

## Have you or are you experiencing any of the following?

- I've had to make adjustments to work, time spent with family and finances to care for my loved one.
- I have made changes in personal plans to care for my loved one.
- I have demands from other family members.
- It is distressing to see the person I'm caring for change so much from his/her former self.
- Some of the behavior of the person I care for is upsetting.
- Caregiving has become a physical strain.
- My sleep is disturbed at night.
- I have no time to visit with friends or work on my hobbies.
- I am feeling completely overwhelmed as a caregiver.

If you have checked any of the above, you may be experiencing caregiver stress. You may benefit from the services your local Family Caregiver Support Program provides.

## How to get services

Contact the Aging and Disability Resource Connection to talk with an information and assistance specialist or an options counselor who can help identify the services that can support you in your important role as a caregiver.

If you are not eligible for the Family Caregiver Support Program, the ADRC may still be able to help.

[www.ADRCofofOregon.org](http://www.ADRCofofOregon.org)  
**1-855-ORE-ADRC (673-2372)**



This document can be provided upon request in alternate formats for individuals with disabilities or in a language other than English for people with limited English skills. To request this brochure in another format or language, email [spd.web@state.or.us](mailto:spd.web@state.or.us), or call 1-800-282-8096 (voice or TTY).


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DEPARTMENT OF HUMAN SERVICES

Aging and People with Disabilities

## Family Caregiver Support Program



 | Safety, health and independence for all Oregonians

## Do you help someone you know with:

- Transportation
- Housework
- Preparing meals
- Medications
- Medical appointments
- Managing finances
- Dealing with a chronic condition such as diabetes, dementia or falls
- Getting in and out of chairs or bed
- Getting dressed

If so, you may be able to get help from the Family Caregiver Support Program.



## Who is eligible?

The Family Caregiver Support Program may be able to provide assistance to you if you are helping someone who is:

- At least age 60;
- Any age and has Alzheimer's disease or other dementia;
- A child 18 years of age or younger and you are an older relative (not a parent) who is 55 years of age or older; or
- An adult with a disability and you are an older relative (not a parent) who is 55 years of age or older.



Note: Services will vary from area to area. Talk with your local ADRC staff to see what services are provided in your area.

## Services that may be provided in your area are:

- **Information and referral** on resources and services in your community;
- **Individual counseling** to help make decisions in your caregiver role;
- **Caregiving training** to enhance your role as a caregiver;
- **Support groups** where you can discuss your experiences in caregiving with others who can help with decision making and problem solving in caregiving situations.;
- **Respite care** that offers a brief break from caregiving by providing short-term substitute support in the home, adult day program or alternate living arrangements for overnight care;
- **Other services** that complement the caregiver's duties and help make them easier and safer. These services can also increase your loved one's independence. Services may include legal assistance, transportation, home modifications, equipment or assistive technology.