Family Caregiver Center
Helping you care for the ones you love

The Family Caregiver Program offers the following services:

**Information**
Public education and outreach such as group presentations to help caregivers learn of existing services and resources in their community.

**Assistance**
Telephone consultation, care management and referrals help caregivers gain access to other services.

**Resources**
The Family Caregiver Center offers a lending library with books and videos on topics related to caregiving.

**Support Groups**
Groups provide education and emotional support and assist caregivers in making decisions and solving problems related to their caregiving role.

**Temporary Respite**
Funding provides a substitute caregiver to provide short-term and temporary breaks when the regular caregiver must be away.

**Supplemental Services**
Items to support the needs of caregivers, including adaptive equipment, home modifications, emergency call systems, counseling sessions and legal consultation.

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**Evidence Based Programs:**

**BRI/Care Consultation**
A telephone-based information & coaching program for caregivers of individuals with a chronic condition.

Care coaches will help you:
- Manage care more effectively
- Find simple & practical solutions to caregiving challenges
- Access to services & understanding insurance
- Communicate effectively with family & healthcare professionals
- Prevent caregiving crises

**Resources for Enhancing Alzheimer’s Caregiver Health (REACH II Program)**
REACH II is a support program for those caring for a loved one with Alzheimer’s disease/dementia.

The program is designed to:
- Help caregivers learn how to manage difficult behaviors of care recipients
- Reduce caregiver burden and depression
- Provide social support for caregivers
- Improve the caregiver’s ability to provide self-care

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**Support Groups**
Groups available across a continuum of caregiving
Visit www.agingihs.com for a current list of dates and topics

- Monthly Support Group meets the 2nd Wednesday of each month 12pm-1pm
- Monthly Guided Discussion meets the 4th Wednesday of each month 12pm-1pm
- Bereavement Support Group meets the 1st & 3rd Wednesday of each month 2pm-3:30pm in partnership with Visiting Nurse & Hospice Home