

DO YOU HELP AN OLDER ADULT WITH ANY OF THE FOLLOWING?



- ♦ Preparing meals
- ♦ Bathing and getting dressed
- ♦ Grocery shopping
- ♦ Cleaning the house
- ♦ Managing medications
- ♦ Arranging for services
- ♦ Paying household bills
- ♦ Getting in and out of bed
- ♦ Getting to doctor's visits

Contact us for information on the following services for caregivers and older adults which are available in our community.

Adult Day Care: A program offering social, recreational and health-related services to individuals who cannot be left alone during the day because of physical or mental limitations.

Caregiver Seminars: Educational meetings where caregivers can learn about topics such as specific illnesses, managing stress, and hiring in-home help.

Case Management: Case managers work with family members and older adults to assess needs and arrange for supportive services.

Elder Abuse Prevention Programs: Protective services involves investigating reports of abuse, neglect and exploitation of senior citizens and taking action to resolve the abuse.

Emergency Response Systems: Services that provide an in-home 24-hour electronic alarm system enabling an older homebound person to summon help when needed.

Financial Assistance: Benefit programs that may include consumer protection, energy assistance, financial management counseling, food stamp or prescription drug assistance.

Home Delivered Meals: Commonly known as "Meals on Wheels," these are nutritious meals delivered to the homes of older homebound persons.

Home Care or Home Health Care: Includes a wide range of services in the home, from chore to skilled nursing; home health care is more medically oriented.

Information Services: Information Specialists are available to provide consultation and linkage to available services and resources.

Legal Assistance: Legal assistance is available to persons 60 and over for certain types of legal matters including government program benefits, tenant rights, advance directives, and consumer problems.

Personal Care: Services to assist with activities such as bathing, dressing, grooming, light house-keeping, and light meals preparation.

Respite Care: A service that provides caregivers temporary relief or rest from caregiving activities.

Senior Housing Options: A variety of housing options is available including care homes, assisted living, retirement communities, nursing facilities, and low-income housing.

Support Groups: Meetings for caregivers that facilitate the exchange of ideas, tips, mutual emotional support and resource information.

Telephone Reassurance: Provides regular contact by trained volunteers to reassure and support senior citizens and persons with disabilities who are homebound.

Transportation: Transportation services are available for older individuals or persons with disabilities, who do not have private transportation and who are unable to utilize public transportation to meet their needs.

CALL US FOR HELP -

**Elderly Affairs Division
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Honolulu, HI 96813
Senior Helpline 768-7700
www.elderlyaffairs.com**

Did you answer “yes” to any of the questions on the cover? If so, you are a CAREGIVER.

A “caregiver” is someone who assists another person - usually a family member - who has physical and/or mental limitations.

Although caregiving can be very rewarding, it can also be stressful. There may be times when you feel squeezed by the demands of giving care, balancing family obligations, working and taking care of yourself. At times, you may not know where to go for answers, emotional support and practical advice - or how to get a break from your caregiving responsibilities.

Some of these suggestions might help you:

- ♦ Talk with your doctor about how caregiving is impacting your health. He or she may be able to provide helpful suggestions.
- ♦ Allow others to help you. Ask family and friends for specific help and accept the help they offer.
- ♦ Learn to take care of yourself. You deserve some time to yourself to relax, socialize, and get some much-needed rest.
- ♦ Contact us to learn about the helpful resources listed on the inside.

You are not alone. Nearly 34 million adults provide unpaid care for persons 50 and older, according to a 2004 study by the National Alliance for Caregiving and AARP. If you are caring for an older adult there is help for you. Numerous resources are available in our community to help you give care and take care of yourself.