

Schuyler County Office for the Aging Elder Caregiver Support Program

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Who is a Caregiver?

A individual (usually a family member) who performs tasks designed to **assist an older person with routine activities**. This can include certain aspect of personal care, such as, bathing, dressing, and grooming. Also, housekeeping, errands, grocery shopping, providing meals, transportation, home repairs, financial support, emotional support and companionship.

How can this program help?

While caregivers choose to support their loved ones, it is often challenging and can create physical, emotional and financial strains on the caregiver. This program provides assistance to informal caregivers – spouses, adult children, other family members, friends and neighbors, in their efforts to care for an older person who needs help with everyday tasks. Because of the assistance they receive, this older person with chronic illnesses or disabilities is able to remain in their home, instead of being placed in residential facility.

❖ Individual Counseling & Assistance

Assistance in determining needs, problem solving and coping with the stress of caregiving. Referrals to available programs, services and resources within the community.

❖ Education/Training

Workshops on caregiving are offered periodically. Topics have included: Taking Care of Yourself, Communication Skills, Orientation to Alzheimer's/Dementia.

❖ Caregivers Resource Library

Books, videos/DVD's, pamphlets, and articles related to caregiving, as well as age-related diseases, are available at OFA. Also, a partnership has been established with the Montour Falls Library & Watkins Glen Library to offer easy access to a wide-variety of materials.

❖ Newsletter Articles

Located in the **Caregiver's Corner** section of the *free* **Golden Glow Newsletter**, containing information, ideas and suggestions to support and guide caregivers.

❖ Respite Services

Caring for a loved one can be challenging, stressful and overwhelming. To ease the stress, and make caregiving a more positive experience, all caregivers need some form of respite. Respite temporarily relieves caregivers from their responsibilities by providing a short-term break through home care or overnight care in a nursing home, to safeguard their physical and mental health so they can continue providing quality care to their loved one.

❖ Supplemental Services

Designed to complement the care provided by the caregiver. Examples include, but are not limited to, Personal Emergency Response System, Home Delivered Meals, assistive technology, adaptive equipment, and home modifications and repairs.

Information, assistance and referral services are also available to **grandparents and other older relatives** caring for their grandchildren and other relative children due to a variety of circumstances. These caregivers often face unique issues, such as financial hardships, isolation from their peers, the need for legal advice, etc.