

This information is forwarded by the **Love Thy Neighbor Ministry** at Saint Rose of Lima Catholic Church, Milton FL.  
Source of Information: The Catholic Foundation of Northwest Florida. Due to the many references, some may not be current but have many useful reference sources. Emails are sent using the Blind Carbon Copy (BCC) method.

This quality of life series focuses primarily on senior citizens plus other supplemental information. You do not have to be a Senior to make use of this information. If you know of a Senior, a parishioner or a neighbor who could use this information you are invited to give them a copy of this email. Fellowship through improved communications is guided by the second greatest commandment. Sometimes an act of kindness can be as simple as a phone call, a visit, or receipt of an email.

**Suggestion: Create a separate folder of this information for ease of future reference.**

For information about our Parish, click on the following link: <http://parishesonline.com/scripts/HostedSites/Org.asp?ID=14423>

**Our parish spirit is rising, is rising.**

## A Caregiver's Survival Guide

[http://www.legacygifts.org/savvy\\_senior.jsp?WebID=GL2004-0129&D=200819](http://www.legacygifts.org/savvy_senior.jsp?WebID=GL2004-0129&D=200819)

Dear Savvy Senior,

Taking care of my 77-year-old mother who still lives in her own house is wearing me. I work full time and have a family of my own and need help. Can you provide some caregiving resources or suggestions to help my mom and I before I give out?

Desperate Daughter

Dear Desperate,

Taking care of an elderly loved one over a period of time can be physically and mentally overwhelming - especially when juggling with other responsibilities such as employment and family obligations. Fortunately, resources are available that can help. Here's what you should know.

### Support for Caregivers

It's easy to forget about your own needs when you're a caregiver. But doing so can take a toll on your health. Here are some caregiver support tips and tools to help you stay healthy and reduce your stress while you're caring for your mom.

**Develop a care team:** The first tip is to develop a team of people that help out when you can't be there or need a break. Start by asking family, friends and neighbors. Even help on a small scale can be beneficial.

**Find local resources:** Knowing what kinds of resources are available in your area and who to contact is a priceless tool for caregivers. Depending on your mother's needs, there are lots of organizations and businesses that provide services to help: home health care, home and personal care services, adult daycare, companion services, home delivered meals, senior transportation and more. To help you locate what's available in your community, contact your Area Agency on Aging. Call the Eldercare Locator at 800-677-1116 to get your local agency phone number or visit [www.eldercare.gov](http://www.eldercare.gov).

**Use respite care:** This is a great service that offers caregivers some much needed time off. Respite care can be for a few hours, a few days or for several weeks and can be provided in the home of the person being cared for, in an adult day center or at a residential setting such as an assisted living facility or nursing home. To locate a respite service in your area, visit the National Respite Locator Service at [www.respitelocator.org](http://www.respitelocator.org) or check with your local aging agency.

**Seek professional help:** If you're not sure what to do for your mom, or for those who are caring for an aging parent or other family member who lives in another city or state (see [www.cfad.org](http://www.cfad.org)), consider hiring a geriatric care manager (visit [www.caremanager.org](http://www.caremanager.org) to locate one in your area). This is a professional who can assess your loved one's needs and work with you to facilitate their care. The cost is around \$300 for the initial consultation and \$75 to \$150 an hour thereafter.

**Look for financial assistance:** If your mom could use some financial help, visit [www.benefitscheckup.org](http://www.benefitscheckup.org). This is a comprehensive resource for locating financial assistance programs that may help her pay for medications, health care, utilities and other expenses.

**Understand insurance issues:** If you have questions about Medicare, Medicaid or long-term care, your State Health Insurance Assistance Program (SHIP) is a wonderful resource that provides free counseling on all these issues. See [www.shiptalk.org](http://www.shiptalk.org) to locate your local SHIP office.

**Take care of yourself:** Last but not least, make your own health a top priority. Being a caregiver is a big job that can cause emotional and physical stress and lead to illness and depression. The only way you can provide the care your mother needs is to make sure you stay healthy.

**Savvy Tips:** There are some great resources on the Web that can help such as the Family Caregiver Alliance ([www.caregiver.org](http://www.caregiver.org)), which provides contact information on all caregiver support services and programs nationwide. Also, see [www.caring.com](http://www.caring.com), [www.agis.com](http://www.agis.com) and [www.familycaregiving101.org](http://www.familycaregiving101.org).

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## Caregiver Support Group Meeting

The next meeting of this community service program will meet on 6 August at 6pm, in the St Theresa room of the education building @ St Rose of Lima Catholic Church on Park Avenue in Milton FL.

There are a growing number of care givers that need help and information. This **FREE** program can assist toward that goal.

The below text was received through the offices of the Council of Aging (Escambia / Santa Rosa).

We are all caregivers in some fashion, whether it be our children, pets, parents, grandparents etc. You may even have the task of being a "long distance" or "sandwich generation" caregiver. At some point in our caregiver journey, we may become overwhelmed with emotions due to stress, fatigue, difficult decisions, role reversal and most of all, not knowing resources available in our community to aid in your particular situation.

This support group is available in our community sponsored by the **Escambia and Santa Rosa Council on Aging**. It allows you to discuss your care giver problems, learn from other caregivers who are/have experienced the very same challenges and receive professional advice.

This group meets the first Thursday of every month at 6 pm.

This Support Group is for any category of Caregiver.

If you have any questions on the community service, forward them to the sending address above.