

WHAT SUPPORT AND SERVICES ARE AVAILABLE TO CAREGIVERS?

Information and Referral:

Program staff are available to provide information about Family Caregiving resources on the Cape and Islands. They also work to raise community awareness of caregiver concerns and needs.

One-on-One Assistance:

A Caregiver Outreach Specialist and a Family Support Coordinator can provide one-on-one assistance with services such as in-home interviews of caregiving needs, and resource access for both caregiver and care-recipient.

Education, Training and Support:

A variety of training, support, and educational programs as well as programs for stress relief and respite are available through grants funded under Title III E of the Older Americans Act. Elder Services awards and monitors these grants and can connect caregivers to the services and supports they provide.

For Connection to the Family Caregiver Support Program

Call 1-800-244-4630

or

1-508-394-4630

CAREGIVERS, THE PEOPLE WHO HOLD IT TOGETHER!

Who is eligible for services?



Are you caring for a spouse, parent, sibling, other family member, or neighbor who is 60 years or older?



Are you 60 or older and wanting to explore care options for yourself?



Are you caring for someone with Alzheimer's Disease?



Are you a grandparent (or other relative caregiver) age 60 or older, raising a grandchild or caring for a person with mental retardation, or other developmental disability?



If you answered "yes" to any of these questions, you may be eligible for support through the Family Caregiver Program

Did You Know . . . YOU DON'T HAVE TO DO IT ALONE

- ◆ Nearly one in four families is involved in caregiving.
- ◆ Almost half of all caregivers provide at least 8 hours of care each week, another quarter spend 20 hours per week.
- ◆ Two out of three caregivers are employed-52% of these are working full-time, 12% part-time.
- ◆ 95% of elders receiving paid and unpaid care have family and friends involved in the care they receive.
- ◆ Most caregivers believe they must seek out information and support on their own. Elder Services wants caregivers to know-WE'RE HERE TO HELP YOU !

The Caregiver Program is funded under the Older Americans Act, Title III E and encourages and accepts donations to continue the work of supporting Caregivers and their families. Donations may be sent to Elder Services at the address of the main office listed on the back cover. Our thanks for your support.

Elder Services provides the Access, Service and Advocacy to assist you.