



*If you are providing care to parents...*



*spouses...*



*grandparents as parents...*



*special caregivers...*



*or friends...*

***We can help!***

*In Partnership With*

**IOWA FAMILY**



**CAREGIVER**

Iowa Association of Area Agencies on Aging's Iowa Family Caregiver Program

*Informing*

Connecting Resources

*Encouraging*

Handling Stress

*Empowering*

Making Educated Choices



**AGING RESOURCES**

of Central Iowa

***The Experts on Aging***

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*Aging Resources of Central Iowa does not discriminate based on age, race, gender, national origin, color, creed, religion, political affiliation, or physical or mental disabilities in its employment practices or in the provision of services except where it is a requirement of law.*

# Caregiving?

**Let us help you find the answers**



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## Caregiving is a role that impacts your life...

Whether caregiving for a person 60 years of age or older, a person with disabilities, or a grandparent caring for a grandchild, the tasks provided as a caregiver can be enriching for all involved.

The more you do as a caregiver, whether you handle the majority of the care responsibilities or occasionally provide support, the more it will impact your life.

Our knowledgeable Family Caregiver Specialists can help with your specific needs by providing in-home or phone consultations. We will assess the situation, aid in accessing in-home services, address questions, help find balance in your role as a caregiver, or simply listen.

We're here to help.

## Iowa Family Caregiver Program

- In-Home Assessments
- Phone Consultations
- Services for Older Adults
- Education on Caregiving / Memory Loss
- Relief & Support for Caregivers

## You are a caregiver if...

### *You help a little by...*

- Paying bills
- Checking in on someone regularly
- Doing frequent chores
- Providing a ride to appointments
- Shopping for groceries
- Identifying care options

### *You help a lot by...*

- Organizing medication
- Assisting with bathing and dressing
- Making educated decisions
- Assisting with legal & financial issues
- Living with your care recipient
- Providing supervision due to memory loss

### *Even from a distance, you can be a caregiver by...*

- Locating and coordinating services
- Assisting with legal & financial issues
- Providing emotional support by phone
- Monitoring health changes

### *Grandparents as Parents are also important caregivers...*

- Supervising educational needs
- Furnishing financial assistance
- Providing emotional support
- Enriching their grandchildren's lives

***Serving Boone, Dallas, Jasper, Madison, Marion, Polk, Story, and Warren Counties.***

