

**AREA AGENCY ON AGING
DISTRICT 7, INC.
CAREGIVER SUPPORT PROGRAM**

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or visit us online at:

www.aaa7.org

**SERVING THE FOLLOWING
COUNTIES IN OHIO:**

Adams

Brown

Gallia

Highland

Jackson

Lawrence

Pike

Ross

Scioto

Vinton

“Services Provided on a Non-Discriminatory Basis”

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03/08

**AREA AGENCY ON AGING
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CAREGIVER SUPPORT PROGRAM**

Caring for those who care for others.

**ARE YOU
A FAMILY
CAREGIVER?**

Family Caregiving
is simply the act of assisting
someone you care about
who is no longer able to care
for themselves.



“Caregiving” may not be the term you use to describe the regular telephone check-ins, driving and shopping assistance, financial support, homemaking or the 24-hour hands on care you provide for someone else. But, if you are providing this help to another person, you are a “Caregiver” and help is available only a phone call away:
1-800-582-7277

WHAT IS CAREGIVING?

- Caring for someone who cannot dress, feed, go to the bathroom, or think for themselves.
- Caring for a few years or a lifetime.
- Worrying about what's wrong with Dad?
- Learning about wheelchairs, bath benches, Medicare, Medicaid, Social Security, and other paperwork.
- Learning about medicines and how to talk with doctors and nurses about someone else's care.
- The joy you feel when your loved one has a good day.
- The longing to just sometimes be alone, get a break, or go back to work.

Caregiving is hard work, sometimes painful. Caregiving is loving, giving, and sharing. Caregiving is accepting and learning new things. Caregiving consists of lots of questions.

LET US HELP YOU FIND THE ANSWERS.

This program is designed to help you find answers, better understand how your caregiving role is impacting your life, and assist you to find services and resources to help decrease your stress and take better care of **you** and your loved one.

HOW WE CAN HELP



- **Assessments:** In-person or telephone evaluations to determine what services and resources will assist your situation.
- **Training:** In-person visits to teach you more about those physical tasks you do everyday.
- **Information/Assistance:** Books, tapes, handouts and monthly newsletters to give you information about caring for yourself and your loved one. Linking you with services to help you.
- **Supplemental Services:** A purchase of a service or product to complement the care you are providing, such as medical supplies, home safety equipment, legal services and more.
- **Respite:** Assistance to enable you to be temporarily relieved from your day-to-day caregiving responsibilities.
- **Answers/Counseling:** Support for you to help you solve everyday problems related to your caregiving activities.

The Caregiver Support Program is also available for public speaking on Caregiving Topics to help educate Caregivers and Professionals.

ELIGIBILITY

There are no eligibility requirements for caregivers who wish to receive the following services: **Assessment, Training, Information/Assistance, Answers/Counseling.**

Eligibility for **Respite and Supplemental Services** are determined at the time of assessment.

All of the services offered through the Caregiver Support Program are offered at no charge to the caregiver.

The Caregiver Support Program is a service of the Area Agency on Aging District 7, Inc. and is made possible by funds through the Older Americans Act.



Assistance. Advocacy. Answers on Aging.

“Living fully includes caring for yourself and giving care to others. Keeping both in balance will make your journey through life rich and rewarding.”

*-Julie Kuebelbeck
-Victoria O'Connor*