



Why is caregiver support important?

Martha is the primary caregiver for her elderly father who lives with her. Martha prepares her father's breakfast and lunch before she goes to work. She also washes his clothes and drives him to his medical appointments. At times, Martha feels upset, tired, and has a hard time sleeping at night. A friend encouraged Martha to talk to her provider. Her provider was able to share information on getting support for herself and her father. By learning about caregiver resources and self-care, she feels supported and better prepared to care for her father at home.

What can you look for?

- Feeling tired
- Feeling sadness or guilt
- Easily irritated or angry
- Stress about not having enough money
- Feeling stuck with no one else to assist
- Fearful about the future

Caregiver support provides resources and services to assist caregivers and their loved ones. This may include ways to support the caregiver's emotional, physical, and spiritual wellbeing.

Questions to ask yourself:

- Have you been irritable or angry?
- Are you feeling overwhelmed?
- Do you wish you had more support to care for your loved one?
- Is the stress of caregiving making it difficult for you to sleep?





What can you do?

- Ask your provider about resources
- Reach out to caregiver support groups
- Make time for self-care
- Ask for assistance when needed

Where can you find support?

- **Behavioral Health Consultant** can provide emotional support and self-care ideas for wellness.
- **Community Resource Specialist** can connect you with supportive services and other resources that you may qualify for.
- **Elder Program** and **Home Visit Team** can provide caregiver education.
- **Traditional Healing** can provide cultural connections and assist with find meaning and purpose through caregiver support.
- **Medical Legal Partnership** can assist with financial planning to qualify for Medicaid.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

Alaska Native Health Campus Resources

Anchorage

(907) 729-3300

Matanuska-Susitna Borough

(907) 631-7880

- Elder Program
- Home Visit Team
- Medical Legal Partner
- Palliative Care
 - Behavioral Health Consultant
 - Community Resource Specialist
- Traditional Healing

Community Resources

- Aging and Disability Resource Center
(907) 343-7770
- PCA Agencies
- State Caregiver Support Grant
<http://dhss.alaska.gov/dsds/Pages/CaregiverSupport.aspx>

