



## HELPING FAMILY CAREGIVERS TAKE BETTER CARE OF THEIR LOVED ONES AND THEMSELVES

Family caregivers play a vital role in caring for older loved ones, children or other relatives with severe disabilities. Alabama CARES, a program of United Way's Area Agency on Aging, provides support services to help families enhance and sustain their caregiving efforts. The services provided range from training and counseling to providing qualified substitutes who offer caregivers relief from their duties when needed.

For more information on how Alabama Cares may be able to help you and those you care for, see the other side for details or call

**1-800-AGE-LINE**



United Way  
**Area Agency  
on Aging**  
*of Jefferson County*

## ALABAMA CARES SUPPORTS YOU AND YOUR LOVED ONE WITH THESE CORE SERVICES

**INFORMATION** on resources and other services available within the community.

**ASSISTANCE** in accessing services and resources through short-term case management.

**MONTHLY SUPPORT GROUPS** where caregivers openly share experiences and concerns with each other in a safe haven and relaxed atmosphere.

**RESPIRE SERVICES** offering temporary relief to caregivers so that they can have time for themselves. Due to limited funding, those with the greatest needs receive priority.

**COUNSELING** and guidance to help family caregivers make decisions and solve problems.

**TRAINING** to improve family caregivers' knowledge and skills related to caregiving.

**SUPPLEMENTAL PRODUCTS AND SERVICES** available on a limited basis to complement care.

### WHO QUALIFIES FOR THESE SERVICES?

- Primary family caregivers of frail adults age 60+.
- Older relative caregivers (not parents), including grandparents age 55+, caring for children age 18 and younger.
- Parents and older relative caregivers, including grandparents age 55+, caring for adults age 19 to 59 with disabilities.
- There are no income restrictions; however those with the greatest social and economic needs receive priority.



For details on services or support group meetings,  
visit [uwaaa.org/alabamacares](http://uwaaa.org/alabamacares) or call

**1-800-AGE-LINE**



United Way  
of Central Alabama, Inc.