

Caregiver Support

Caring for you, so you can care for your loved one.



Do you frequently help an older adult with housekeeping, shopping, meal preparation, transportation, paperwork or personal care? If so, you are a caregiver.

Many caregivers do not identify themselves as such. In their mind, they are simply doing what needs to be done as a friend, spouse or child. However, they are more inclined to seek help and become more skilled if they identify themselves as a caregiver.

Caregiving can impact your family and other relationships, your career, and your health and emotional well-being. Juggling life, work and caregiving can be stressful and challenging, but help is available.

Experienced caregivers eventually learn two vital lessons:

1. Help is available. Seek it out and use it.
2. Take care of yourself, or you will be unable to take care of anyone else.

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. In certain circumstances, the program can even provide overnight care for your care recipient.

The program works to:

- reduce caregiver stress, burden and injuries
- increase caregiver confidence, knowledge and empathy
- improve the quality of care
- help caregivers balance their lives and caregiving responsibilities
- provide respite care for caregivers who need a break

Who qualifies for this program?

To qualify, the caregiver or care recipient must be at least 60 years old and the caregiver must live in Butler, Clermont, Clinton, Hamilton or Warren counties. There are additional eligibility requirements for overnight respite care.

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.

Caregiver Support Program

Who can benefit from this program?

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
- caregivers who are struggling to balance family, work or other responsibilities

How does this program help?

COA's Caregiver Support Program provides caregivers with much needed emotional support. During a consultation, caring staff assess the caregiver, provide referral information, educational materials and resources, and caregiving instruction. Caregivers also receive an understanding ear and an outlet for venting frustrations, fears and other feelings.

COA's Caregiver Support Team will share information and resources to help caregivers:

- create an organized plan and plan for the future
- balance personal needs and caregiving responsibilities
- address financial concerns
- meet the physical and mental health needs of the caregiver
- understand caregiving challenges from their care recipient's point of view

Caregivers who provide care for someone who has a cognitive impairment (such as Alzheimer's disease or dementia) may be eligible for financial support that provides short-term care for care recipients at a care facility (nursing home or rehab facility). This overnight (up to 7 days) respite care is designed to provide much-needed time off for family caregivers.



"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."

"Thank 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."

Preserving Independence, Enhancing Quality of Life

Council on Aging is designated by the state of Ohio to serve older adults and people with disabilities within a multi-county region. We are experts at helping people with complex medical and long-term care needs, offering a variety of services via publicly-funded programs. Our mission: Enhance lives by assisting people to remain independent through a range of quality services.

**For more information about
Caregiver Support:**

(513) 721-1025

(800) 252-0155

www.help4seniors.org