



Grandparents Corner

October 2013

Helpful Resources

According to AARP, 4.5 million children are being raised in households headed by grandparents and another 1.5 million in households by other relatives. Of those 6 million, AARP research shows that 2.5 million children are without their parents.

AARP data shows that the average age of a first-time grandparent is 48, and the average age of grandparents raising children falls into the 50 to 59 year old group - a time when many older adults should be preparing for retirement.

More social challenges have disrupted the traditional grandparent relationship. Substance abuse, HIV/AIDS, incarceration, death, and financial difficulties are all contributing factors to the changing dynamic of grandparents and relatives serving as caregivers.

These numbers mean that no grandparent is alone in this life-changing experience. Below are some resources and support group information within the Area Agency on Aging District 7 service area.

Online Groups - These are available for distance chats, problem solving and general advice. Sites such as dailystrength.org provide question and answer sections and general blog topics for grandparents raising grandchildren. Topics include issues with child protection agencies, issues facing today's teens, differences between raising a child over a grandchild, and many other grandparent resources or advice.

****Please note that the Area Agency on Aging District 7, Inc. is not affiliated with any on-line support groups. Remember to never share your personal information with anyone online.****

AARP - AARP is the largest retirement resource for older adults seeking assistance with all aspects of retirement and aging. The organization devotes a section of it's resources to supporting grandparents raising grandchildren. Through local chapters, grandparents can access advice regarding financial assistance, local help programs, and tips on adjusting to a new family situation. The site also hosts a blog area where grandparents gather and share experiences or advice.

Area Agency on Aging District 7 Caregiver Support Program - Designed to assist caregivers with answers about how their caregiving role impacts their life and where to find resources and services to decrease caregiver stress. Older adults caring for children must be 55 years of age or older caring for someone 18 years of age or younger, or be caring for an adult child age 19-59 with a disability. This does not include natural or adoptive parents.

First Christian Church in Chillicothe - Located at 268 W. Water Street. The church is currently working on forming a support group for grandparents and other relatives raising children other than their own. Plans are still in progress and times and dates are not available at this time. If you are interested in attending this group in the future, please call Pastor Julie Cory at (740) 772-1085.

Source: www.grandparents.com, www.aarp.org

People over the age of 80 die in fires at a rate three times higher than the rest of the population. Caregivers can help prevent these tragedies by taking steps to reduce the chance of the person in their care being killed or injured by a fire. Answer True or False to the questions below.

1. Medication side effects, such as drowsiness, can contribute to the danger of fire for seniors. T F
2. Unsafe smoking habits are the leading cause of fire deaths among seniors. T F
3. Toxic fumes from smoke can kill. T F
4. For the elderly, the kitchen can be a dangerous place. Cooking is the third leading cause of fire deaths. T F
5. Electric space heaters are helpful and safe in the bathroom or other wet areas. T F
6. Smoking near an oxygen tank is safe if people are careful. T F
7. Practice a home escape plan with primary and back-up routes mapped out for each room. T F
8. Most kitchen fires occur when cooking food is left unattended. T F
9. Discuss escape plans with your family and caregivers because everybody should know where to meet outside the building and what routes everyone is taking. T F
10. For safety, eyeglasses, a whistle, and a telephone are essential to keep by the bedside. T F

KEY: 1. T 2. T 3. T 4. T 5. F 6. F 7. T 8. T 9. T 10. T