

Are you an unpaid caregiver?

If you take care of an elderly person, an adult with a disability or are an older adult caring for a relative child or a child with a developmental disability, check any of the following that apply to you:

Do you ever feel...

- You need to know more about available services for you and/or the person you care for?
- You need to know more about disease processes or illness?
- Alone?
- Frustrated or stressed out?
- Overwhelmed?
- Unable to do anything more?
- There is no one to help?
- Like you need a break?

If you checked one or more of the boxes, then this brochure is for you!



Aging & Adult Care's professional staff can listen to your needs and concerns and help you find practical solutions to improve the quality of life for both you and your loved one.

The Family Caregiver Support Program is required to give priority consideration to persons in greatest social and economic need.

AACW is committed to serving persons of all racial, ethnic and cultural groups. We seek to make our services accessible, understandable and useful. Please call or stop by if you have any questions.

Aging & Adult Care of Central WA
50 Simon Street SE
East Wenatchee, WA 98802-7727
www.aaccw.org



Family Caregiver Support Program



Caring for Those Who Take Care of Others

Caregiver Support Services

A variety of services are available to support and help meet the needs of unpaid caregivers.

Our Mission is to enhance a person's ability to maintain a life of independence and choice.

Aging & Adult Care of Central Washington offers

Caregiver Support Services

If you take care of someone with a chronic disease or disability without pay and you



need help or information, Aging & Adult Care's Family Caregiver Support Program can help. We provide a variety of services to take care of those who take care of others.

Specialized Caregiver

Information and Assistance offers a place to start in sorting out your own needs as well as those of the person receiving care. Trained Care Coordinators will listen to your concerns and help you look at what options and resources might be available to you. They will also assist you in accessing services and in referring you to supportive programs and organizations, as well as assessment services.

Call the local office nearest you:

East Wenatchee

886-0700 (local) or 1-800-572-4459

Moses Lake

766-2568 (local) or 1-877-380-5787

Omak

826-7452 (local) or 1-888-437-4147

TTY: 1-800-833-6388

Additional Caregiver Support Services:

Caregiver Libraries are available in each of our offices. Brochures, booklets, books, videos and website resources are available for borrowing. In some cases there is space available for relaxing, reading, watching videos and checking out internet resources specific to caregiver needs.

Caregiver Training is provided in a variety of settings with a broad array of agencies and personnel to support the caregiver in his or her role. Sessions may be one-on-one or in workshop or conference settings.

Respite Care provides relief to unpaid caregivers so they may have relaxation time for themselves. It can be provided in the Care Receiver's home by trained agency providers, in an adult day care, or in a residential setting. Care Coordinators review your loved one's care needs for referral to our professional case managers. The case managers will conduct a full assessment and work with you and your loved one to develop a safe and well-thought out plan.



Respite Care can offer the caregiver a chance to take time for relaxation, renewing friendships and replenishing the spirit. The person being cared for will receive help with a variety of things either in the home, an adult day care or in a residential setting.

Specialized Services Caring, committed professionals are available to review your situation, identify community resources and offer specific and practical solutions. Examples of specialized services include but are not limited to:

- Service planning
- Information about managing difficult behaviors
- Counseling & Consultation
- Interpreter and translation services
- Help obtaining specialized medical or adaptive equipment
- Nutrition Services
- Home-maker Services

Support Groups

Aging & Adult Care provides current information on support groups for caregivers and their families for a wide range of medical diagnoses, functional disabilities and caregiving situations. We also provide technical assistance and support for potential support group facilitators.



Grandparents Raising Grandchildren: Unique circumstances call for unique solutions.

Relative Caregiver Support is available to persons over 60 who are grandparents, other relative caregivers of children or who are unpaid caregivers of children with developmental disabilities.

Services available to Relative Caregivers can include:

Specialized Caregiver Information, Education & Assistance; Caregiver Training; Lending Library; Respite; Counseling & Consultation; Support Group Referral; and Specialized Services.

Taking Care of You

Caregiving involves many challenges. You often need to master new skills. You may need to develop new ways of relating to a family member if his or her ability to communicate or remember is compromised by illness. You may have to make tough decisions. But often one of the greatest challenges is taking care of yourself.

From the Caregiver HelpBook (Schmall, Cleland, & Sturdevant)

Aging & Adult Care of Central Washington would like to help you on your journey toward skill-building, self-care and renewal.



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