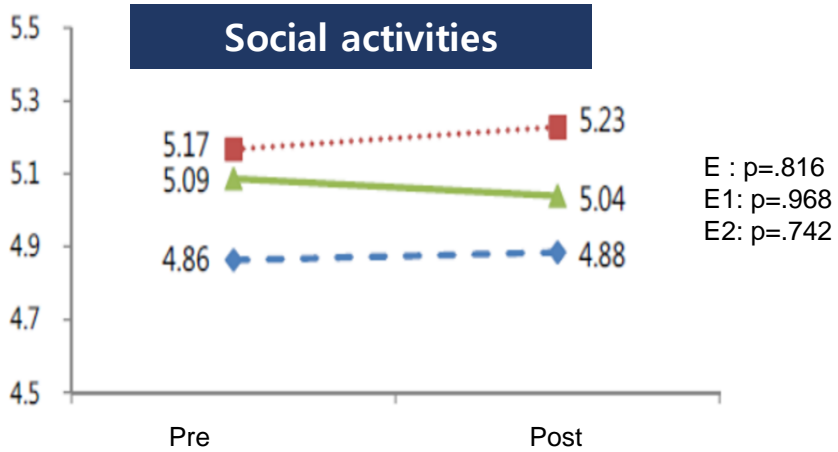
Evaluation of Program Outcome (Short term effect)



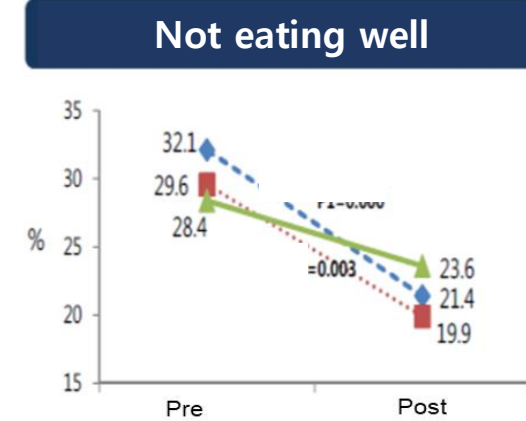
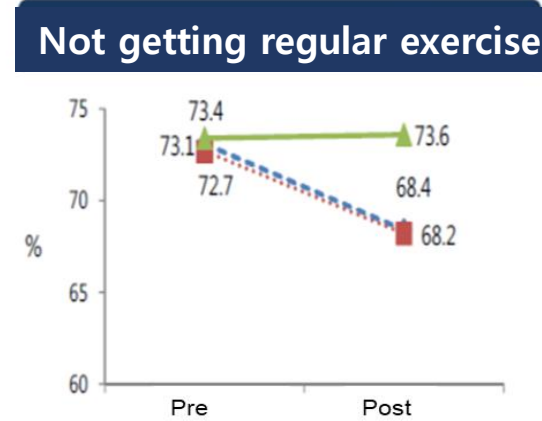
E : p=.194
E1: p=.491
E2: p=.032



E : p=.012
E1: p=.047
E2: p=.035

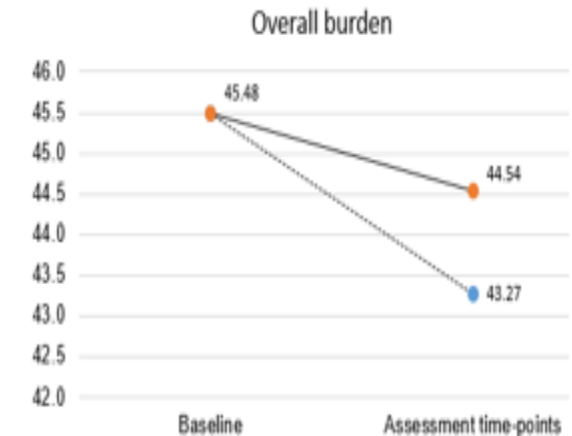
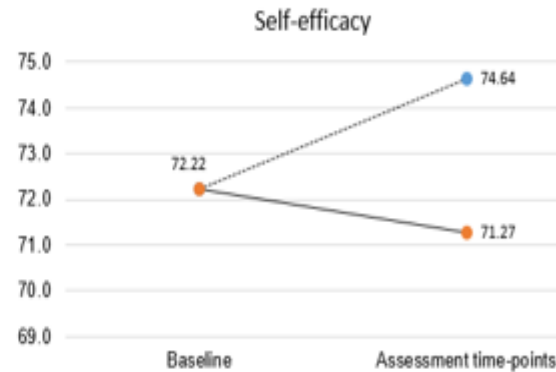
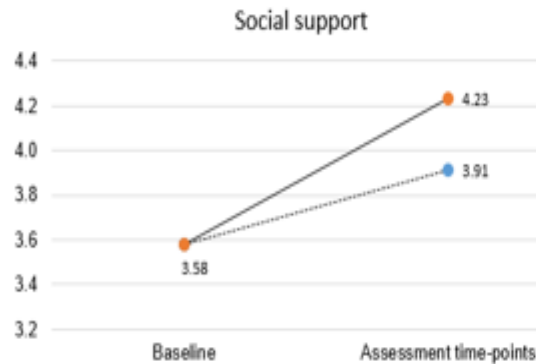
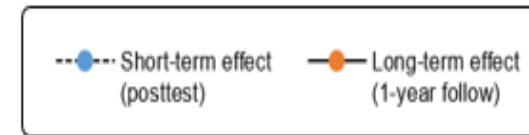
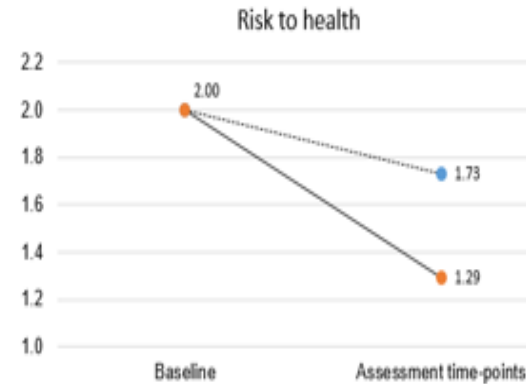
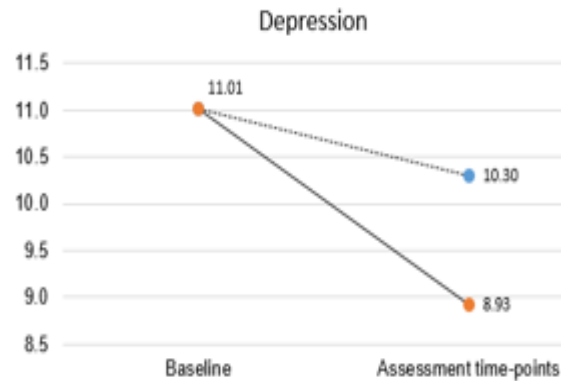


E : p=.816
E1: p=.968
E2: p=.742



- COMPASS was effective in social support. However, there was no significant increase in social activities
- COMPASS was successful in reducing the health risk behaviors such as delaying the hospital visit, not getting enough rest, not getting regular exercise, and not eating well

Long term effects of COMPASS




- COMPASS showed strong long-term effects in reducing depression and health risk behaviors, while short-term and long-term effects on social support, self-efficacy, and burden were similar
- Over two years, 14.7% of non-participating families had recipients admitted to healthcare facilities, compared to 7.7% of participating families—a 7% reduction.
- In 2021, institutional care costs averaged \$1,633 per month, while home care averaged \$1,146, saving \$487 monthly, with further cost reductions expected as more counseling services become available

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Policy and Program Implication

Recognition from Family Caregivers

[가족상담지원서비스 상담 참여자 인터뷰] 오랜 병수발을 해온 저에게 나라에서 대접을 해주는 것 같았습니다

 국민건강보험공단 2019. 7. 5. 14:00

URL 복사 ⋮



In an interview with a family participating in COMPASS, one family caregiver expressed, "It felt like the country was honoring me for the long years I've spent caregiving."

Recognition from Global Organization

DATABASE

Good Practices in Social Security



ISSA Database of Good Practices

This database provides ISSA members with privileged access to good practices, showcasing creative, smart and innovative ways to overcome challenges of social security administration at the institutional, national or international levels. Explore, be inspired by, and learn from these hard-earned and well-deserved successes of the ISSA members. [Learn more about the ISSA Good Practices.](#)



The caregiving journey: A National Family Caregiver Support Programme

Implementation year: 2015

Award Year: 2021

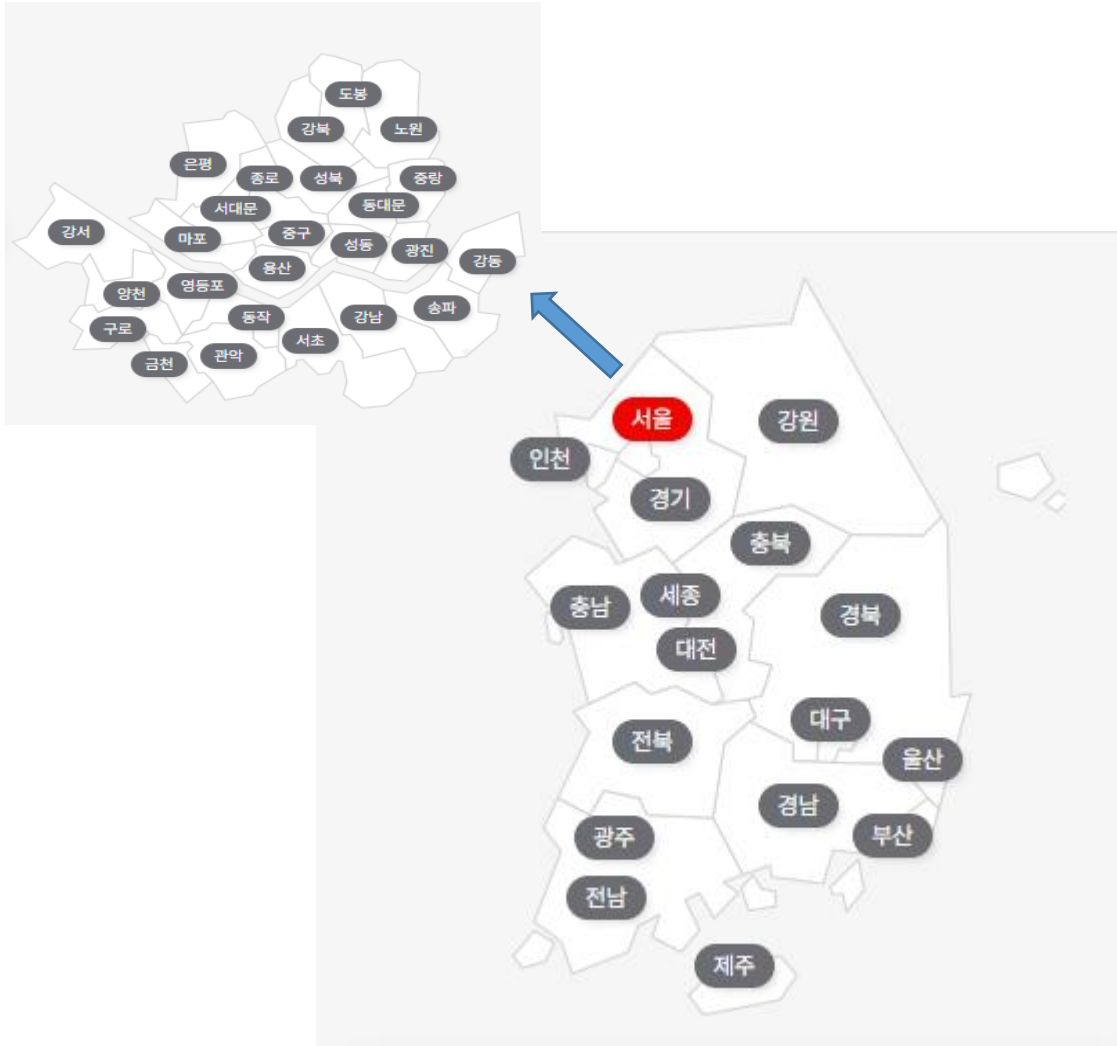
National Health Insurance Service, Korea, Republic of, Asia and Pacific

The National Health Insurance Service (NHIS) of the Republic of Korea has developed the National Family Caregiver Support Programme (NFCSP) to ease the burden of family caregivers of long-term care (LTC) recipients. In this programme, specialized NHIS counsellors screen family caregivers experiencing heavy burdens, evaluate their unique circumstances, and then offer a variety of services tailored to their needs.

Topic: Health Service quality

- The ISSA Good Practices are a valuable collection of learning experiences from the International Social Security Association (ISSA), dedicated to enhancing, securing, and making a significant impact on people's lives
- COMPASS received the Excellence Award in 2021, highlighting its significant contributions to social security and innovative solutions to addressing challenges in the caregiving field

Enacted by Law and Expanded Nationwide



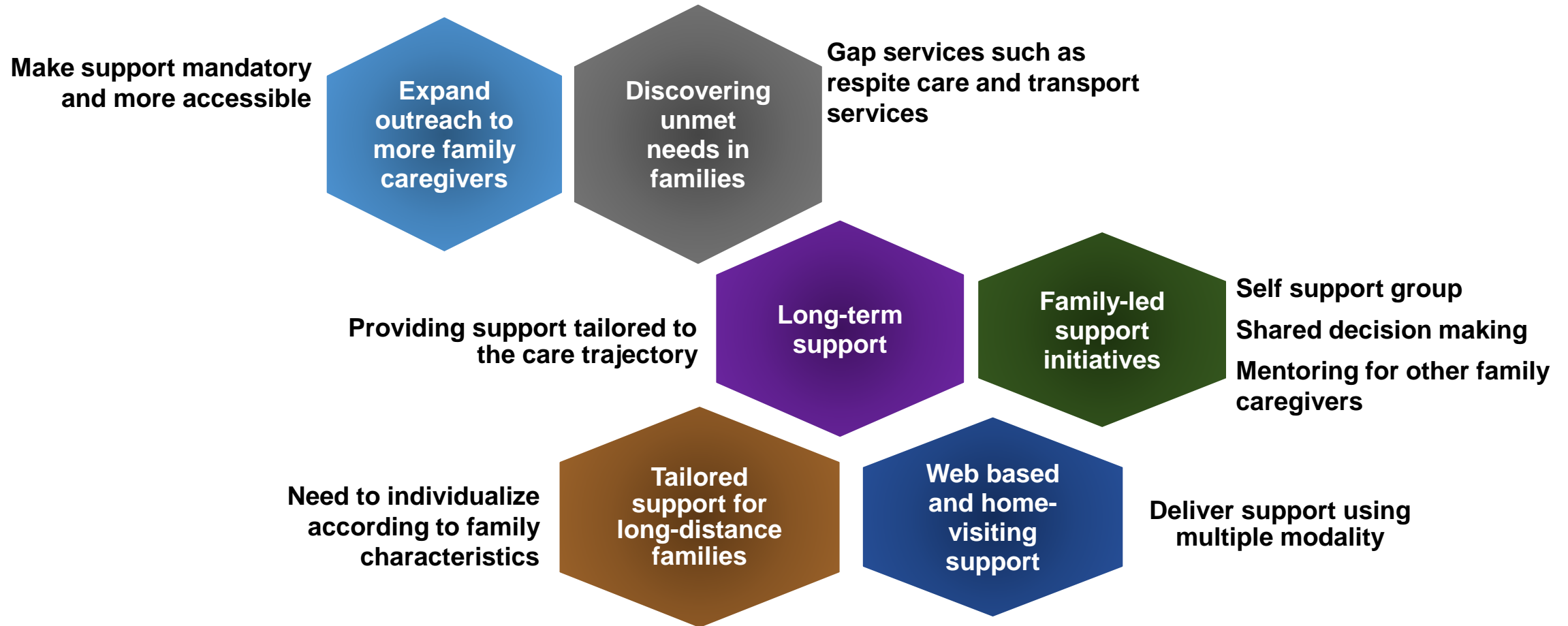
Regional and local branches of
National Health Insurance Service

- In recognition of the need for family caregiver support, amendments to the 2019 Long-Term Care Insurance Act were made, specifying provisions for information, guidance, and counseling for family caregivers
- As of 2022, the COMPASS was implemented in 65 operating centers nationwide
- Currently, the program is applied in 227 operating centers of the National Health Insurance Service (NHIS) across South Korea

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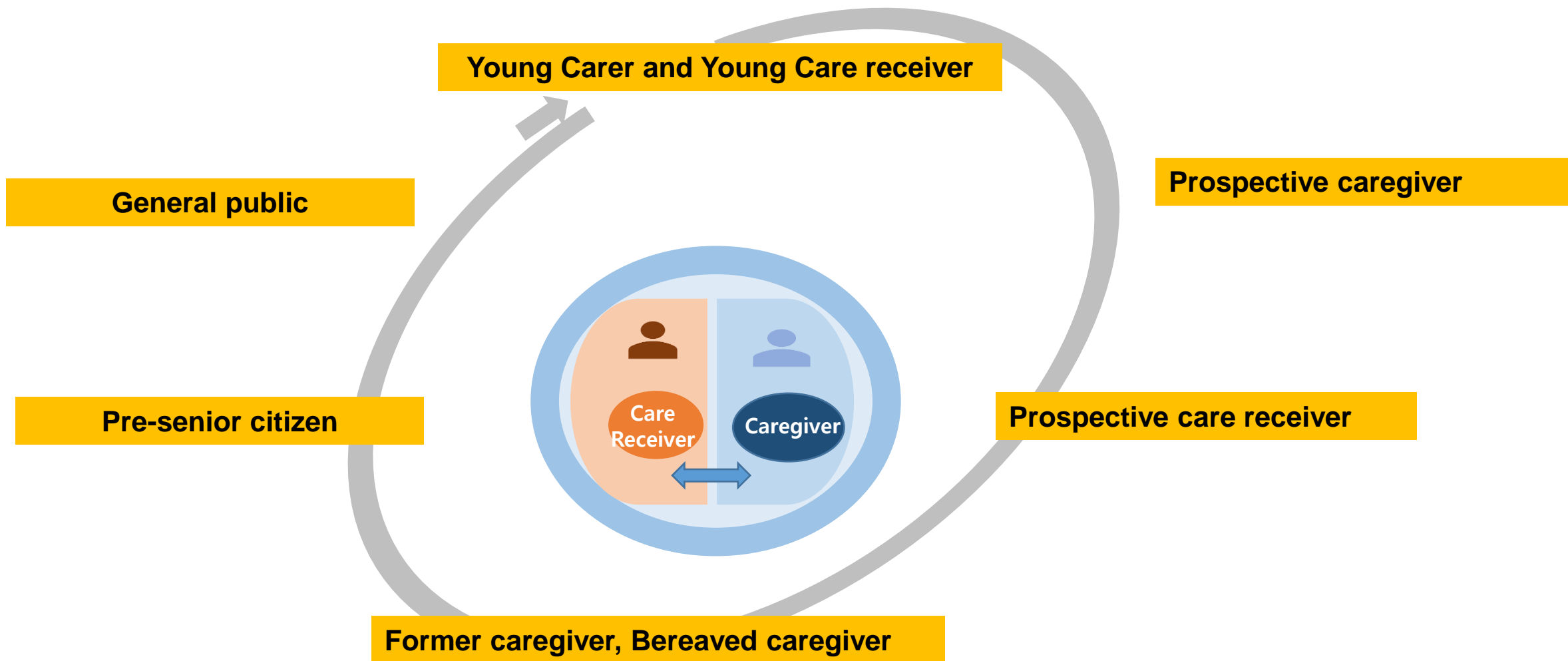
**Next steps for COMPASS
moving forward**

Next Steps for COMPASS



- To make support both mandatory and more accessible, ensuring that no family caregiver is left behind
- To discovering unmet needs within families, such as addressing gaps in respite care and transport services are critical areas
- Long-term support tailored to the care trajectory, offering assistance throughout the caregiving journey, than in the short term
- Family-led support such as the formation of self-support groups, shared decision-making, and mentorship programs
- Tailored support for long-distance families, recognizing the unique challenges
- Using multiple modalities, such as web-based platforms and home-visiting services, providing flexibility

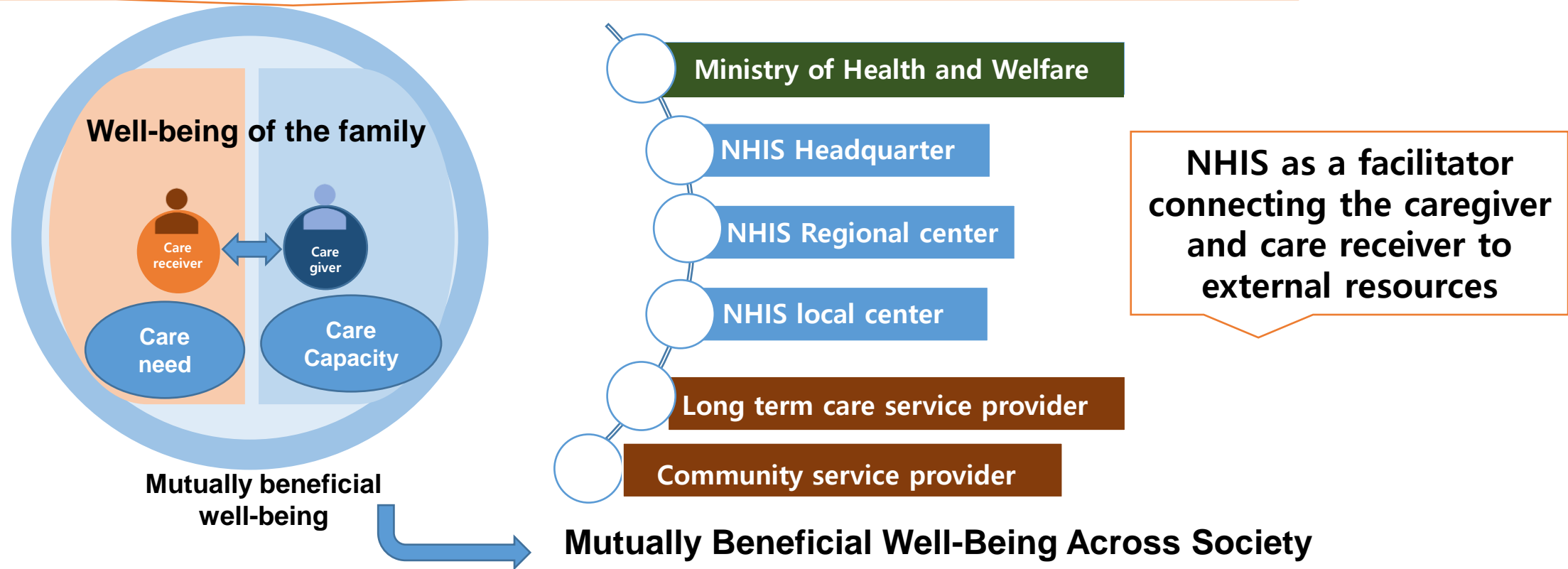
Expanding the Target Group



- The support network can be extended to include General Public, Pre-senior Citizens, Former or Bereaved Caregivers, Prospective Care receivers and caregivers, and Young Carers and care receivers.
- By broadening the focus to these groups, family caregiver support becomes more inclusive, addressing diverse needs across different life stages

Sustainable Support for Sustainable Family Caregiving

Family caregiver as a gatekeeper connecting the care receiver to the outside world



- The family caregiver as a gatekeeper, connects the care receiver to the outside world, balancing between the care receiver's needs and their capacity to provide care
- The NHIS plays a crucial role as a facilitator, linking both the caregiver and care receiver to external resources. These resources include support from the Ministry of Health and Welfare, NHIS headquarters, regional and local centers, as well as partnerships with long-term care service providers and community service providers
- This system ensures that caregiving is not isolated, but part of a broader network that encourages the spread of mutually beneficial well-being across society

Terima Kasih

Thank You

감사합니다