WHO’S CARING FOR THE CAREGIVER?

THE BETTER THE CAREGIVER, THE BETTER THE CARE

As part of the National Family Caregiver Support Program, Alabama Cares helps unpaid caregivers tending to family members and friends through five specific types of services:

- Information on community resources, such as literature, health fairs and workshops
- Help in assessing caregiving needs and available support services
- Education on topics such as health, nutrition and financial literacy, as well as support groups and counseling to help with problem-solving
- Temporary substitutes who provide services such as personal care, light housework and adult daycare
- Services such as assistive technologies, emergency response systems, incontinence supplies and nutritional supplements

To be eligible for the services of Alabama Cares, certain requirements must be met. Priority is given, but not restricted, to those caring for people with the greatest social and economic needs, and to family members caring for persons with Alzheimer’s disease or dementia. Seniors caring for related children may also be eligible.

Alabama Cares Offers the Support a Caregiver Needs

Being a primary or family caregiver to an aging or disabled loved one is rewarding. But it’s not easy. Caregiving is challenging, stressful and sometimes overwhelming to the point where it can have a negative effect on the health and well-being of caregivers themselves.

Alabama Cares, a program of the United Way Area Agency on Aging, is here to help with the responsibilities and issues that come with the job of caregiving. We provide information and education to assist you in caring for your loved one, and also offer support and relief you may need to take better care of yourself.

www.uwaaa.org/alabamacares

To learn more about Alabama Cares and your eligibility, call 1-800-AGE-LINE (1-800-243-5463) or visit www.uwaaa.org/alabamacares

United Way of Central Alabama, Inc.