AGING WELL

Caregiver Support

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 with 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 are some considerations for caregiver support?

- Feeling tired
- Feeling sadness or guilt
- Easily irritated or angry
- Stressing 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?

For more information visit:

www.southcentralfoundation.com/aging-well

Or scan the QR code

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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?

Contact your care team at Nilavena Regional Health Center..... (907) 571-1818

NB

☑ Behavioral Health Consultants

Behavioral health consultants can provide emotional support and self-care ideas for wellness.

☑ Community Resource Specialists

Community resource specialists can connect you with supportive services and other resources that you may qualify for.

☑ Home Visit Team (R)

The home visit team can provide caregiver education.

☐ Elder Program ..... (907) 729-6500

The Elder Program can provide support and help you stay connected.

☐ Traditional Healing (R) ..... (907) 729-4958

Traditional Healing can provide cultural connections and assist with find meaning and purpose through caregiver support.

Key

NB Non-Beneficiary	(R) Referral needed	Travel by car required
☑ Support available to Non-Beneficiary	Travel by plane required	Available over the phone or virtual visit