

# Help for Families Caring for An Older Adult At Home



Assistance. Advocacy. Answers on Aging.

## You are not alone

Over 54 million people across the United States provide care to older or disabled friends and family members. In fact, family and friends provide 80% of care older persons receive - vastly more than from trained professionals. Caregivers often feel stressed and alone, trying to balance their own needs with those of their loved ones.

## We know it's not easy

Taking care of a loved one can provide many rewards and challenges. Caregivers do everything from running errands, driving to doctor appointments, and helping loved ones with bathing and dressing. They care for elderly parents, spouses, or disabled relatives and friends.

**Caregiving demands a lot of time and energy.**

## Help is available

**The Family Caregiver Support Program can assist you.** This project sponsored by the Weld County Area Agency on Aging offers support, resources, and information to assist caregivers. We can help you find relief and assistance through a variety of respite and support programs.

## You have options

### Information and Referral

As you provide care for an elderly family member, many questions will arise: Is he getting what he needs? What other services are available to help her? How can I get some "time off"?

We can help you answer these and other vital questions. We are eager to assist you to make the job easier.

### Support Groups

Sometimes it helps to talk with others who share the same challenges and demands. The program can refer you to several community support groups where you can share and learn from people in similar situations.

### Respite Care

Because you work, must be out of town, or just need a break, you may want to arrange for qualified personnel to care for your family member, either in their home or in a supportive group setting in the community. We can assist you in finding the most appropriate respite care services.

Among the choices are the following:

- **Adult Day Programs**

Daytime care for older or disabled adults offering social activities, as well as personal care, transportation and meals.

- **In Home Respite Care**

Companionship, supervision and assistance for older adults in their home.

- **Out-Home Respite Care**

Overnight stays in a community facility.

## Supportive Services

You may need to locate services to help your loved one with daily activities, and provide some relief for yourself. We can help connect you with the following services:

- Home delivered or congregate meals
- Legal assistance
- Counseling
- Transportation
- Homemaking and chore services
- Hispanic elderly outreach
- Help for the working caregiver

**Please call  
(970) 346-6950 ext. 6130**

# Weld County Area Agency on Aging



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Support is a  
phone call  
away

Share  
the caring

Help for families  
caring for an  
older adult  
at home

# family caregiving



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HelpSource for Seniors  
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P.O. Box 1805  
Greeley, Colorado 80632

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