



Caregiver Promising Practice Spotlight

Project Healthy Grandparents

About This Series: The National Caregiver Support Collaborative’s (NCSC) Caregiver Promising Practice Spotlights highlight a series of innovative, evidence-informed, and evidence-based practices to effectively support older adult family, kin, and tribal caregivers. The Spotlights provide an overview of the promising practice and suggested actionable steps for organizations to implement the practice.



Featured Promising Practice: Strengthen grandparents’ caregiving capacity through integrated skill-building education, care navigation, and peer support delivered in the home and community.

Promising Practice Overview

Project Healthy Grandparents (PHG) is a community-based interdisciplinary program that supports grandparents raising grandchildren through coordinated caregiving supports, including health services, education, and social support. Founded at Georgia State University in 1995, the program combines nursing, social work, health education, and community partnerships to strengthen kinship caregiving families and support caregiving environments that meet families’ needs.

Grandparents raising grandchildren often face unique challenges, such as chronic health conditions, financial strain, social isolation, and limited access to services. PHG addresses these challenges through coordinated supports designed to strengthen caregivers’ capacity to provide care and improve outcomes, including caregiver physical and mental health, family coping, and access to needed resources.

The program emphasizes building on caregivers’ strengths while providing education, resources, and connections to community services. Through home visitations, peer support groups, transportation services, early intervention services for young children, and referrals to healthcare or local service providers, including legal support services, PHG helps families navigate complex systems and maintain healthy caregiving environments.

“They have benefited us so much that I have committed myself to be an advocate for Project Healthy Grandparents. The resources and the love and the care from the people of Project Healthy Grandparents has kind of rubbed off on me to where I extend you know my knowledge that I gained so it’s like a domino effect.”

— **Grandparent, PHG Participant**

Eligibility and Processes

PHG is a 12-month, intensive intervention program designed for grandparents who are the primary caregivers for grandchildren under 18 years of age. The program serves families residing in Clayton, DeKalb, and Fulton counties within a 20-mile radius of downtown Atlanta, Georgia, which enables program staff to conduct in-person home visits. There are no income-based eligibility requirements for participation. Families qualify for participation when grandparents are raising grandchildren in the absence of a parent in the household. The program enrolls families on a rolling basis throughout the year, and families typically enter the program through referrals from community partners, including schools, pediatric providers, hospitals, social service agencies, as well as through word of mouth within the community.

Following a referral, the program conducts a comprehensive intake assessment to understand the health and social needs of grandparents and grandchildren and inform individualized care planning. This includes collecting baseline data using defined measures of caregiver health (e.g., indicators of chronic health conditions and psychosocial factors such as loneliness and stress) and access to health care and social services (e.g., health insurance status and connection to health care providers).

During the one-year intervention, families receive a range of services including:

- Monthly home visits with a nurse, community health worker, and social workers, including case management support
- Developmental and health screenings for all grandchildren 5 years and under, and behavioral, educational, and health screenings for all grandchildren 6 years and older
- Caregiver skill-building education and support groups, incorporating evidence-based curricula such as Triple P (Positive Parenting Program) and Parenting a Second Time Around (PASTA)
- Referrals and connections to legal services, housing support, health care providers, and community resources

At the end of the intervention, the program reassesses families to measure changes in well-being and gather feedback on program satisfaction. Grandparents who complete the 12-month program may remain engaged through ongoing support groups. PHG also offers short-term, as-needed case management for families who do not meet criteria for the full intervention.

Why It Works

- Integrates nursing, social work, and community partnerships to address caregivers' health, social, and legal needs in a coordinated way
- Uses home-based and hybrid engagement approaches to reduce participation barriers and strengthen trust and continuity with caregivers and families
- Provides recurring peer support opportunities that strengthen social connection, caregiving confidence, and sustained engagement over time
- Achieves strong program reach by serving nearly 3,900 grandparents and grandchildren annually through over 500 healthcare visits, 370 case management sessions, and 540 referrals for critical needs, enabling frequent touchpoints, timely problem-solving, and consistent caregiver engagement with services
- Draws on a strong body of peer-reviewed research to validate the intervention model, demonstrating that coordinated, home-based, and skill-building supports are associated with improved caregiver well-being, increased access to services, and strengthened caregiving knowledge and capacity

"In our work with grandparents raising grandchildren, we find an existing generation gap in the areas of discipline, technology, and youth culture. The education we provide closes that gap and helps grandparents with their parenting skills, capacity, insights, and confidence."

— PHG Social Worker

Implementation Tips

Organizations within aging, tribal, and kinship networks can use the following strategies, as applicable to their priorities and resources, to establish or strengthen caregiver support services.

- Address immediate and pressing needs of families in crisis first so that subsequent caregiver education will be effective and service goals will be achievable

- Use an interdisciplinary, partnership-based approach (e.g., including nurses, social workers, community health workers, and community partners) and integrate care navigation and coordinated referrals into existing services to help grandparents raising grandchildren access and follow through with health, legal, housing, and social supports
- Incorporate evidence-based caregiver education and parenting curricula (e.g., Triple P, PASTA) alongside recurring peer support to strengthen caregiving skills, confidence, and practical application of learning among grandparents
- Adopt a dual-generation approach that addresses both caregiver and child needs, such as pairing caregiver education and support for grandparents with developmental screenings and health assessments for grandchildren
- Deliver services through home-based, virtual, or hybrid approaches to reduce barriers such as transportation and mobility limitations, and to enable more comprehensive real-time assessment of family needs within the home environment
- Collect and use baseline and follow-up data through structured intake and reassessment processes, such as health, psychosocial, and service access measures, to inform individualized care planning, guide continuous program improvement, and communicate caregiver-focused outcomes to funders to support sustainability and diversified funding strategies
- Explore partnerships with local colleges or universities to support research, data analysis, or administrative capacity through practicum or internship placements

Learn More

Recommended Resources:

- [Project Healthy Grandparents webpage](#)

Contact:

Access other Promising Practice Spotlights in this series on the [NCSC website](#).

Subscribe to the NCSC Technical Assistance and Coordinating Center [mailing list](#) to stay up to date on the latest resources and events related to supporting older adult family, kin, and tribal caregivers.

For more information or to request customized technical assistance for supporting older adult family, kin, and tribal caregivers, please contact the NCSC by e-mail (caregivercollaborative@acl.hhs.gov).