

Helpful Tips for Caregivers

Are you helping an older adult with any of the following tasks?

- Preparing meals
- Bathing and getting dressed
- Grocery shopping
- Cleaning the house
- Managing medications
- Arranging for services
- Paying household bills
- Getting in and out of bed
- Getting to doctor's visits

If you answered "yes" to any of the questions above, you are a caregiver. A "Caregiver" is someone who assists another person — usually a family member — who has physical and/or mental limitations. Caregiving is a labor of love that allows a vulnerable person to stay in the home for as long as they can be cared for safely and comfortably.

Although caregiving can be very rewarding, it can also be stressful. There may be times when you feel squeezed by the demands of giving care, balancing family obligations, working and taking care of yourself. At times, you may not know where to go for answers, emotional support and practical advice — or how to get a break from your caregiving responsibilities.

Some of these suggestions might help you:

- Talk with your doctor about how caregiving is impacting your health. He or she may be able to provide helpful suggestions.
- Allow others to help you. Ask family and friends for specific help and accept the help they offer.
- Learn to take care of yourself. You deserve some time to yourself to relax, socialize, and get some much-needed rest.
- Contact your Orange County Office on Aging to learn about the helpful resources that are listed on the reverse side of this page.

You are not alone. There are many others like you. In fact, in more than 23 percent of households nationwide individuals are providing care for someone who is at least 50 years old. **If you are caring for an older adult there is help for you.** Through the National Family Caregiver Support Program numerous resources are available in your community to help you give care and take care of yourself.

If you need information about where to turn for help please call the County of Orange Office on Aging Information and Assistance line at (800) 510-2020.



Advocacy. Action. Answers on Aging.

1-800-510-2020
www.officeonaging.ocgov.com

- Direct connection to requested services provided by caring specialists
- Translation available in any language
- Call Monday – Friday from 8a.m. to 5 p.m.

**Contact the County of Orange Office on Aging for information
on the following services for caregivers and their loved ones
(800) 510-2020**

Adult Day Care: A center offering social, recreational and health-related services to individuals who cannot be left alone during the day because of physical or mental limitations.

Caregiver Seminars: Educational meetings where caregivers can learn about topics such as illnesses, managing stress, and hiring in-home help.

Case Management: Case managers work with family members and older adults to assess needs and arrange for and evaluate supportive services.

Disabled Services: Resources for disabled individuals to obtain equipment, training, and help for people with special needs.

Elder Abuse Prevention Programs: Protective service specialists investigate allegations of abuse, neglect and exploitation of senior citizens and take action to resolve the abuse.

Emergency Response Systems: Services that provide an in-home 24-hour electronic alarm system enabling an older homebound person to summon help when needed.

Financial Assistance: Benefit programs that may include energy assistance, food stamps, prescription drug assistance and Social Security.

Health Care: Assistance in obtaining Medicare, Medi-Cal, supplemental and long-term care insurance. Referrals to community clinics that serve the uninsured. Screening and counseling services by public health nurses at senior centers.

Home-Delivered Meals: Commonly known as "Meals on Wheels," these are nutritious meals delivered to the homes of older homebound persons.

Housing Options: A variety of housing options is available including assisted living, retirement communities, nursing facilities, and low-income/ government-supported housing.

In-home services: Health care delivered in the home including changing wound dressings, checking vital signs, cleaning catheters and providing tube feedings. Personal services to assist individuals with activities such as bathing, dressing, shopping, walking, housekeeping, and preparing meals.

Legal Assistance: Legal assistance is available to persons 60 and over for certain types of legal matters including government program benefits, tenant rights, and consumer problems.

Long-distance Assistance: Connection to services that provide information and assistance for seniors or their caregivers living in other cities, counties, and states throughout the United States.

Respite Care: A service that provides caregivers temporary relief or rest from caregiving activities.

Support Groups and workshops: Meetings for caregivers that facilitate the exchange of ideas, tips, mutual emotional support and resource information.

Friendly Visitors/Telephone Reassurance: Provides regular contact and safety checks by trained volunteers to reassure and support senior citizens and disabled persons who are homebound.

Transportation: Transportation services for individuals who are age 60 or older or disabled, who do not have private transportation and who are unable to utilize public transportation to meet their needs.