



Aging & In-Home Services  
OF NORTHEAST INDIANA

# 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.

## 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



### Support Groups

Groups available across a continuum of caregiving  
Visit [www.agingihs.com](http://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

Aging & In-Home Services of Northeast Indiana, Inc. (AIHS) promotes independence, dignity, and advocacy for all older adults, persons with disabilities and their caregivers. As the Area III Agency on Aging, AIHS is the primary resource for aging and disabled populations and the largest funder of services including support for the Council on Aging in the following nine counties: **Adams, Allen, DeKalb, Huntington, LaGrange, Noble, Steuben, Wells, Whitley**

1-800-552-3662 • 1-260-745-1200  
[www.agingihs.org](http://www.agingihs.org)

