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## SENIOR SERVICES:

### Family Caregiver:

The Family Caregiver Support Program was established by Congress in 2000 to offer support to family members and informal caregivers by providing up to 8 hours a week of respite care to unpaid caregivers caring for a family member or friend over the age of 60. Services for this program are provided on a donation basis. Seniors will not be denied service because of their inability to pay.

#### ● Ask Yourself

- Do I provide care for a family member or friend over the age of 60?
- As an unpaid caregiver, do I sometimes feel that I need a break from the care that I provide?
- Do I need training on how to take care of myself so I can continue to take care of my loved one?
- Am I sometimes at a loss in knowing the resources available to me or my loved one?
- Would it be beneficial to meet others who are also providing care for a loved one?

If the answer to any of these questions is yes, we may be able to help you.

#### ● Why Do Caregivers Need Respite?

- To relieve stress.
- To have free time without worry.
- To take care of personal needs.
- To nurture a sense of well-being.
- To enable them to be a caregiver longer.

#### ● How Much Does It Cost?

- There is no cost to you for caregiver support services. Donations to the Family Caregiver Program are always welcome.

#### ● Services Available

- Respite Care.
- Support Groups.
- Training.
- Information and referrals to services available.
- Meals-on-Wheels.