

Caregiver Survival Tips

1. Plan ahead.
2. Learn about available resources.
3. Take one day at a time.
4. Develop contingency plans.
5. Accept help.
6. Make **YOUR** health a priority.
7. Get enough rest and eat properly.
8. Make time for leisure.
9. Be good to yourself.
10. Share your feelings with others.

Family Caregiver Support
is funded through the
Older Americans Act Title III-E



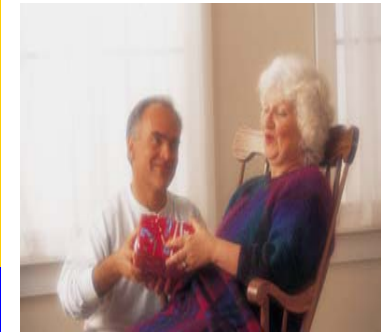
Niagara County Office for the Aging

111 Main Street
Suite 101
Lockport, NY 14094

Phone: 438-4033
Fax: 438-4029

Email: OFA@niagaracounty.com
Web address: www.niagaracounty.com

Niagara County Office for the Aging



Caregiver Program

Telephone: 438-4020

Fax: 438-4029

E-mail:

OFA@niagaracounty.com

Web address:

www.niagaracounty.com

The Office for the Aging is funded by the New York State Office for the Aging with Older Americans Act and New York State funds, and by Niagara County.

Who is a Caregiver?

If you are a wife, husband, daughter, son, grandparent, grandchild, or neighbor caring for a loved one or friend....

...**YOU** are a Caregiver.

If you are the person running to the store, cleaning the house, scheduling doctor appointments, or providing 24 hour intensive care...

...**YOU** are a Caregiver

If you are a person trying to help someone remain in their own home, or yours...

...**YOU** are a Caregiver

and

We can help you care!

What services are provided by the Family Caregiver Support Program?

- ❖ **Counseling, Education, and Support**
To help you provide the best care you can.
- ❖ **Respite** – to provide care for your loved one when other things demand your attention.
- ❖ **Linkage to Community - Based Services** – to support and enhance services provided by Caregivers.

Who is eligible to receive support services through this program?

Support Services are available to a **Caregiver**; who is either a family member (who lives locally) or another individual who is an informal provider of in-home or community care to residents of Niagara County who are 60 years of age or older.

What services are available?

Respite

- Adult Day Services
- Homemaker/Personal Care Services

Home Delivered Meals

Case Management

Information and Referral

Legal Assistance

Medical Transportation

Where do I call for information?

438-4020

**Niagara County Office
for the Aging**