Am I a caregiver?

- ✔ I help an older adult pay bills.
- ✔ I shop or do errands for an older adult.
- ✔ I provide regular emotional or physical assistance to my spouse, parent, neighbor, adult child or friend.
- ✔ I drive an older adult to the doctor or take him or her to a community center.
- ✔ I remind an older adult when to take pills or provide help with personal care.
- ✔ I regularly prepare meals or clean house for an older adult.

A caregiver can be anyone — a family member, friend, neighbor or older adult. You are a caregiver when an older adult relies on you to help with day-to-day activities. The older adult may live in your own home, across town or in another state.

Family and friends who provide care may not always think of themselves as caregivers.

Caregiver Support Program

…helping family and friends care for older adults

To locate the Area Agency on Aging nearest you and other services, contact the Senior HelpLine at

1-800-252-8966

1-888-206-1327 (TTY)

Illinois Department on Aging
One Natural Resources Way, #100
Springfield, Illinois 62702-1271

Download this brochure at **www.state.il.us/aging** in the "News and Publications" section.

The Illinois Department on Aging does not discriminate in admission to programs or treatment of employment in compliance with appropriate State and Federal statutes. If you feel you have been discriminated against, call the Senior HelpLine at 1-800-252-8966, 1-888-206-1327 (TTY).

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State of Illinois
Illinois Department on Aging

Do you know someone who is caring for an older adult?

Illinois Department on Aging

Who is giving care?

A caregiver may be a 76-year-old woman caring for her husband who has suffered a stroke… or a 52-year-old woman who is caring for her 80-year-old mother who has Alzheimer's disease… or a 27-year-old man who regularly volunteers to help the frail couple next door. If you are a caregiver, you are not alone. More than one million Illinoisans are facing the same challenges, questions and decisions about caring for an older adult.

You are not alone…

- ✔ There are 28 million caregivers in the United States.
- ✔ One out of four households nationwide is involved in caregiving for someone age 50 or older.
- ✔ Family members and friends provide 85% of all home care.
- ✔ An estimated 20% - 40% of caregivers are raising children while simultaneously caring for older adults.
- ✔ Caregiving cuts across age, income, education, gender, class and ethnicity.

Facts from "Family Caregiver Alliance"
www.caregiver.org

What services are available for caregivers?

Caring for someone is rewarding, but it is also difficult and stressful. Caregiving can impact the physical and emotional health of caregivers, who often neglect their own needs while caring for others. The Caregiver Support Program can help you locate these and other services:

- ♥ Adult day services
- ♥ Assistance paying for prescription drugs
- ♥ Assistance with housework
- ♥ Assistive devices (wheelchairs, walkers, etc.)
- ♥ Caregiver support groups
- ♥ Area Agency on Aging (local link to caregiving services)
- ♥ Home modification
- ♥ Home-delivered meals
- ♥ In-Home Services
- ♥ Legal and financial services
- ♥ Respite care (services that give caregivers a rest)
- ♥ Training, counseling and emotional support
- ♥ Transportation

"I don't know what I would do without the adult day service center. My mother enjoys her day there in a safe environment, and I get a break."

The Illinois Department on Aging and the 13 Illinois Area Agencies on Aging are your local link to caregiving services in your community. To locate the Area Agency on Aging nearest you, please refer to the contact information on the back of this brochure.

Each caregiving situation is different. Working with the Caregiver Support Program, caregivers can select the services that best fit their short- or long-term needs. It's not only okay to ask for help — it's important!

It's important to Ask for help