

Supporting Caregivers...

“Truly caring people know they have to take care of themselves first.”

- Marty Rubin

Former First Lady Rosalynn Carter:

“There are four types of people in this world: those who have been caregivers, those who are current caregivers, those who will be caregivers, and those who will need caregivers.”

The Family Caregiver Support Program helps caregivers through respite and other supportive services.



Contributions

The **Family Caregiver Support Program** is available to any qualified caregiver, regardless of income. Voluntary contributions are accepted by the Stanislaus County Area Agency on Aging to help sustain this program but no one is denied services due to noncontribution. All contributions are kept confidential.

For more information, call Stanislaus County Senior Information line at:

Family Caregiver Support Program

209-558-8698



The Family Caregiver Support Program



**Stanislaus County
Area Agency on Aging**

209-558-8698

www.agingservices.info

*Senior & Caregiver Information
Statewide: 800-510-2020*

The Family Caregiver

Support Program exists to provide respite and assistance to informal (unpaid) Caregivers of Older Adults or Older Relative Caregivers. Caregivers of Older Adults may be a spouse, adult child, family member, or other. The care recipient must be age 60 or older and need assistance with some activities of daily living,



or be an adult with Alzheimer's disease, related disorder with neurological and organic brain dysfunction. The qualification for Older Adult Relative Caregivers are those caregivers who are grandparents, or other older adult relatives over age 55, who are primary caregivers for disabled individuals of any age in the home.

Respite Services

Respite services offer caregivers a break from the constant responsibility of caring for their loved one. Up to **50 hours a year** of in-home help for the care recipient is provided and may include the following:

- ◆ In-home supervision
- ◆ Personal care
- ◆ Homemaker/Chore services

Support Groups

The Family Caregiver Support Program provides referrals to existing support groups through various organizations and agencies in Stanislaus County. Additional respite services may be authorized to assist a caregiver in attending specific support groups.

Training

Specialized education or training will be offered occasionally on stress reduction, body mechanics, and other related caregiving topics. Additional respite services may be authorized to assist a caregiver in attending specific training opportunities.

Supplemental Services

The Family Caregiver Program can assist with providing equipment to enhance the ability of the caregiver to care for their loved one. Information is available to assist the caregiver in making decisions on care.

Email Information

Caregiver information is available via a private email list-serve. Addresses are kept confidential and never shared with any company or agency.

**Senior and Caregiver
Information and Assistance
209-558-8698**

