One out of four adults provides assistance to a family member with a physical or cognitive disability.

#### Know Common Signs of Caregiver Stress:

- Feeling overwhelmed
- Crying more often than usual
- Low energy
- Sleeping too much or not enough
- Eating too much or not enough
- Feeling angry, sad or isolated

### **Relieved Caregivers Say:**

"I can concentrate at work now that I know my father is in good hands."

*"I'm sleeping better."* 

## Contact These Programs for Help

Montgomery County Aging and Disability Services ......240-777-3000 Find out about services available in your community. If in doubt, call!

Alzheimer's Association 24-hour Helpline ......1-800-272-3900 Get help dealing with the challenges of dementia.

Respite Services of Montgomery County .....301-816-9647 Access respite care.

**Connect-A-Ride** ......**301-738-3252** Learn about transportation options.

### Some Websites Worth Exploring:

Alzheimer's Association www.Alz.org/care AARP www.AARP.org/caregivers

Caring from a Distance www.CaringFromADistance.org Family Caregiver Alliance www.Caregiver.org Full Circle of Care www.FullCircleCare.org Alternative forms of this document are available upon request

# Are You Caring for Another Adult?



The best way to help is to recognize it's not all up to you.

Montgomery County Aging and Disability Services 240-777-3000 ADS@MontgomeryCountyMD.gov





# Take Advice from Other Caregivers

#### **DEVELOP SKILLS**

To avoid injury and save time and energy, learn how to assist wisely with daily tasks such as bathing, dressing and transferring from one place to another.

#### **FIND INFORMATION**

Learning about disabling conditions can help you know what to expect and how to deal with it. Find useful information through doctors, healthcare providers, libraries and on-line.

#### TALK ABOUT YOUR FEELINGS

Caregiving can inspire a range of emotions from fulfillment to frustration, guilt and anger. It might help to talk to other caregivers with similar feelings.

"I never thought of myself as a caregiver. I was just taking care of my mother. Finding out about services helped me provide better care."

## Help Comes in Many Forms

#### **GERIATRIC CARE MANAGERS**

Professionals who help plan for the care of older adults

#### **RESPITE CARE**

A trained person takes care of your loved one, so you can take a break

#### **SUPPORT GROUPS**

Sharing information, feelings, and advice. Support groups can be in-person, by telephone, or on-line.

#### **IN-HOME AIDE SERVICES**

Help with bathing, dressing, housekeeping and other personal care activities

#### LEGAL AND FINANCIAL ASSISTANCE

Information about financial planning, and assistance, power of attorney, health care planning, and help completing applications

#### **ADULT DAY CENTERS**

Social, recreational and health services in a safe place for people who cannot be alone during the day

#### HOME MODIFICATIONS

Home improvements and devices that increase safety, ease of use, and independence

#### **ESCORTED TRANSPORTATION**

Rides and an escort for people who need help getting places

#### HOSPICE

Care of terminally ill people that emphasizes managing symptoms. Often includes grief counseling and support groups for patients and families.