

Do you help an older adult with any of the following tasks?

- ✓ Preparing meals
- ✓ Bathing and getting dressed
- ✓ Grocery shopping
- ✓ Cleaning the house
- ✓ Managing medications
- ✓ Arranging for services
- ✓ Paying household bills
- ✓ Getting in and out of bed
- ✓ Getting to doctor's visits

If you answered “yes” to any of the questions above, you are a caregiver. A “Caregiver” is someone who assists another person — usually a family member — who has physical and/or mental limitations. Caregiving is a labor of love that allows a vulnerable person to stay in the home for as long as they can be cared for safely and comfortably.

Although caregiving can be very rewarding, it can also be stressful. There may be times when you feel squeezed by the demands of giving care, balancing family obligations, working and taking care of yourself. At times, you may not know where to go for answers, emotional support and practical advice — or how to get a break from your caregiving responsibilities.

Some of these suggestions might help you:

- Talk with your doctor about how caregiving is impacting your health. He or she may be able to provide helpful suggestions.
- Allow others to help you. Ask family and friends for specific help and accept the help they offer.
- Learn to take care of yourself. You deserve some time to yourself to relax, socialize, and get some much-needed rest.
- Contact your local Area Agency on Aging to learn about the helpful resources that are listed on the reverse side of this page.

You are not alone. There are many others like you. In fact, in more than 23 percent of households nationwide individuals are providing care for someone who is at least 50 years old. **If you are caring for an older adult there is help for you.** Numerous resources are available in your community to help you give care and take care of yourself through the National Family Caregiver Support Program.

FOR INFORMATION ABOUT SERVICES FOR OLDER ADULTS AND CAREGIVERS, CONTACT YOUR LOCAL AREA AGENCY ON AGING:

**THE SENIOR ALLIANCE
AREA AGENCY ON AGING 1-C**
3850 Second Street, Suite 201
Wayne, MI 48184
(734) 722-2830 • (800) 815-1112
Email: info@tsalink.org
Web site: www.aaa1c.org
SERVES: Western & Southern Wayne County

The support and care provided by family members to ailing older adults is a vital part of the long-term care system. Our concern is that many of these individuals – the family caregivers – don't realize the health risk they may be facing. Caregivers often feel isolated and unaware that there are community services to provide THEM support.

Contact your local Area Agency on Aging (listed on reverse side) for information on the following services for caregivers and their loved ones which may be available in your community.

Adult Day Services: A center offering social, recreational and health-related services to individuals who cannot be left alone during the day because of physical or mental limitations.

Caregiver Seminars: Educational meetings where caregivers can learn about topics such as specific illnesses, managing stress, and hiring in-home help.

Case Management: Case managers work with family members and older adults to assess needs and arrange for and evaluate supportive services.

Elder Abuse Prevention Programs: Protective service specialists investigate allegations of abuse, neglect and exploitation of senior citizens and take action to resolve the abuse.

Emergency Response Systems: Services that provide an in-home 24-hour electronic alarm system enabling an older homebound person to summon help when needed.

Financial Assistance: Benefit programs that may include consumer protection, energy assistance, food stamp assistance, prescription drug assistance and Social Security.

Home Delivered Meals: Commonly known as "Meals on Wheels," these are nutritious meals delivered to the homes of older homebound persons.

Home Health Services: Health care delivered in the home including changing wound dressings, checking vital signs, cleaning catheters and providing tube feedings.

Information Services: Information Specialists are available to explain options, and then provide assistance and linkage to services and resources.

Legal Assistance: Legal assistance is available to persons 60 and over for certain types of legal matters including government program benefits, tenant rights, and consumer problems.

Medicare/Medicaid Assistance Program: A free counseling service for Medicare/Medicaid beneficiaries and their caregivers.

Personal Care/Homemaking: Services to assist individuals with functional impairments with activities such as bathing, dressing, shopping, walking, housekeeping, and preparing meals.

Respite Care: A service that provides caregivers temporary relief or rest from caregiving activities.

Senior Housing Options: A variety of housing options is available including assisted living, retirement communities, nursing facilities, and government assisted housing (subsidized).

Support Groups: Meetings for caregivers that facilitate the exchange of ideas, tips, mutual emotional support and resource information.

Telephone Reassurance: Provides regular contact and safety checks by trained volunteers to reassure and support senior citizens who are homebound.

Transportation: Transportation services for individuals who are older, who do not have private transportation and who are unable to utilize public transportation to meet their needs.

If you are concerned about the well-being of an older adult who lives far away, the **Eldercare Locator** can help you find services in their area. Call **800-677-1116** or visit **www.eldercare.gov**.