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Caregiver Support INFORMATION PACKET

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The Summit Senior Coalition is proud to offer this packet of information for your use. We've collected resources from local offices and website from around the internet. We believe this is a good start to building your toolkit as you research the topic.

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How to Use This Packet

Caregiving can be a rewarding yet stressful responsibility. In order to properly care for your loved one, it is important for you to recognize your own needs and limitations. Use the tips on page 3 and evaluate what you can incorporate in the care plan. The organization tips on page 4 will provide some insight on how you can incorporate the tips and make all of the pieces and parts move smoothly together. Use the information about caregiver stress on page 5 to recognize your own limits and establish some ways for you to maintain balance in your own life. Finally, there is a list of local resources for you to call on when you need help on pages 6-11.



10 TIPS

FOR FAMILY CAREGIVERS



Seek support from other caregivers. You are not alone!



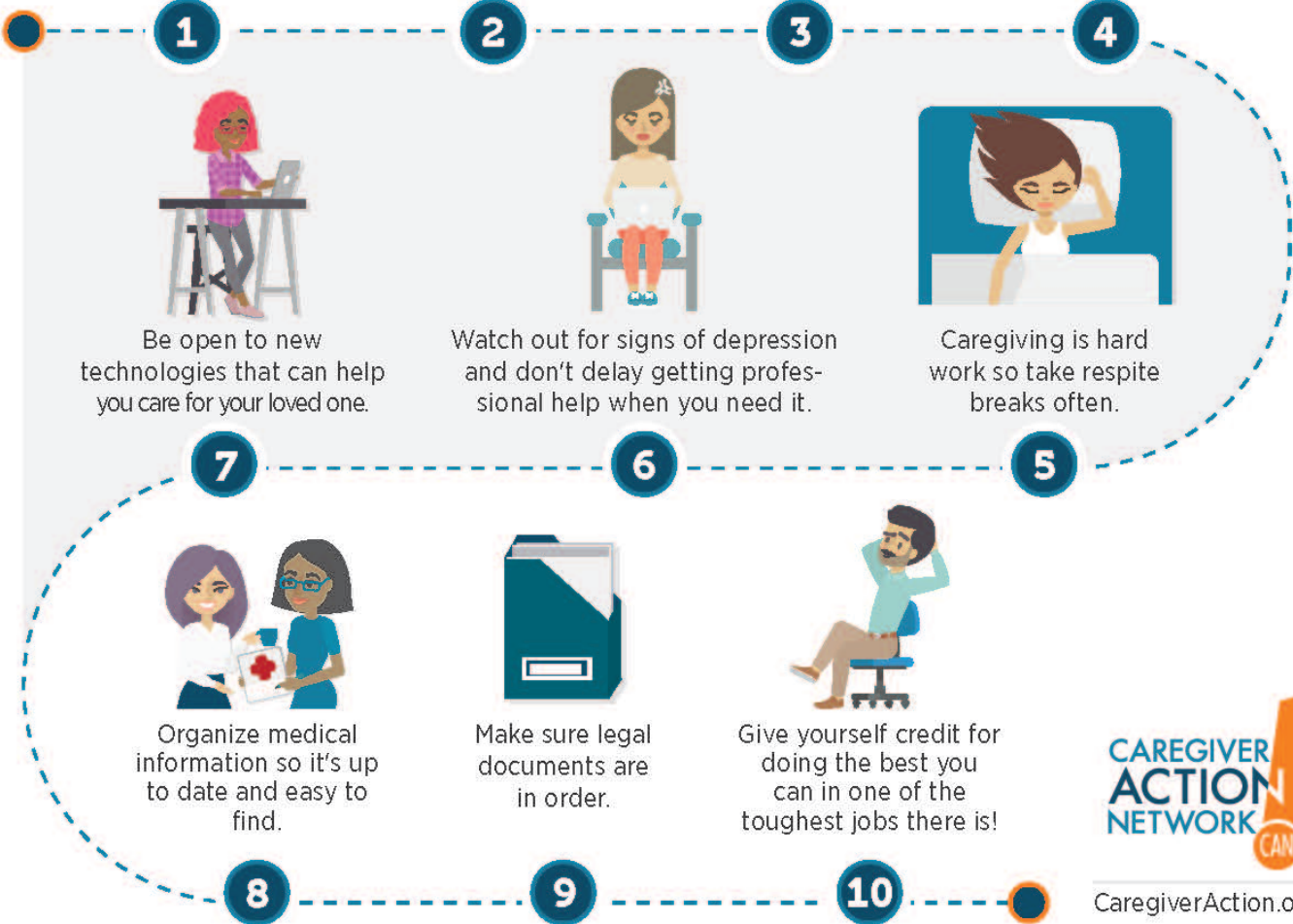
Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.



CaregiverAction.org



GET ORGANIZED

Being organized is the key to success (and limits stress) for caregivers. However, gathering the information and keeping track of it can be a real challenge.

It sounds simple, but the first thing to do is ask your parents/loved ones where they store important papers. It may be in a file cabinet at home, or in a safety deposit box or with an attorney. You can't get organized if you can't find anything, so come up with a checklist to write down where everything is or create a notebook that has the information in one place.

The follow is a list of items that should be located and kept in a safe place where the caregiver can access them:

- birth certificate
- marriage certificate
- death certificate (for deceased spouse)
- divorce papers
- military records
- driver's license/organ donor card
- passport/citizen papers
- will
- living will
- durable power of attorney
- health care power of attorney
- trust
- funeral arrangements
- insurance policies (life, disability, long-term care) important contact information such as insurance agent or broker.
- information about safety deposit boxes (e.g., location, number, key)

You may find that there are other documents you need, but the list above is a great starting point. The list can be daunting for caregivers, tackling just a few documents at a time may make the task more attainable and will definitely benefit you in the caregiver process!



Caregiver Stress Prevention

Caring for a loved one with health problems can be very rewarding. At the same time, it can be hard to meet your own needs and take good care of yourself. The demands of constant caregiving can cause great stress. This stress plus lack of attention to your well-being can put you at increased risk for health problems.

Signs of Caregiver Stress

Common signs include: feeling sad and moody, feeling angry with the person you are helping, sleep disruptions, eating too little or too much, being less social, and ignoring your own health needs.

Prevention of Caregiver Stress

It is better to prevent the buildup of caregiver stress which may lead to caregiver burnout.

"TIPS" for prevention of stress while caregiving are;

- T**ake care of your own health and well-being. Such as getting enough rest, having a healthy diet and set aside time for exercise. Even a 10 minute walk each day can help relax you and improve your mood.
- I**t is okay to ask for or accept help from others. Try to build your caregiver team by asking siblings and/or friends for assistance.
- P**lan ahead for social time for yourself, take a break and do something you enjoy. Enjoy time away without feeling guilty.
- S**eek support and tips from other caregivers.

Do not delay getting professional help if you are feeling overwhelmed or exhausted. A counselor can help you cope with the stress and your doctor can help you with your medical issues to keep you healthy.



1-800-421-7277



Caregiving Resources

Family caregivers are often over-burdened and under-informed: they need access to the best caregiving resources to support them in the caregiver role. The following is a list of helpful caregiving resources.

1. **AARP 1-877-333-5885**

AARP's Caregiving Resource Center provides family caregivers with information, tools and resources. The site also provides access to caregiving experts in various issue areas, who provide information through blogs, webinars and one-on-one interaction through social media channels.

<http://www.aarp.org/home-family/caregiving/>

2. **Aging Life Care Association 1-520-881-8008**

The Aging Life Care Association (previously National Association of Professional Geriatric Care Managers) is a nonprofit professional development organization whose mission is to advance professional geriatric care management through education, collaboration and leadership. Members are also listed on the site, where they can be linked to caregivers. The site explains care management and how to finding the best geriatric care manager, and offers easy links for families to search for one via zip

code. www.aginglifecare.org

3.

Alzheimer's Association 1-800-272-3900

Specializing in caring for Alzheimer's and other dementias, the Alzheimer's Association has links with details on what to expect for each disease stage. It also explains behaviors specific to Alzheimer's and links caregivers to local respite care and activities, legal and financial advice and resources, and local caregiver support groups. Also included are pragmatic stress tests and caregiver message boards. <http://www.alz.org/care/>

4. **Alzheimer's Foundation 1-866-232-8484**
The Alzheimer's Foundation provides online tips, a toll-free hotline, educational and social services, professional development, advocacy and grants, as well as a link for teens to connect, educate others and support caregiving teens. The Foundation puts its stamp of approval on facilities that meet their strenuous standards for good care for those with Alzheimer's, hosts a national memory screening day and a national brain game challenge. <http://www.alzfdn.org/>

5. **ARCH National Respite Network**
The ARCH (Access to Respite Care and Help) National Respite Network connects caregivers directly to local respite and crisis care services, assists and promotes the development of quality respite and crisis care programs, and advocates for respite in all forums. <http://archrespite.org>

6. **Caregiver Action Network 1-202-454-3970**
The Caregiver Action Network (CAN) (formerly the National Family Caregivers Association) offers practical lists for immediate help with caregiving: patient file checklist, doctors office checklist, how to find a support group, medication checklist, independent living assessment and helpful videos. <http://caregiveraction.org/>

7. **Caregiver Support Services 1-866-201-6896**
Caregiver Support Services supports family and professional caregivers through direct services such as trainings on medication, on how to become a personal assistant or a nursing assistant, case management, employee assistance, Alzheimer's and HIV/AIDS, as well as self-advocacy and other pertinent services. <http://www.seniorcaregiversupport.com/>

8. **Caring.com 1-800-973-1540**
This website offers informative articles about common caregiving concerns for family caregivers, and hosts a directory of services. <http://www.caring.com/>

9. **Family Caregiver Alliance 1-800-445-8106**
The Family Caregiver Alliance supports caregivers through information, education, services and research. It also advocates for family caregivers, including a new initiative to foster a consumer movement to improve healthcare

quality, coordination and communication for elders and their caregivers. FCA also connects caregivers to services and support groups and has an ongoing story project. FCA's National Center on Caregiving advances the development of high-quality, cost effective policies and programs for caregivers in every state. <http://www.caregiver.org>

10.

Health in Aging Foundation 1-800-563-4916

The Health in Aging Foundation is a comprehensive resource presented up to date information about how to stay healthy as we age. They provide educational videos and information on caregiving. Their Aging and Health: A to Z section offers information on more than 60 health conditions common among older people. www.healthinagingfoundation.org

11. **National Adult Day Services Association 1-877-745-1440**

The National Adult Day Services association connects family caregivers with adult day centers and supports the interests of adult day services' providers. It provides members with advocacy, educational and networking opportunities, technical assistance and research, and communications services. <http://www.nadsa.org/>

12. **National Long-Term Care Clearinghouse**

For caregivers or elders considering long-term care, this clearinghouse run by the Administration on Aging answers questions about the nature of long-term care, who needs it, how much it costs (with a state-by state breakdown), how it can be paid for, who provides care within long-term care facilities, details on Medicare and Medicaid coverage of long-term care, even legal help for LGBT elders considering long-term care. <http://longtermcare.gov/>

13.

Next Step in Care: Family Caregivers and Health Care Professionals Working Together

1-212-494-0800

United Hospital Fund's Next Step in Care program provides information and advice to help family caregivers and healthcare providers plan safe and smooth transitions for patients between care settings. All materials for family caregivers are available in English, Spanish, Russian and traditional Chinese, and they emphasize careful planning, clear communication and ongoing care coordination. <http://nextstepincare.org/>

14. **Rosalynn Carter Institute for Caregiving 1-229-928-1234**
The Rosalynn Carter Institute for Caregiving is an advocacy, education, research and service unit of Georgia Southwestern State University. It has its own training center, caregiving management certificate program, scholarship and fellowship opportunities, as well as caregiver resources.
<http://rosalynncarter.org/>

15. **VA Caregiver Support 1-855-260-3274**
Run by the U.S. Department of Veterans Affairs, it provides support and services for family caregivers of veterans. <http://www.caregiver.va.gov/>

16. **Well Spouse Association 1-800-838-0879**
The Well Spouse Association provides peer support and education about the special challenges and unique issues facing “well” spouses. Members speak out on their caregiving situations, providing a window into the not-so-well-known world of the estimated 6 million spousal caregivers in America and many more around the world. <http://www.wellspouse.org>

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Get Started

Our assistance is FREE
to residents of Summit County.

Contact us today
for an in-home assessment.

800.421.7277

info@dhad.org

gettingwiser.org