Nearly 65 million Americans provide care for a loved one, but many do not identify themselves as caregivers or seek help. Many are part of the sandwich generation – they work and are raising children in addition to caring for aging parents. Caregiving is stressful, but it can also be rewarding, if you know where to turn for help.

Council on Aging’s (COA) Caregiver Support Program can help. The program provides free support and connection to resources for family or volunteer caregivers.

The program works to:
• reduce caregiver stress, burden and injuries
• increase caregiver confidence and knowledge
• improve the quality of care
• help caregivers balance their lives and caregiving responsibilities

Who qualifies for this program?
To qualify, the caregiver or care recipient must be at least 60 years old and live in Butler, Clermont, Clinton, Hamilton or Warren counties.

There is no age requirement for family caregivers who provide care for individuals with Alzheimer’s disease or related disorders with neurological and organic brain dysfunction.

Call (513) 721-1025 for information.
Caregiver Support Program
FACT SHEET (Cont.)

How does this program help?

COA’s Caregiver Support Program is tailored to meet individual needs. The program is for:
- new caregivers
- caregivers who are feeling overwhelmed or stressed
- caregivers whose care recipient’s needs are changing

During a phone consultation, our caregiver support nurse will assess the caregiver and the care recipient. She provides referral information, educational materials and resources, caregiving instruction and emotional support.

The caregiver support nurse shares information to help the caregiver:
- create an organized plan and plan for the future
- balance personal needs and caregiving
- address financial concerns
- meet the physical and mental health needs of the caregiver

Research has shown that caregivers are more likely to experience symptoms of depression and anxiety (American Journal of Public Health). COA’s caregiver support nurse is a registered nurse who provide caregivers with much needed emotional support. She offers caregivers an understanding ear and provides an outlet for venting frustrations, fears and other feelings.

Praise for Caregiver Support Program

“This is a thank you for caring for Caregivers. She was absolutely incredible, helpful and empathetic. She could relate to my situation and was so incredibly supportive.”

“How you for having the Caregiver Support Program. This is a much needed program in making the caregiver responsibility easier.”

“She was so friendly and helpful. I feel I could call her for any advice on any problems or concerns and she would be there for us.”

How to get help:
Contact Council on Aging’s Caregiver Support Program at:
- (513) 721-1025
- www.help4seniors.org