

Self-Care Tips for Caregivers

- Caregiving can be a full-time job and regular time off keeps you well and able to serve as a caregiver.
- Do not hesitate to ask for help at anytime.
- When people offer to help, accept the offer and suggest specific things they can do to assist.
- Be aware of signs of depression and do not delay getting professional help when you need it.
- Seek support from other caregivers and consider joining a local support group. There is strength in knowing your concerns are not unique.
- There is a difference between caring and doing. Be open to technologies and ideas that promote your loved one's independence.



Other Resources

Family Caregiver Alliance
www.caregiver.org

National Family Caregiver Association
www.thefamilycaregiver.org

Elder Care Locator
www.eldercare.gov

Alzheimer's Association
www.alz.org

For more information

Lebanon County Area Agency of Aging
710 Maple Street, 2nd Floor
Lebanon, PA 17046

Information is also available by contacting:

Pennsylvania
Department of Aging
(717) 783-1550

Rev.10/12



Pennsylvania Caregiver Support Program



Helping Caregivers
care for their loved ones
at home

Pennsylvania's Caregiver Support Program

Responding to the needs of Caregivers

Caregivers are the focus

When an older relative or friend becomes ill or frail, you want to take care of them in a home setting as long as possible.

Pennsylvania Caregiver Support Program offers assistance and responds to the needs of caregivers, in order for them to provide the best possible care for their loved ones.

How does the program work?

The program is designed for adult caregivers of individuals sixty years of age or older who are suffering from an illness, disability or Alzheimer's Disease. Assistance is also available to older caregivers caring for qualified younger relatives. The 52 Area Agencies on Aging assign professional staff members to help caregivers assess their needs in taking care of older relatives or friends.

An important feature of the Pennsylvania Caregiver Support Program allows caregivers the opportunity to choose the services they believe most necessary to help care for an older relative or friend at home.



Pennsylvania Caregiver Support Program offers the following

- Advice and counseling in which caregivers learn of the benefits available to them. Direct assistance in accessing benefits is provided as needed.
- Financial assistance through a cost sharing approach. Primary caregivers may receive reimbursement to help them with out-of-pocket expenses ranging from respite care to paying for caregiving supplies.
- Modifications to the home such as installing stair lifts, assistive devices, building ramps or modifying the bathroom. Funds may be available to caregivers who qualify, so they can make the home more livable for the individual with disabilities.

Cost shared expenses

The Pennsylvania Caregiver Support Program provides financial assistance for essential purchases determined by established guidelines that include actual expenses and household income. In addition to basic services offered at no cost to caregivers, financial assistance is available on a cost-sharing basis to help with out-of-pocket caregiving expenses.

Benefits and Services to Caregivers

- Assessments of caregiver and older relative or friend's needs
- Training in caregiving skills
- Financial assistance to purchase supplies or services such as respite or home chore services
- Funds for home adaptations
- Benefits counseling on services available through local, state and federal programs
- Referrals to caregiver support or disease specific organizations
- Assistance in completing benefits and insurance forms
- Care management from your local Area Agency on Aging.

