

WORDS OF WISDOM

- ☼ Take one day at a time.
- ☼ Accept help—no one can do everything.
- ☼ Make your health a priority.
- ☼ Make time for yourself (i.e., read a magazine, take a walk, watch a movie, visit a friend, or any other relaxing activity).
- ☼ Rest, exercise, and eating properly are important for you, too.
- ☼ Find at least one person you can talk to and share feelings with.
- ☼ Contact a Family Caregiver Support Advocate for assistance in dealing with this rewarding, but demanding job.

“Respite care provided me with time away from my parents so that I could shop, exercise, and take care of my own needs. This time away improved my feelings about caregiving and improved my relationship with my parents.”

Established under the Older Americans Act, the federally-funded Family Caregiver Support Program provides a system of support services to help informal caregivers of older adults and grandparent/relative caregivers who are caring for children. Caregivers who do not have access to a support system may experience burnout leading to increased stress and other problems. This program helps address these and other caregiver challenges.

EL DORADO COUNTY
AREA AGENCY ON AGING

Family Caregiver Support Program
Health and Human Services Agency
937 Spring Street
Placerville, CA 95667
www.edcgov.us/humanservices

Phone: 530.621.6151 or 530.621.6192
Fax: 530.295.2714
Business hours: Monday to Friday
8:00 a.m. - 5:00 p.m.

*Photos courtesy of the
Administration on Aging*



Revised 4/2017

Family Caregiver Support Program

Caring for the Caregivers



EL DORADO COUNTY
AREA AGENCY ON AGING



*Promoting Family Caregivers
through Support and Care*

An Area Agency on Aging Serving El Dorado County

530.621.6151
or **530.621.6192**

Taking Care of Yourself

A caregiver can be anyone: a family member, friend, neighbor, or older adult. You are an informal caregiver when an older person relies on you to provide unpaid help with day-to-day activities.

The Family Caregiver Support Program

is intended to assist if:

- ✿ You are living in El Dorado County, and
- ✿ You are providing unpaid care in one of the following circumstances:
 - For a person 60 years or older, or
 - For a person with Alzheimer's disease or related disorder (*regardless of age*).

Grandparent or other relative caregivers

- ✿ Family Caregiver Support Program provides: *Information, Referral, and Assistance services to:*
 - A grandparent or other relative caregiver, 55 years or older providing care to a child 18 years and younger, or
 - A relative caregiver of an adult child aged 19-59 years, with a severe disability. (not including parents)

CAREGIVER SERVICES

Information, Referral, and Assistance: We provide information or refer you to support groups, in-home services, legal & financial services, & other programs that can make your situation easier.

Education, Support, and Training: We provide individual or group training that can help you take care of your loved one in the home. Bathing, transferring, & medication management are all activities that can be made easier with the right tools & information.

Care Coordination: We provide comprehensive caregiver assessments to determine the necessary supportive or other appropriate services for your loved one & you. We assist you in gaining access to needed services.

Respite Care: It is vital that you have opportunities for breaks from your caregiving responsibilities. We provide short-term relief for you in the home or adult day care center.

Support Groups: Caregiver support groups are an opportunity for you to share information & feel connected to others who are providing care, just like you.

Supplemental Services: We provide other services to complement the care you are providing.

Take a few minutes to assess your caregiver stress level. If any of these statements describe you, these are warning signs that you need to take care of yourself.

PHYSICAL

- Less energy
- Difficulty sleeping
- Sleep doesn't relieve exhaustion
- Little things take great effort
- Often ill with colds/flu
- Use medication or alcohol to relax

EMOTIONAL

- Lost sense of humor
- Mood swings and crying spells
- Feel sad, impatient, frustrated, or resentful
- Worry about the future; feel overwhelmed

SOCIAL

- Feel little satisfaction in life
- Less desire for social contact
- Feelings of emptiness
- Family relationships are strained

SELF-CARE

- Disorganized
- No time for your own needs
- Unable to eat or rest, even when help is available

YOU'RE NOT ALONE...

- ✿ 1 in 4 Americans are caregivers.
- ✿ There are more family caregivers in California than any other state.
- ✿ Family members and friends provide 85% of all home care.

It's important to **Ask for help**