



Caregiver Support

Are you a caregiver? You probably are if you are frequently or routinely assisting an aging or ill person with chores such as shopping, transportation, cleaning, and financial matters or daily activities such as bathing, eating, and dressing.

Caring for a loved one can be hard work. However, the National Family Caregivers Association says that people who recognize themselves as caregivers are more proactive, engaged, and confident. As a result, they provide better care and are able to do so longer, even as their loved one's care needs increase.

Caregivers who access and use support services also report fewer negative emotions, such as depression, anxiety and anger. By seeking and accepting help, along with planning for the future, you can provide the care your loved one deserves while also making sure your needs are taken care of.

Whether you are new to caregiving or have been a caregiver for years, you can benefit from having a plan. Too often, people don't think about what it will take to support an older loved one until there is a problem. No matter where you are in the caregiver's journey, it helps to take some time to consider where you are going and how you and your loved one want to get there.

Through the **National Family Caregiver Support Program**, your area agency on aging and other local providers are ready to assist you with support that may include, but is not limited to:

- Training, resources, information, and support groups;
- Respite care, adult day, and medical alert services;
- Personal care, chore services, and home delivered meals;
- Yard work and home repairs;

- Durable medical equipment and home modifications

Contact the area agency on aging serving your community for information and referral, as well as, a free in-person assessment to identify your needs and link you to available resources. Call 1-866-243-5678 to be connected to the agency serving your community.

(All information above provided by the Ohio Department of Health)

Michelle Willard, AAB, is the Accreditation Coordinator/Plan and Policy Compliance Officer at the Meigs County Health Department.