

Caregiving can be rewarding, but it can also take its toll.

Stress is the number one challenge facing the more than 600,000 family caregivers caring for loved ones in Washington state.

Help is available through your local Family Caregiver Support Program. **You are not alone!**



Are you Helping an Adult Who Needs Care?

The Family Caregiver Support Program offers helpful resources and information.

Talk to Knowledgeable and Caring People

The Family Caregiver Support Program is a service offered through the Area Agency on Aging. Find your area's Family Caregiver Support Program by:

- Looking in the yellow pages for the Area Agency on Aging under "Senior Services."
- Visiting www.adsa.dshs.wa.gov and clicking on "Local Services."
- Calling 1-800-422-3263.

Find Information on the Internet

Helpful information and resources are available at:

www.adsa.dshs.wa.gov/caregiving

Find articles, booklets, tips, shortcuts and information about services that can address your needs, questions, and challenges.

Family Caregiver Support Program



Helping Family Caregivers
in Washington State



ADSA Aging & Disability
Services Administration

DSHS 22-1331 (9/09)



Helping Family Caregivers in Washington State

Caregiving can have its challenges. Many caregivers aren't aware help is available, how to find it and why it's so important to have it.

Getting information, support, and services today is the best way to make sure you are there for your loved ones in the future.

Many people caring for a loved one, friend, or neighbor don't think of themselves as caregivers. If you're helping an adult with tasks, such as preparing meals, personal care, errands, phone check-ins or doctor appointments, you are a caregiver.

The Family Caregiver Support Program* helps support unpaid caregivers of adults 18 and older. Staff can help you:

- Find local resources/services.
- Find caregiver support groups and counseling.
- Get training on specific caregiving topics or caregiver supplies/equipment.
- Get respite care if you need a break.
- Talk through specific issues you are having and offer practical information and caregiving suggestions.

* Certain eligibility requirements may apply and services vary from community to community.

Tailoring Support and Services to You

In the summer of 2009, Washington State's Family Caregiver Support Program introduced a new screening and assessment process to better tailor support and services to a family caregiver's unique needs.

The Tailored Caregiver Assessment and Referral (TCARE®) process was developed by nationally respected caregiving expert Rhonda Montgomery, Ph.D., and her colleagues at the University of Wisconsin.

Taking a TCARE® Personal Caregiver Survey

The survey is designed as a screening tool to quickly provide you and the caregiver specialist with a better understanding of your current situation and the sources and level of your stress.

You can take the survey over the phone with a caregiver specialist recording your answers or download it off the Internet and fill it in at home.

Using the results of your survey, a caregiver specialist can then offer you tailored one-on-one consultation and support.

Taking the Next Step

Help, support and resources are available for you in your caregiving journey. Contact your Family Caregiver Support Program for more information.



“
*I felt more hope
working with my
caregiver specialist.*

”