

9TH
EDITION

Caregiving Smarts™

Resource Guide

www.AreaOfficeOnAging.com



AREA OFFICE ON AGING OF NORTHWESTERN OHIO

A Family Caregiver's Guide to support and solutions.

Providing quality resources for Caregivers and those age 60+

AREA OFFICE ON AGING OF NORTHWESTERN OHIO, INC.

KINSHIP NAVIGATOR PROGRAM

2155 Arlington Ave, Toledo, 43609

Phone: 419-382-0624

www.areaofficeonaging.com

QUICK FACTS

OUR MISSION:

TO GUIDE GRANDPARENTS AND OTHER RELATIVES WHO ARE REARING CHILDREN IN THEIR EXTENDED FAMILIES TO SERVICES IN THE COMMUNITY; SPECIFICALLY THROUGH INFORMATION, ONGOING SUPPORT, EDUCATION AND LINKAGE TO COMMUNITY AGENCIES.

THE CHILDREN:

227,862 CHILDREN IN OHIO LIVE IN HOMES WHERE THE HOUSEHOLDERS ARE GRANDPARENTS OR OTHER RELATIVES (8.6% OF THE CHILDREN IN THE STATE).



Programs & Services



- Information and Referral
- Ongoing Assistance



- Monthly Well-Checks
- Evidence-Based Workshops



- Summer Series
- Special Events



- Holiday Assistance
- Quarterly Support Groups



- Wellness Initiative for Senior Education (WISE)



- Biweekly E-Blasts
- Quarterly Newsletters



- Parenting Smarts
- Resource Guide



- Educational Workshops

The Grandparents & Other Relatives:

\$4 BILLION - THE AMOUNT GRANDPARENTS AND OTHER RELATIVES SAVE TAXPAYERS EACH YEAR BY RAISING CHILDREN AND KEEPING THEM OUT OF FOSTER CARE. 46% OF GRANDPARENTS OR OTHER RELATIVES CARING FOR THEIR KIN HAVE PROVIDED CARE FOR 5 YEARS OR MORE.

Data taken from: GrandFacts Sheets - State Fact Sheets for Grandfamilies (Ohio 2017) www.grandfamilies.org, Generations United - State of Grandfamilies 2020 - Facing a Pandemic - Grandfamilies Living Together During COVID-19 and Thriving Beyond www.gu.org.

The Kinship Navigator Program is supported by the Area Office on Aging of Northwestern Ohio, Inc., Lucas County Children Services, and Lucas County Department of Job and Family Services.



Caregiving Smarts™ is a comprehensive listing and explanation of providers and services to assist family caregivers. It is designed to work for YOU! Information contained herein has been supplied by the organizations and facilities. While the information has been thoroughly cross-referenced and phone numbers verified as of September, 2022, the Area Office on Aging of Northwestern Ohio, Inc, and Senior Impact Publications, LLC assume no responsibility for omissions or errors. We welcome all updates and corrections.

**Caregiving Smarts: A Resource Guide
for Families and Persons Caring for
Older Adults™**

9th Edition, October, 2022

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Dear Friends,

Taking care of a loved one can be a financially burdensome experience. The National Alliance for Caregiving and AARP's joint report, Caregiving in the U.S. 2020, revealed that nearly one in five family caregivers provide unpaid care to an adult with health or functional needs.

The report also shared that nearly half (45%) of caregivers have had at least one financial impact, and that family caregivers are in worse health, compared to 2015. The care provided by unpaid family caregivers is valued at more than 30 billion hours annually, equating to more than \$500 billion -primarily in the form of lost wages.

Our Caregiving Smarts Resource Guide provides information about valuable services, benefits, and resources to help caregivers.

Please utilize this guide and contact our staff in the Caregiver Support Program to advise you on resources available. We thank all family caregivers for your service and look forward to being a partner in your journey.



Arcelia Armstrong, LSW
Coordinator, Caregiver
Support & Kinship
Navigator Programs
Area Office on Aging of
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Billie Johnson,
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Area Office on Aging
of NW Ohio, Inc.

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Are You A Family Caregiver?

Family caregivers are individuals who provide unpaid health care and assistance for a family member, friend, or neighbor on their own time while still managing their own priorities in their life at home, at work, at school, and in their personal life.

Caregiving Facts

“I am a family caregiver” if you say yes to any of the following:

- I drive my elderly neighbor or family member to his or her doctor appointment.
- I cook and clean at my parents’ home.
- I have insisted that my family member move in with my family, so that we can better help him or her with their medication and ensure their safety.
- I assist with bathing and dressing my spouse, parent, or family member.
- I live far away, but I call daily and arrange for his or her care.

53 million Americans provide unpaid care to a loved one.

23% of Americans said caregiving made their health worse.

45% had at least one financial impact.

26% of Americans are caring for someone with Alzheimer’s disease or dementia.

URL: www.aarp.org/uscaregiving

If you are a Family Caregiver needing support and/or assistance, please contact us:

The Area Office on Aging of Northwestern Ohio, Inc. - Caregiver Support Program

1-800-472-7277 OR 419-382-0624

www.areaofficeonaging.com

Famous Celebrity Caregivers

Name: _____ Date: _____



Find and circle each of the words from the list below. Words may appear forwards or backwards, horizontally, vertically or diagonally in the grid.

O	A	H	A	I	U	W	M	O	A	A	K	F	A	Z	U	D	E	Z	X	U	C	U	E	O	J	H	A
Y	U	P	N	U	E	W	Y	C	E	A	U	M	E	L	O	D	H	T	E	B	A	Z	I	L	E	S	N
M	T	M	T	K	O	V	I	C	T	O	R	M	A	N	U	E	L	L	E	J	Y	Y	N	I	F	U	A
D	A	C	E	O	H	T	S	I	C	A	Y	I	C	U	C	R	O	B	L	O	W	E	A	A	F	T	P
F	V	T	D	I	D	C	E	M	J	I	I	U	N	R	I	P	D	M	R	O	D	S	R	G	E	P	D
T	T	V	A	M	O	C	I	V	O	O	U	A	T	E	Z	V	Z	F	F	B	M	P	I	C	P	E	O
N	A	T	Y	U	O	B	E	H	T	M	Q	E	L	V	N	N	E	R	L	T	H	M	E	U	F	T	O
S	O	L	E	U	N	C	G	S	S	U	Y	N	E	I	A	E	R	T	E	F	B	E	I	B	T	E	W
D	T	T	R	R	P	I	E	E	E	M	M	A	V	R	H	D	U	U	E	R	H	D	V	N	D	R	R
I	X	I	S	S	R	A	U	E	P	O	A	G	E	H	M	R	J	R	Z	A	E	K	H	O	U	G	E
F	C	O	A	N	N	A	N	R	T	A	Q	A	S	S	O	A	O	O	A	N	N	C	T	S	Z	A	D
O	A	X	F	H	A	L	G	H	C	B	U	E	O	A	L	H	E	S	G	K	R	I	I	N	E	L	N
A	Z	K	A	E	A	R	E	D	U	M	S	R	O	I	O	Y	Y	A	I	L	Y	R	D	H	D	L	U
D	J	Y	P	T	I	R	C	O	A	S	E	Y	R	R	U	A	M	L	B	A	W	T	E	O	N	A	R
Y	E	O	I	R	T	M	N	N	S	R	A	C	R	A	I	G	C	Y	B	N	I	A	R	J	A	G	I
S	U	F	A	E	P	H	A	E	A	M	B	N	O	M	S	A	I	N	O	G	N	P	E	E	N	H	A
T	A	Y	R	N	D	C	T	J	Y	Y	G	A	N	P	E	I	N	N	N	E	K	D	M	N	R	E	L
H	I	E	D	E	L	H	Y	G	J	F	R	N	A	K	P	C	T	C	S	L	L	E	P	Y	E	R	B
E	S	S	K	N	R	U	R	W	T	A	R	B	E	O	E	R	Y	A	O	L	E	E	F	A	H	R	E
A	T	C	N	O	F	A	N	I	D	H	U	E	L	E	N	A	R	R	D	A	R	O	Z	W	Z	T	E
U	S	Y	G	K	N	D	U	D	R	U	O	F	E	X	N	M	E	T	I	W	S	S	B	D	I	C	C
L	M	A	V	T	B	V	D	I	E	R	K	W	F	U	Y	S	E	E	R	X	U	U	S	W	L	Y	G
O	N	D	A	N	G	A	S	B	Y	N	Y	N	C	C	C	O	E	R	F	A	F	I	U	R	W	R	A

Leeza Gibbons Rosalynn Carter Bryan Cranston Blair Underwood Peter Gallagher
 Henry Winkler Joey McIntyre Queen Latifah Liz Hernandez Elizabeth Dole
 Louise Penny Sean Hayes Joan Lunden Katie Couric Brad Garrett Maria Shriver
 Meredith Vieira Victor Manuelle Mother Teresa Frank Langella Nancy Reagan
 Dwayne Johnson Marcia Gay Harden Patrick Dempsey Eleanor Roosevelt
 Seth Rogan Rob Lowe Dan Gasby Amy Grant Jamie Fox

Answers found on Page 62



NEW REPORT: FAMILY CAREGIVERS STRUGGLING FINANCIALLY

The Credit for Caring Act Could Help

\$7,242

Average Out-of-Pocket
Expenses for Family
Caregivers in 2021

**Family Caregivers in the
U.S. Provide \$470 Billion
in Unpaid Care**

Source: Valuing the Invaluable 2019 Update: Charting a Path Forward
AARP Public Policy Institute

More than three in four
family caregivers (78%) are
incurring out-of-pocket costs
as a result of caregiving

78%

\$10,525

Average expenses for caregivers
with two or more work-related strains

26%

Family caregivers are
spending, on average,
a quarter of their income on
caregiving activities

AFRICAN AMERICAN

\$6,746

Average Out-of-Pocket
Expenses in 2021

34%

of income on average
spent on caregiving
activities

HISPANIC/LATINO

\$7,167

Average Out-of-Pocket
Expenses in 2021

47%

of income on average
spent on caregiving
activities

ASIAN AMERICANS & PACIFIC ISLANDERS

\$8,368

Average Out-of-Pocket
Expenses in 2021

22%

of income on average
spent on caregiving
activities

Source: 2021 Caregiving Out-of-Pocket Costs Study | DOI: <https://doi.org/10.26419/res.00473.003> | Report: aarp.org/caregivers

Actions to Protect Yourself and Others



Avoid being around other people if you or someone you live with feels sick.



If you must be around others, wear a mask that completely covers your nose and mouth, even inside where you live. You do not need to wear a mask if you are alone in a room.



Stay at least 2 meters/6 feet (2 arm lengths) away from other people who do not live with you, both indoors and outdoors.



When indoors and around others, open windows to improve ventilation and bring in fresh air.



Try not to touch your eyes, nose, mouth, or mask.



Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and then wash your hands.



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.



Clean things you or others touch often, like door handles, faucets, and tools.



Contact your employer or labor contractor if you have questions.



Get the COVID-19 vaccine when it's available to you.

Look for symptoms of COVID-19, such as:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you have any of the symptoms listed above, tell your employer or contractor. Find an onsite clinic or community health center near you for an appointment: <https://findahealthcenter.hrsa.gov/>. Tell the health center you think you might have COVID-19 and that you need to make an appointment.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

cdc.gov/coronavirus

CS 523184-A April 23, 2021 10:57 AM

Virtual Resources

Area Office on Aging – Family Caregiver Support

Program provides virtual caregiver education including monthly educational series, evidenced-based programming like Powerful Tools for Caregivers.

To rsvp and obtain access instructions, E-mail or call:

Jennifer Forshey, LSW at

jforshey@areaofficeonaging.com or (419) 725-6983

or Tracie Fountain, BSN, RN at

tfountain@areaofficeonaging.com or (419) 725-6984

Powerful Tools for Caregivers

- A self-care education program for family caregivers to improve: self-care behaviors, management of emotions, self-efficacy, and use of community resources
- Target Audience: Family caregivers of adults with chronic conditions

MemoryLane Care Services:

(Virtual) Coffee with MemoryLane Care Services Staff

Would you like to talk to other caregivers about their experiences? Join our friends at MemoryLane Care Services for a (Virtual) Coffee with their staff on Wednesdays at 2 pm by telephone without having to leave home. This is your chance to learn from others who face the same challenges and to share insights, advice, and encouragement. The staff will discuss practical tips and resources that provide support and assistance.

Call Cheryl Conley at 419-720-4940 or email cconley@memorylanecare.org for information about how to dial in. Bring your own coffee!

Alzheimer's Association

Virtual Support Groups: Visit alz.org/CRF or call 800-272-3900 to find out more about support groups in your area. Education Programs: Some programs are virtual. To register, call 800-272-3900. Visit alz.org/CRF to explore additional education programs in your area.

AARP Public Policy Institute/Initiatives/Home Alone Alliance - Family Caregiving How-To Video Series

Medical and Nursing Task Tutorials for Family Caregivers
The "How-To" videos and resource guides for family caregivers are on specific medical/nursing tasks – including preparing special diets, managing incontinence, wound care, mobility, and managing medications. The videos are resource guides, many of which are available in both English and Spanish, are free of charge.

To access videos go to:

<https://www.aarp.org/ppi/initiatives/home-alone-alliance/family-caregiving-videos/>

Online training videos provide coping skills for caregivers of people with dementia

Excerpt from Article By Enrique Rivero • June 6, 2018

Dementia also has a profound effect on caregivers, often family members whose lives are disrupted and who are challenged on how to best to care for their loved ones. Most caregivers do not receive education and training about how to provide competent and compassionate care.

To address this need, the UCLA Alzheimer's and Dementia Care Program has developed a series of online videos to help caregivers understand how to care for persons with dementia. The videos, in which actors portray dementia patients and their caregivers, cover a range of issues and provide practical tools and techniques for managing challenging issues that caregivers will face.

To access videos listed below go to:

<https://connect.uclahealth.org/2018/06/06/online-training-videos-provide-coping-skills-for-caregivers-of-people-with-dementia/>

The program has produced 18 training videos on the following topics:

- Aggressive Language/Behavior
- Agitation and Anxiety
- Depression/Apathy
- Hallucinations
- Home Safety
- Refusal to Bathe
- Refusal to Take Medications
- Repetitive Behaviors
- Repetitive Phone Calls
- Repetitive Questions
- Sexually Inappropriate Behaviors
- Sleep Disturbances
- Sundowning
- Wandering

Videos covering common challenges are:

- Alcohol Abuse
- Driving
- Lack of Eating
- Paranoid Thoughts

The program also offers free educational webinars ranging from "What is dementia?" to protecting loved ones who have dementia from falling prey to scammers.

Inspirational Caregiver Quote

Self-care is not selfish. You cannot serve from an empty vessel.

- Eleanor Brown

HomeStrong was created to help older people improve their strength and balance—especially during the COVID-19 pandemic when many people are unable to leave their homes.

When people can't do their regular activities, muscle strength and balance decrease quickly. This raises the risk of falls that cause fractures and other injuries. The good news is that anyone—regardless of age—can get stronger with exercise. Even people in their 80s and 90s can improve their strength and balance.

To access videos visit:

www.homestrong.net

YMCA 360 On-Demand Classes Now Available

If you are unable to join us at one their facilities, there are a variety of at-home exercise options for members to use called YMCA 360. You can take group exercise classes for all ages right in your own home at no charge for a limited time! To access videos: <https://ymca360.org/>

Arthritis Foundation Exercises <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease/wwe-exercises>

Nike Training Club Programs Designed Just For You
Take your pick from a series of workouts, nutrition tips, and wellness guidance to help you build healthy habits and see results that last. Each program is led by a Nike Master Trainer and designed to fit into any routine. To access videos: <https://www.nike.com/ntc-app>

Walk at Home by Leslie Sansone <https://walkathome.com/>
SPECIFICALLY DEVELOPED TO GET YOU MOVING!
Our “Walking” burns more calories than a stroll around the park because:

- It's a series of multi-muscle moves
- Movement set to the beats per minute in workout (and popular) music.
- A higher muscle engagement leads to higher calorie burn and of course more muscle tone!... and all while being easy on the joints! Walking is the most natural and effective way to health and wellness, and works for anyone, any age, any size and anywhere... because we're Walk AT HOME®!

MINDFULNESS APPS

Headspace Inc. www.headspace.com

This app, designed to teach you how to meditate, is available in both free and premium versions which have a monthly subscription cost. Free access includes the Take10 10-minute meditation program, while subscribers get access to Headspace's full content collection on a variety of wellness topics. You can also connect with friends for motivation. Compatible with Android devices and iPhone.

Calm www.calm.com

This app is a well regarded tool to help reduce anxiety and

stress. The website readily allows you to access the interface, and plays soothing music as soon as you click on it. You can also sign up for newsletters on the website. Although the app itself is free, there are various subscriptions with additional resources that can be purchased for as low as \$4.99 per month. The app comes with great resources such as 7 guided meditation sessions from 2 to 30 minutes, 10 expansive nature scenes, and 16 different music tracks by meditation music mastered plus new content added each month!

Guided Mind www.guidedmind.com

This is a great app that has multiple 3 minute voice-guided meditation exercises for people on the go. The exercises are easy to use, and can be stored on your mobile device for use at a later time. There are about 8 different speakers, and 14 sound landscapes to choose from making it a great, diverse fit for caregivers. It is free, and available for use on iTunes.

YouTube Meditation and Guided Imagery

Tracy C Saunders Inner Journey
<https://www.youtube.com/channel/UCVWGpJfMAFYk71mVml4R-uQ>

Kelly Howell Guided Meditation

<https://www.youtube.com/watch?v=uvUBoHX7IfY>

CRISIS SUPPORT FOR CAREGIVERS AND OLDER ADULTS

Institute on Aging - Friendship Line 1-800-971-0016

This 24-hour, toll-free Friendship Line provides support for older adults and adults with disability who are experiencing loneliness, and operates as both a crisis intervention hotline and a warmline for nonemergency emotional support calls. The Friendship line also offers outreach calls to help monitor physical and mental health concerns. For more information go to <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

SAMHSA Disaster Distress Helpline 1-800-985-5990

This helpline provides 24/7, 365 days-a-year crisis counseling and support for caregivers and other people experiencing emotional distress related to disasters, including the COVID-19 pandemic.

HOW TO USE TECHNOLOGY (SMART PHONE, TABLET, COMPUTER, TECH)

Keeping up with the Times.

As we continue to practice safety precautions and social distancing during the pandemic, technology has never been more important in connecting with people. If you find yourself struggling to use computers, tablets, or smart phones but want to learn, the Caregiver Support Program has put together some resources below that may be helpful.

Access Information on How to Use Technology

Where Older Adults Come to Learn, Explore and Share Smart Technology

The Senior Tech Club Wants to Help

<https://www.seniortechclub.com/>

We believe your device and technology can serve you well beyond making phone calls and sending text messages. It can be a platform for health, fitness, safety, learning and entertainment. We cover topics like using your device to support life-long learning, staying fit, improving your sleep and even meditation. Your device can be your partner in thriving at this point in your life.

Join a community of life long learners. Unlike a class, Club membership is ongoing. With our programs, we like to explore a broad range of learning topics. Learning is good for you.

Access Information on How to Use Technology 10

Tips to Help Seniors Learn How to Use Tablets

<https://www.sunshineretirementliving.com/sunshine-stories/10-tips-to-help-seniors-learn-how-to-use-tablets/>

“Hands-On” Tablet Training for Seniors <https://tricityliteracycouncil.files.wordpress.com/2019/02/hands-on-tablet-curriculum.pdf>

Tech Boomers

www.techboomers.com

Access 100 + Free courses Learn How to use Zoom, Facebook Live, and other Useful Apps and Articles

Connect Safely

www.connectsafely.org/seniors

Organization dedicated to educating users of connected technology about safety, privacy and security. Here you'll find research-based safety tips, parents' guidebooks, advice, news and commentary on all aspects of tech use and policy.

FCC's Affordable Connectivity Program

www.https://www.fcc.gov/acp or www.https://acpbenefit.org/

Support Center: (877) 384-2575

EveryoneOn

www.everyoneon.org

Find low-cost internet and affordable computers in your area.

Senior Planet

920-666-1959 (TTY: 711), Monday – Friday, 9 a.m. – 5 p.m., Eastern time

www.seniorplanet.org

Have a technology question? Call for in-person and online programs to learn and connect with other seniors.

GROCERY DELIVERY SERVICE

Instacart allows you to shop your favorite grocery stores from the comfort of your home, using your computer, tablet, or smartphone. Select the items you want and schedule a delivery. Provided the service isn't experiencing unusually long wait times, the groceries can be delivered to your doorstep in as little as an hour. You can also request for your groceries to be delivered later in the day, the next day, or even in a few days. www.instacart.com

Shipt once you sign up for a membership and download the iOS or Android app, all you have to do is select your groceries, choose your delivery option, and check out. Then, in about an hour or so, your Shipt shopper will knock on your door. Shipt currently offers products from major grocery chains, such as Publix, Kroger, Fry's, and H-E-B, and uses teams of local shoppers to handpick your items, ensuring that your order of fresh produce is actually fresh. Customers can use this app during store hours, which in some cases means 24-hour availability. www.shipt.com

Walmart you can download the Walmart Grocery app or visit the Walmart Grocery website. The app offers most of the items you'd find in the store. There's a wide selection of grocery items, and you can even find items like makeup and Tylenol. Once you select all of the items you want, choose pickup or delivery and a time slot.

Source: <https://www.digitaltrends.com/home/best-grocery-shopping-delivery-apps/>

Inspirational Caregiver Quote

Caring about others, running the risk of feeling, and leaving an impact on people, brings happiness.

-Harold Kushner, Rabbi

CAREGIVING in the U.S. 2020

The number of Americans providing unpaid care has increased over the last five years.*

43.5 million
2015  **53 million**
2020



18%
2015  **21%**
2020

NEARLY ONE IN FIVE (19%) ARE PROVIDING UNPAID CARE TO AN ADULT WITH HEALTH OR FUNCTIONAL NEEDS.**

More Americans are caring for more than one person.



18%
2015  **24%**
2020

More family caregivers have difficulty coordinating care.

19%
2015  **26%**
2020



More Americans caring for someone with Alzheimer's disease or dementia.



22%
2015  **26%**
2020

More family caregivers report their own health is fair to poor.

17%
2015  **21%**
2020

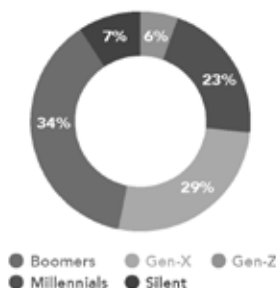


23% OF AMERICANS SAY CAREGIVING HAS MADE THEIR HEALTH WORSE.

Who are today's family caregivers?


39%
MEN


61%
WOMEN



45%
HAVE HAD AT LEAST ONE FINANCIAL IMPACT


61%
WORK

AARP
Family Caregiving™

*Provided care to an adult or child with special needs.

**The remainder of this data is based on the 19% or 48 million caregivers caring for an adult.

URL: www.aarp.org/uscaregiving DOI: <https://doi.org/10.26419/ppi.00103.002>

naa
National Alliance for Caregiving

Caregiving in the U.S. 2020,
National Alliance for Caregiving and AARP
For media inquiries, contact Media@aarp.org

RAISE ACT FAMILY CAREGIVERS ACT

On September 22, 2021, the Recognize, Assist, Include, Support, and Engage (RAISE) Act Family Caregiving Advisory Council delivered its initial report to Congress. It includes a comprehensive review of the current state of family caregiving and 26 recommendations for how the federal government, states, tribes, territories, and communities—in partnership with the private sector—can better Recognize, Assist, Include, Support, and Engage family caregivers.

Download the RAISE Family Caregivers Act Initial Report to Congress.

To learn more about how the council developed this report, check out the Implementing the RAISE Family Caregivers Act factsheet.

Read the press release.

Help us spread the word about how to #RAISEcaregivers with this social media toolkit.
<https://acl.gov/RAISE/report>

5 Priority Areas of the Recommendations

- Increased awareness of family caregiving.
- Increased emphasis on integrating the caregiver into processes and systems from which they have been traditionally excluded.
- Increased access to services and supports to assist family caregivers.
- Increased financial and workplace protections for caregivers.
- Better and more consistent research and data collection.

What Help is Available for Informal Caregivers in Ohio?

Established in 2000, The National Family Caregiver Support Program helps individuals rise to the challenges of informal caregiving. (*Note: Authorizing legislation is Section 371 of the Older Americans Act of 1965, as amended, Title III-E*)

- Area Agencies on Aging and service providers help caregivers access supportive services, provide counseling, facilitate support groups and caregiver training, organize respite care (temporary relief from caregiving responsibilities) and more.
- Information and some supportive services are available to all caregivers. However, to be eligible for respite and supplemental services, the caregiver must be caring for an individual who is age 60 + and frail or a person caring for a person with Alzheimer's disease

or a related disorder. Services are also available for grandparents or other relatives age 55+ (not including natural or adoptive parents) who are caring for children under 18 or an adult child age 19-59 with a disability.

How can I get help with caregiving?

- Call toll-free 1.800.472.7277 or 41.382.0624 to contact the Area Office on Aging of Northwestern Ohio, Inc. for details.

Where can I learn more about caregiver support programs?

Visit the following Ohio Department of Aging web page for more information about caregiver support.
<https://aging.ohio.gov/caregiversupport>

THE CONTACT POINT

- When you're caring for a loved one, we'll be with you all the way.
 - When you take your husband or wife to the doctor.
 - When you fix your older parent's lunch in the morning before you go to work.
 - When you make sure they take their medicine properly.
- ...You're a caregiver and the **Area Office on Aging** has help for you.

The place to start is:
Caregiver Support Program
(419) 382-0624 or 1-800-472-7277

Help might be a break for you – grocery shopping, a home-delivered meal or a reassuring phone call. If you need it, it can't hurt to call. Regardless of how you arrived at being a caregiver, or how much help you provide, you may need assistance, information, and guidance.

**Area Office on Aging
of Northwestern Ohio, Inc.
2155 Arlington Avenue
Toledo, Ohio 43609–1997
www.areaofficeonaging.com**

Caregiver Support Program

For Families and Persons Caring for Older Adults.

When you're caring for a loved one, we will be with you all the way.



DID YOU KNOW THAT ON AVERAGE...

Family caregivers spend **23.7 hours** per week providing care.

Nearly **1 in 4** caregivers spends **41 hours or more** per week providing care.

¹ National Alliance for Caregiving and AARP. (2020). Caregiving in the U.S.

Caregiver Support Program works to:

- Reduce caregiver stress, burden, and injuries
- Increase caregiver confidence and knowledge
- Improve the quality of care
- Help caregivers balance their lives and caregiving responsibilities

Eligible Populations

- Caregivers of any age who are providing care for a person age 60+ who is frail.
- Caregivers caring for an individual with Alzheimer's Disease or related disorder regardless of their age.

Services Available

NOTE: Services are only Temporary and
Dependent upon Location

Information

Assistance

Counseling

Respite Care

Supplemental Services

**Visit our website for upcoming caregiver programs and events and to sign up to receive our bi-monthly emailed newsletter.*

Let Us Help. Contact Us HERE:

Area Office on Aging of NW Ohio

2155 Arlington Ave

Toledo, Ohio 43609

Phone (419) 382-0624 OR

800-472-7277

www.areaofficeonaging.com



KINSHIP NAVIGATOR PROGRAM

2155 Arlington Ave, Toledo, 43609

Phone: 419-382-0624

www.areaofficeonaging.com

QUICK FACTS

OUR MISSION:

TO GUIDE GRANDPARENTS AND OTHER RELATIVES WHO ARE REARING CHILDREN IN THEIR EXTENDED FAMILIES TO SERVICES IN THE COMMUNITY; SPECIFICALLY THROUGH INFORMATION, ONGOING SUPPORT, EDUCATION AND LINKAGE TO COMMUNITY AGENCIES.

THE CHILDREN:

227,862 CHILDREN IN OHIO LIVE IN HOMES WHERE THE HOUSEHOLDERS ARE GRANDPARENTS OR OTHER RELATIVES (8.6% OF THE CHILDREN IN THE STATE).



Programs & Services

-  - Information and Referral
-  - Ongoing Assistance
-  - Monthly Well-Checks
-  - Evidence-Based Workshops
-  - Summer Series
-  - Special Events
-  - Holiday Assistance
-  - Quarterly Support Groups
-  - Wellness Initiative for Senior Education (WISE)
-  - Biweekly E-Blasts
-  - Quarterly Newsletters
-  - Parenting Smarts
-  - Resource Guide
-  - Educational Workshops

The Grandparents & Other Relatives:

\$4 BILLION - THE AMOUNT GRANDPARENTS AND OTHER RELATIVES SAVE TAXPAYERS EACH YEAR BY RAISING CHILDREN AND KEEPING THEM OUT OF FOSTER CARE. 46% OF GRANDPARENTS OR OTHER RELATIVES CARING FOR THEIR KIN HAVE PROVIDED CARE FOR 5 YEARS OR MORE.

Data taken from: GrandFacts Sheets - State Fact Sheets for Grandfamilies (Ohio 2017) www.grandfamilies.org, Generations United - State of Grandfamilies 2020 - Facing a Pandemic - Grandfamilies Living Together During COVID-19 and Thriving Beyond www.gu.org.

The Kinship Navigator Program is supported by the Area Office on Aging of Northwestern Ohio, Inc., Lucas County Children Services, and Lucas County Department of Job and Family Services.



Caregiver Self-Assessment Questionnaire

How are you?

American Medical Association

Physicians dedicated to the health of America



Distributed by:



Caregivers are often so concerned with caring for their relative's needs that they lose sight of their own wellbeing. Please take just a moment to answer the following questions. Once you have answered the questions, turn the page to do a self-evaluation.

During the past week or so, I have...

1. Had trouble keeping my mind on what I was doing☐Yes ☐No
2. Felt that I couldn't leave my relative alone.....☐Yes ☐No
3. Had difficulty making decisions☐Yes ☐No
4. Felt completely overwhelmed.....☐Yes ☐No
5. Felt useful and needed☐Yes ☐No
6. Felt lonely☐Yes ☐No
7. Been upset that my relative has changed so much from his/her former self.....☐Yes ☐No
8. Felt a loss of privacy and/or personal time☐Yes ☐No
9. Been edgy or irritable☐Yes ☐No
10. Had sleep disturbed because of caring for my relative☐Yes ☐No
11. Had a crying spell(s)☐Yes ☐No
12. Felt strained between work and family responsibilities.....☐Yes ☐No
13. Had back pain☐Yes ☐No
14. Felt ill (*headaches, stomach problems or common cold*)☐Yes ☐No

15. Been satisfied with the support my family has given me☐Yes ☐No
16. Found my relative's living situation to be inconvenient or a barrier to care☐Yes ☐No
17. On a scale of 1 to 10, with 1 being "not stressful" to 10 being "extremely stressful," please rate your current level of stress. _____
18. On a scale of 1 to 10, with 1 being "very healthy" to 10 being "very ill," please rate your current health compared to what it was this time last year. _____

Comments:

(Please feel free to comment or provide feedback)

For additional tools for caregiving or aging, visit www.CaregiversLibrary.org

To Determine the Score:

1. Reverse score questions 5 and 15. (For example, a "No" response should be counted as "Yes" and a "Yes" response should be counted as "No")
2. Total the number of "yes" responses.

To Interpret the Score:

Chances are that you are experiencing a high degree of distress:

- If you answered “Yes” to either or both Questions 4 and 11; or
- If your total “Yes” score = 10 or more; or
- If your score on Question 17 is 6 or higher; or
- If your score on Question 18 is 6 or higher.

Next steps:

- Consider seeing a doctor for a check-up for yourself.
- Consider having some relief from caregiving. (Discuss with the doctor or a social worker the resources available in your community.)
- Consider joining a support group

Valuable Resources for Caregivers:

Eldercare Locator:
(a national directory of
community services)
1-800- 677-1116
[www.aoa.gov/elderpge/
locator.html](http://www.aoa.gov/elderpge/locator.html)

Family Caregiver Alliance
1-415- 434-3388
www.caregiver.org

Medicaid Hotline
Baltimore, MD
1-800-638-6833

National Alliance for
Caregiving
1-301-718-8444
www.caregiving.org

National Family
Caregivers Association
1-800 896-3650
www.nfcares.org

National Information
Center for Children and
Youth with Disabilities
1-800-695-0285
www.nichcy.org

Local Resources and Contacts:

[illegible]

For additional tools for caregiving or aging, visit www.CaregiversLibrary.org

Caregiver Support

Support Groups offer you the opportunity to learn from others, share ideas, and connect you with people with common interest and experiences. You discuss topics, receive help, advice, friendship, and emotional support from each other. Groups vary in how often they meet their area of focus and leadership.

Community Centers serve as focal points in the neighborhoods throughout the Toledo area. Each center offers unique mix of services to enhance the quality of life for its members. In addition to offering a variety of support activities, some provide:

- Activity Centers
- Adult Health Education
- Adult Day Care
- Programs, Activities and Trips
- Telephone monitoring of homebound
- Outreach
- Transportation

TELEPHONE SUPPORT

Alzheimer's Association **1-800-272-3900**
Helpline 24 hrs, 7 days/wk. Info and supportive services. Access information or submit questions by calling. You will speak directly with a licensed social worker. Toll-free from anywhere in the U.S.

Alzheimer's Foundation of America

Our premier caregiving resource is our National Toll-Free Helpline: **1-866-232-8484**. Staffed by compassionate licensed social workers who are specifically trained in dementia care, AFA's national toll-free helpline provides support, counsel, educational materials and referrals to local resources.

No question is too big or small.

AFA's licensed social workers are also available via web chat and text message. Our National Toll-Free Helpline is open 9 am-9 pm ET Monday-Friday, and 9 am-1 pm ET on Saturday and Sunday.

Web chat: Clicking the blue and white icon in the lower corner of the page <https://alzfdn.org/afahelpline/>

Text message: 646-586-5283

The web chat and text message features can serve individuals in over 90 different languages.

In addition, AFA offers a variety of educational materials and events to help arm caregivers with tips and strategies to help facilitate meaningful living for both the caregiver and the individual living with dementia throughout their journey.

What is Caregiving?

- Caregiving describes any situation in which one individual helps another with essential activities of daily living. Caregiving activities may include help with dressing and bathing, grocery shopping, managing money, providing transportation, dressing wounds and administering medication.

"Informal" caregiving?

- Care provided by an employee of an agency or organization, or a trained individual (usually for a fee), is considered "formal caregiving."
- Care provided by family members and friends, most often unpaid, is considered "informal caregiving" or "family caregiving."

Who is an informal caregiver?

- Relatives and non-relatives can be informal caregivers. If you aren't currently affected by caregiving issues, chances are you will be at some point in your life.
- Relative caregivers are most often adult children or spouses.

- 57% of Ohio caregivers are female, 40% are at least 50 years old, and 62% are employed.
- 80% of care receivers in Ohio are at least age 50, and 70% are female. Care receivers live in a variety of settings, from nursing homes to private residences.

Does informal caregiving impact communities?

- Caregiving often negatively impacts the health and wellness of the caregiver as well as his or her relationships with friends and neighbors.
- Working caregivers often use more vacation and sick leave than non-caregiving employees. Estimated \$33.6 billion yearly lost in U.S. businesses productivity from full time working caregivers.
- On average, a person in Ohio may be in a caregiving role for 4.2 years. However, caregivers of parents and spouses are likely to provide care for 10 years or more. The longer a caregiving relationship exists, the higher toll it is likely to place on the caregiver physically, emotionally, and financially.

The Plight of Informal Caregivers

Caring for a loved one can be hard work. However, the National Family Caregivers Association says that people who recognize themselves as caregivers are more proactive, engaged and confident. As a result, they provide better care and are able to do so longer, even as their loved one's care needs increase. Caregivers who access and use support services also report fewer negative emotions, such as depression, anxiety and anger. By seeking and accepting help, along with planning for the future, you can provide the care your loved one deserves while also making sure your needs are taken care of.

*Excerpt from the Ohio Department of Aging website.
<https://aging.ohio.gov/caregiversupport>*

Surveys and studies consistently show that depression is a major problem with full-time informal caregivers. This is typically brought on by stress and fatigue as well as social isolation from family and friends. If allowed to go on too long, the caregiver can sometimes break down and may end up needing long-term care as well.

A typical pattern may unfold as follows:

- 1-18 months – the caregiver is confident, has everything under control and is coping well. Other friends and family are lending support.
- 20-36 months – the caregiver is taking medication to sleep and control mood swings. Outside help dwindles away and except for trips to the store or doctor, the caregiver has severed most social contacts. The caregiver feels alone and helpless.
- 38-50 months – besides needing tranquilizers or antidepressants, the caregiver's physical health is beginning to deteriorate. Lack of focus and sheer fatigue cloud judgement and the caregiver is often unable to make rational decisions or ask for help. It is often at this stage that family or friends intercede and find other solutions for care. This may include respite care, hiring home health aides or putting the disabled in a facility. Without intervention, the caregiver may become a candidate for long-term care as well.

Tips for Winning More Support from Your Siblings for Caring for Your Parents

1. Try to accept your siblings—and your parents—as they really are, not who you wish they were. Families are complicated and never perfect. There are no “shoulds” about how people feel. They are not bad people or bad children if they don't feel the same as you do. If you can accept this, you are likelier to get more support from them, or, at least, less conflict.
2. Do not over-simplify. It's easy to assume that you are completely right and your siblings are all wrong—or lazy, irresponsible, uncaring, etc. Each person has a different relationship with your parent, and each person's outlook is bound to be different.
3. Ask yourself what you really want from your siblings. Before you can ask for what you want, you need to figure this out, and that's not always as simple as it seems. First of all, ask yourself whether you really, deep down, want help. Many caregivers say they do but actually discourage help. So think hard. Do you want them to do certain tasks regularly?

Do you want them to give you time off once in a while? Or do you feel you have everything under control but you'd like them to contribute money for services or respite?

Or—and this is a big one for many caregivers—do you really not want them to do anything but you'd like more emotional support?

Many caregivers feel lonely, isolated, and unappreciated. If you'd like your siblings to check in on you more, ask them to call once a week. And tell them it would really help if they would say “thanks” or tell you you're doing a good job. They are more likely to do this if you don't criticize them for what they are not doing.

- Ask for help clearly and effectively.
- Asking is the first step. You might ask for help by saying: “Can you stay with Mom every Thursday? I have to get the shopping done for the week and it gives me some time to myself.” Don't fall into the common trap of thinking, “I shouldn't have to ask.” Your siblings may assume that you have everything covered so they don't recognize the added responsibilities and “burden.” They are involved with their own lives and struggles and not so attuned to yours that they can read your mind. Also, if you're not exactly sure what you want from them, you may be giving them mixed messages.
- Ask directly and be specific. Many caregivers hint or complain or send magazine articles about the hardships of eldercare. But these strategies do not work well.

(Cont. on Page 18)

Ask for what's realistic. People get more when they don't ask for the impossible. So consider the relationship your sibling has with Mom or Dad and ask for what that person can really give. If your sister can't spend ten minutes with Mom without screaming at her, don't ask her to spend time; ask for something that's easier for her, like doing paperwork or bringing groceries.

4. Watch how you ask for help—and steer clear of the cycle of guilt and anger.

- Avoid making your siblings feel guilty. Yes, really. Guilt makes people uncomfortable and defensive. They might get angry, minimize or criticize what you are doing, or avoid you. That is likely to make you angry, and then you will try harder to make them feel guilty. They will attack back or withdraw even more. And round and round you go.
- Sometimes your siblings will criticize you because they are genuinely concerned about your parents. Try to listen to these concerns without judgment and consider whether it is useful feedback. At the same time, be bold by asking for appreciation for all that you are doing—and remember to say thanks back when someone is helpful.
- Be careful of your tone and language when you request something. It's not always easy to hear the way we sound to others. You might think you are asking for help in a nice way, but if you're angry, that's the tone your siblings will hear. And they're likely to react in unhelpful ways.

5. Get help from a professional outside the family.

Families have long, complicated histories, and during this very emotional passage, it is often hard to communicate with each other without overreacting, misinterpreting, or fighting old battles. Even the healthiest families can sometimes use the help of an objective professional. People like family therapists, social workers, geriatric care managers, physicians, or clergy can help siblings establish what is real about a parent's health and needs in order to help distribute responsibilities more equitably. In family meetings, they can help you stay focused on the topic at hand and help you avoid bringing up old arguments.

6. Steer clear of power struggles over your parent's assignment of legal powers. Whether or not you have been given your parent's legal powers over finances or health, you need to remember that it is your parent who has made these decisions. If you have your Mom's or Dad's power of attorney, be sure to keep detailed records and send your siblings statements about how you have spent Mom's money. This may seem like a lot of extra work, but record keeping is required by law, and being open will reduce distrust or distortion—and lawsuits. If a sibling has been given legal power, try to accept your parent's decision and don't take it as a personal attack on you. Do your best to work with the sibling who has the authority by presenting expenses and bills in black and white. If the sibling who has the purse strings doesn't cooperate, then bring in a professional to explain your parent's needs and to mediate. If you are concerned about manipulation, a changed will, or undue influence, contact your local Adult Protective Services.

7. Don't let inheritance disputes tear your family apart. If you feel wronged by the way your parents have divided their money and property, it's natural to be upset, especially when you are grieving. You may feel that you deserve more because you have cared for your parents. If that's what you feel, you need to discuss this with your parents while they are alive and can make these decisions. If you suspect foul play by another sibling, then this is the time to consult an attorney or Adult Protective Services.

Yet, research shows that most parents feel a need to leave their estates equally as a sign of their equal love for all their children. When they divide things unequally, it's often because they are worried that a particular child will be in greater need. Whatever their reasons, remember that it was your parents, not your siblings, who decided this. Think hard before you take your anger or disappointment out on your siblings. They are what remains of your original family, and for most people, this relationship becomes more important after parents die.

Source: Family Caregiver Alliance
<https://www.caregiver.org/resource/caregiving-with-your-siblings/>



9 WAYS TO REDUCE STRESS FOR CAREGIVERS



STAY CONNECTED TO OTHERS



Sharing experiences with others can help caregivers manage stress, reduce feelings of isolation, and recognize that they are not alone. Caregivers should find someone they can talk to about their feelings like a therapist, a fellow caregiver, clergy, friend or family member.

SEEK AND ACCEPT HELP

Speak up when you need support or assistance. Join a support network. Help can come from community resources, online support forums, local groups and professionals. Consider getting help to manage meals, transportation, social activities, and services to assist with other daily needs.



GET EDUCATED



It can help to talk to medical staff about options that are available for every stage of aging or disease. Area Agencies on Aging, Aging Disability Resources Centers, Aging Info and Referral services and other programs are trusted community links to information and services for older adults and their caregivers.

FIND RESPITE SOLUTIONS

Get a break for a few hours, a few days or even longer. Respite is offered in or outside the home, in a community or faith-based agency or organization, at an adult day care program, in a hospital or healthcare facility, a nursing home, an assisted living facility, or adult foster home. Family members, friends, or neighbors may also be available to act as a respite provider.



PRACTICE SELF-CARE



Don't forget to participate in enjoyable or relaxing activities. Partake in a social outing or a hobby such as art or another creative endeavor. Read a good book, listen to music, watch a movie or relax in a warm bath. Regular self-care is must for caregivers!

EXERCISE REGULARLY

A quick 10-minute walk outside can help improve mood, offer fresh air and a change of scenery. Daily exercise breaks can change a hectic pace & mindset. Yoga and stretching can also relax the mind and reduce the feeling of overwhelm and stress.



STAY HEALTHY

Reactions to stress can include a lack of sleep, overeating, undereating, increased alcohol consumption and smoking. Be aware of these detrimental responses and receive regular health check-ups to ensure good health practices.



KEEP A POSITIVE PERSPECTIVE



Striving to maintain a positive outlook can make a real difference. Writing in a gratitude journal or simply choosing to focus on the good in daily situations can help to reduce negative thoughts and feelings resulting from stress or overwhelm.

MEDITATION & BREATHING PRACTICES



There is increasing evidence that mindful meditation can help ease psychological stresses like anxiety, depression, and pain. An effective relaxation method developed at Harvard Medical school involves deep breathing exercises.



Seek support from other caregivers. You are not alone!



Take care of your own health so that you can be strong enough to take care of your loved one.



Accept offers of help and suggest specific things people can do to help you.



Learn how to communicate effectively with doctors.

1

2

3

4



Be open to new technologies that can help you care for your loved one.



Watch out for signs of depression and don't delay getting professional help when you need it.



Caregiving is hard work so take respite breaks often.

7

6

5



Organize medical information so it's up to date and easy to find.



Make sure legal documents are in order.



Give yourself credit for doing the best you can in one of the toughest jobs there is!

8

9

10

CAREGIVER
ACTION
NETWORK
CAN

CaregiverAction.org



SENIORS AND HEALTHCARE

HEALTHY LIFESTYLE

Family Caregiving

SUPPORT GROUPS

Decades of research and anecdotal evidence show that there are clear benefits to participating in caregiver support groups.

Here are 8 top benefits:

1. Feeling less lonely, isolated or judged
2. Reducing depression, anxiety or distress
3. Gaining a sense of empowerment and control
4. Getting advice or information about practical solutions or treatment options.
5. Improving or learning healthy coping skills.
6. Gaining a better understanding of what to expect in the future.
7. Improving caregiving skills and giving better quality of life to your older adult.
8. Learning ways to keep your older adult at home longer.

**** Please contact the support group before you attend as dates, times, and places can change frequently**

**** For Multiple Sclerosis Local Support Groups**

please contact The Multiple Sclerosis Society

1-800-FIGHT-MS or 1-800-344-4867

**** For Current list of Alzheimer's Local Support Groups** can be found at www.alz.org/nw ohio

**** For Current list of Parkinson's Local Support Groups** can be found at www.pfnwo.org

**** Support for Caregivers in Wood County contact** Wood County Committee on Aging 1-800-367-4935 www.wccoa.net

**** Support for Caregivers in Henry County contact** Henry County Senior Center, (419) 599-5515



■ ELMORE Grief Support Group

CONTACT: MARY LOU KOHLI

(419) 862-3630

■ MAUMEE Support Groups Offered at McLaren St. Luke's

CONTACT DIRECTLY FOR DETAILS:

(419) 893-5919

<https://www.mclaren.org/st-lukes/community-involvement-mclaren-st-lukes#support-groups>

- Prostate Cancer Support Group
- Senior Services
- Mom Squad Support Group
- Crohn's and Colitis Support Group

Maumee Senior Center (419) 893-1994

Caregiver Support Group held monthly. Register by calling or email mscoutreachcoordinator@gmail.com.

■ STROKE GROUPS

Stroke Support Group

CONTACT: MELINDA HENDRICKS-JONES

(419) 291-7575

Time: 4th Thursday of the month at 4:00 p.m.

Place: Flower Hospital Conference Center

Stroke Support Group

<https://www.strokelifecenter.org>

Time: 1:00 - 2:30 p.m. on Wednesdays

Place: Stroke Life Center, 2200 Jefferson Ave. 4-A
OMOM Wing, Toledo 43604

■ TOLEDO

Caregiver Support Group

CONTACT: KRISTEN SCHUCHMANN

(419) 383-6737

Time : 1st Monday of the month at 6:30 p.m.

Place: Please call for location.

Family Support Group and Cancer Support Groups

CONTACT:

(419) 531-7600

Place: Victory Center; 5532 W. Central Ave. Ste B,
Toledo, 43615

Frogtown Low Vision Support Group

www.frogtownvision.org

CONTACT: PAUL OR JAN RACHOW

(419) 867-1940

Time: 1st Wednesday of each month at 10:00 a.m.

Place: Heatherdowns Library, Toledo

HDSA (Huntington's Disease Society of America)

CONTACT: ROBIN VANGORDER

(419) 345-0290

■ BEREAVEMENT GROUPS

Defiance County

(419) 782-4131

Time: Meets second Thursday at 10 a.m.

Place: Defiance Area Inpatient Hospice Center
6817 N. St. Rte. 66, Defiance

Defiance County

CONTACT: DAWN LUDWIG

(419) 893-5919

Time: 1st Thursday of the month at 12:00 p.m.

Place: Defiance Senior Ctr., 140 E. Broadway, Defiance

Williams County

(419) 782-4131

Time: Meets second Thursday at 10 a.m.

Place: CHP Home Care & Hospice,
1215 S. Portland St., Bryan

Henry County

CONTACT: ANN LIKE

(419) 599-5515

Time: Meets first Friday at 11 a.m.

Place: Henry County Senior Center

■ **CANCER GROUP**
Cancer Support Group

CONTACT: ANN LIKE

(419) 599-5515

Time: Meets third Wednesday at 11 a.m.

Place: Henry County Senior Center

FAMILY CAREGIVER ALLIANCE

Family Caregiver Alliance has an unmoderated EMAIL BASED group for families, partners, and other caregivers of adults with disorders such as Alzheimer's, stroke, brain injury, and other chronic debilitating health conditions. The group offers a safe place to discuss the stresses, challenges, and rewards of providing care for a loved one.

You can subscribe and unsubscribe here: http://lists.caregiver.org/mailman/listinfo/caregiver-online_lists.caregiver.org

Family Caregiver Alliance also offers email based support specific to the caregiving needs of members of the LGBT community.

You can subscribe and unsubscribe here: http://lists.caregiver.org/mailman/listinfo/lgbt-caregiver_lists.caregiver.org



To contact the list administrator regarding technical problems, send an email to: listadmin@caregiver.org.

Subscribe to LGBT Community Support: Caregiving for our Families and Friends here: lists.caregiver.org/mailman/listinfo/lgbt-caregiver_lists.caregiver.org

PLEASE NOTE: The LGBT Community Support: Caregiving for our Families and Friends support group offers excellent support from other caregivers, but cannot take the place of your doctor, therapist, or local crisis center. If you feel you are in danger of doing harm to yourself or another person, please call (800) 273-TALK (8255) or 911.

Solicitations and advertisements of ANY kind; academic, commercial, journalistic, or any other reason, are STRICTLY PROHIBITED.

Family Caregiver Alliance maintains this listserv but does not censor materials posted to the list. We do not sell, rent, or loan subscriber lists to any other organization or commercial entity. Family Caregiver Alliance does not endorse recommendations for care, treatment, or advice posted to the list. FCA encourages those seeking clinical and technical information to consult with the appropriate professional entity before taking action. This list is to facilitate mutual support

for friends and family members caring for an adult with chronic life-impairing conditions. Individuals are prohibited from posting on behalf of commercial concerns.

For Graduate or Professional Research Studies, please visit FCA's Research Registry.

Source URL: <https://www.caregiver.org/lgbt-community-support-faq>

ALZHEIMER'S RESOURCES

Alzheimer's Association - Northwest Ohio Chapter

(419) 537-1999

480 W. DUSSEL DR. SUITE 140, MAUMEE 43537

www.alz.org/nw ohio

Information and resources on Alzheimer's disease and related dementias from the local Alzheimer's and Related Dementia's Association -Northwest Ohio Chapter.

Alzheimer's Association Care Consultation Program

(419) 537-1999

Free, personalized service addressing the issues that arise from Alzheimer's disease or other related dementias providing coaching and support, health and care-related information and referrals to community resources. Call to schedule an appointment.

Alzheimer's Association National Site

www.alz.org

Information on Alzheimer's disease and dementia symptoms, diagnosis, stages, treatment, care and support resources.

MemoryLane Care Services

(419) 720-4940

2500 N. REYNOLDS RD., TOLEDO 43615

www.memorylanecareservices.org

Provides care, services, advice, and support to persons living with Alzheimer's Disease and related disorders, and their families and caregivers. Free personalized coaching program for persons with dementia and those who care for them.



ALZHEIMER'S[®] ASSOCIATION
Northwest Ohio Chapter

Caring for someone with memory loss?
WE are the FIRST call you should make!

Call 419•537•1999 or
our 24/7 Helpline 1•800•272•3900
www.alz.org/nw ohio
480 W. Dussel Dr., Suite 140 Maumee, OH 43537

INTERNET RESOURCES FOR CAREGIVERS

Area Office on Aging of NW Ohio, Inc. – access to information about programs and services that promote the health, well-being and safety of older adults, persons with disabilities and family caregivers to foster independence. www.areaofficeonaging.com

Ohio Department of Aging - <http://http://aging.ohio.gov/caregiversupport>

(Excerpt from Ohio Department of Aging website.)
As the federally designated State Unit on Aging, the Department of Aging serves as the sole state agency to coordinate Older Americans Act programs and services, as well as other services to meet the needs of Ohio's elders. We are a cabinet-level state agency with a director appointed by the governor. The structure of the Department is tied directly to its funding sources. We receive \$65 million in federal funding, primarily from the U.S. Department of Health and Human Services, which supports services for older Ohioans as well as the administration of Medicaid funded services. We also apply for and use grants from federal and state sources to support and expand our work.

Leading Age Ohio - http://www.leadingageohio.org/aws/LAO/pt/sp/advance_directives

For information about Ohio's Advance Directives, Living Will and Health Care Power of Attorney: Make YOUR Choices Known! LeadingAge, is an association of 6,000 not-for-profit organizations dedicated to expanding the world of possibilities for aging. Together, we advance policies, promote practices and conduct research that support, enable and empower people to live fully as they age.

CaringInfo, a program of the **National Hospice and Palliative Care Organization**, provides free resources to help people make decisions about end-of-life care and services before a crisis.
<http://www.caringinfo.org/i4a/pages/index.cfm?pageid=1>

The National Hospice and Palliative Care Organization (NHPCO) is the largest nonprofit membership organization representing hospice and palliative care programs and professionals in the United States. The organization is committed to improving end-of-life care and expanding access to hospice care with the goal of profoundly enhancing quality of life for people dying in America and their loved ones

The National Council on Aging was founded in 1950 as the first charitable organization in the U.S. that would provide a national voice for older Americans and act as their advocates in dealing with service providers and policymakers. Headquartered in Washington, DC, NCOA

brings together various organizations, businesses, and governmental organizations to work toward securing jobs, benefits, health, independent living, and active living among older Americans <https://www.ncoa.org>

National Institute on Aging - Find science-based info. on health & aging & Alzheimer's. Get research news & funding opportunities from the National Institute on Aging at NIH. <https://www.nia.nih.gov/>

Ohio Department of Administrative Services – Caregiver Resources – Employees often are faced with addressing the need to care for an adult individual. If you are a state employee who provides care it is important to learn where you can turn for support and what benefits and resources are available to you. As an employer, the State of Ohio is committed to providing the support you need as you balance your role as a caregiver with your role in the workplace.
<http://www.das.ohio.gov/for-State-Employees/Total-Rewards/Benefits-Overview/Elder-Care>

Customer Service and Support - Ohio Employee Assistance Program (OEAP) is another resource open to all state employees. A representative from OEAP can help you find resources and put you in contact with people who can help. Contact OEAP by e-mail at oeap@das.ohio.gov or by phone at, 1.800.221.6327.

BENEFITS RESOURCES

Ohio Legal Services - Providing legal aid and assistance to low income Ohioans <http://www.ohiolegalservices.org/>

The Ohio Housing Locator is a free registry for landlords to enter information about their rental housing, including tenant eligibility, accessibility features and current vacancies. The properties are not licensed or certified by the State of Ohio.
www.Ohiohousinglocator.org

The Ohio Senior Health Insurance Information Program (OSHIIP), funded by a federal grant, was founded in 1992 to provide Medicare beneficiaries with free, objective health insurance information and one-on-one counseling. If you need help understanding Medicare, please contact the OSHIIP division Monday - Friday, 7:30 a.m. - 5:00 p.m. www.insurance.ohio.gov

Ohio State Bar Association - provides a great deal of general information about all aspects of the law for members of the public, including handbooks, pamphlets, newspaper columns, programs and information about attorneys. <https://www.ohiobar.org/ForPublic/Pages/ForPublic.aspx>

Ohio Department of Medicaid - Access benefits information via the following tabs: Get Coverage, Already Covered, Covered Services, Programs, Who Qualifies. <http://medicaid.ohio.gov/>

Ohio Department of Mental Health and Addiction Services - for information on mental health and addiction providers. <http://mha.ohio.gov/>

Office of the State Long-Term Care Ombudsman - <http://aging.ohio.gov/Ombudsman>

Ohio's Office of the State Long-term Care Ombudsman advocates for people receiving home care, assisted living and nursing home care. Paid and volunteer staff work to resolve complaints about services, help people select a provider and offer information about benefits and consumer rights.

Ombudsmen do not regulate nursing homes and home health agencies, but do work with providers, residents, their families and other representatives to resolve problems and concerns.

In addition, ombudsmen:

- Advocate for person-centered approaches by providers to meet the needs and honor the preferences of residents;
- Link residents with services or agencies;
- Offer Resources for selecting long-term care providers: and
- Provide information and assistance with benefits and insurance.

Online Nursing Home Compare Tool has detailed information about every Medicare and Medicaid certified nursing home in the country. [Medicare.gov](http://www.Medicare.gov)

SAGE National LGBTQ+ Elder Hotline 877-360-LGBT(5428) – Talk and be heard at the SAGE LGBTQ+ Elder Hotline. We connect LGBTQ+ older people who want to talk with friendly responders who are ready to listen. If you are an LGBTQ+ elder or care for one, call the free SAGE Hotline. <https://www.sageusa.org/what-we-do/sage-national-lgbt-elder-hotline/>

Social Security – Access to information via the following tabs Retirement, Disability (SSDI), Online Services, New Medicare Cards, Social Security Number and Card, Your Social Security Payments, Taxes – Credits – Funding, Same-Sex Couples, Supplemental Security Income (SSI), my Social Security and Other Topics. www.ssa.gov

Inspirational Caregiver Quote

If you find it in your heart to care for someone else, you will have succeeded.

- Maya Angelou

STABLE Accounts were created by the Ohio Treasurer's Office to offer savings and investment solutions for people with disabilities. The Ohio Treasurer's Office offers STABLE Accounts to all people with disabilities, regardless of their state of residence. www.stableaccount.com Achieving a Better Life Experience (ABLE) Act

Substance and Abuse and Mental Health Services

- The Substance Abuse and Mental Health Services Administration is a branch of the U.S. Department of Health and Human Services. It is charged with improving the quality and availability of treatment and rehabilitative services in order to reduce illness, death, disability, and the cost to society resulting from substance abuse and mental illnesses. The Administrator of SAMHSA reports directly to the Secretary of the U.S. Department of Health and Human Services. SAMHSA's headquarters building is located in Rockville, Maryland. <https://www.samhsa.gov>

The **Eldercare Locator** is the only national information and referral resource to provide support to consumers across the spectrum of issues affecting older Americans. The Locator was established and is funded by the U.S. Administration on Aging, part of the Administration for Community Living, and is administered by the National Association of Area Agencies on Aging. www.eldercare.acl.gov



We Deliver Smiles.

Mobile Meals delivers meals in our community, regardless of age or income, to those who need assistance with diet and meal preparation.

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Call Mobile Meals today and establish service for someone you care about.

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- Twice-Weekly or Weekly Deliveries
- Fees Determined By Income
- Trained Volunteer Wellness Checkers
- Some Insurance Accepted



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U.S. Department of Veterans Affairs – VA Caregiver Support 855-260-3274 Find information and resources for Caregivers, Care for Veterans, Tips by Diagnosis, Connect with Others, Tips & Tools, Publications & Resources. <https://www.caregiver.va.gov>

Understanding Your Benefits - From health care to long-term care, and spanning an array of legal issues, older Ohioans have a variety of benefits available to them. Understanding the benefits for which you may qualify can help you save money and be healthier. The Ohio Department of Aging works with many state and local partners to help elders identify and access valuable benefits. <http://aging.ohio.gov/BenefitsHelp#924157-legal-issues-and-assistance>

www.benefitscheckup.com

Benefits Check Up is a free service of the National Council on Aging. There are over 2,500 benefit programs available nationwide. Find out what benefits may be available in your area.

www.benefits.gov

Benefits.gov provides access to information on more than 1,200 Federal and state benefit and assistance programs. Benefits.gov can help you start your search by connecting you to benefits you may be eligible to receive. Our Benefit Finder, a confidential eligibility questionnaire, helps to see if you qualify for programs from across multiple Federal agencies. Benefits.gov exists to simplify the process for citizens searching for benefit and assistance information, to help determine potential eligibility, and to provide next steps for how to apply.

www.medicare.gov

For people with Medicare.

www.medicare.gov/care-compare/

Find and compare doctors, hospitals and other providers near you. Includes: Doctors & clinicians, Hospitals: Acute care, Children's, Critical access, and Psychiatric, Nursing homes, Home health services, Hospice care, Inpatient rehabilitation facilities, Long-term care hospitals, and Dialysis facilities.

www.mymedicare.gov

Medicare's free, secure online service for accessing your Medicare information. As a registered user you will have access to personalized information regarding your Medicare benefits and services.

Inspirational Caregiver Quote

The simple act of caregiving is HEROIC.

- Edward Albert, actor

■ **CANCER RESOURCES**

www.cancercare.org

Cancer Care – is a national nonprofit organization that provides free, professional support services for anyone affected by cancer. Both website and resources are available in Spanish.

www.cancer.org

Information and resources for people and families living with cancer, (800-227-2345)

www.cancer.gov

National Cancer Institute coordinates the National Cancer Program, which conducts and supports research, training and health information dissemination with other programs related to the cause, rehabilitation from cancer, and the continuing care of cancer patients and the families of cancer patients, 800-422-6237.

■ **ELDER LAW RESOURCES**

www.americanbar.org

American Bar Association. Click on "Public Resources" can download variety of publications including financial legal topics, and advanced planning and guardianship information. Also has "Find Legal Help features."

www.elderlawanswers.com

Elder Law Answers

www.naela.org

National Academy of Elder Law Attorneys, Inc.-Locate an Elder Law Attorney

www.guardianship.org

National Guardianship Association - Family Guardians receive all the resources from NGA that professional guardians pay \$170 more for: a information-packed quarterly newsletter, reduced fees for annual conference which provides an opportunity to network with other family and professional guardians and to learn about issues in the world of guardianship. Membership on the only list-serve where guardianship issues are discussed and you are encouraged to ask questions and the ethics hot-line where you can bring challenges or issues to professionals who will help you.

www.gaylawnet.com

Resources for learning about U.S., state and county laws of particular interests to the LGBT community

www.proseniors.org

Pro Seniors is a non-profit organization that provides free legal and long-term care help to older adults. They offer Ohio residents age 60+ the advice and information they need to solve their legal and nursing home, adult care facility, and home health care problems.

■ INTERNET RESOURCES SPECIFIC TO STATE OF OHIO

Ohio's Service Regions

Ohio offers an array of services and resources to help older adults and their families continue to grow, thrive and contribute. These services and resources are coordinated on the community level by local organizations including area agencies on aging, long-term care ombudsman programs, senior centers, employment providers and others.



www.aging.ohio.gov/FindServices

www.aging.ohio.gov/wellbeyond60 - For more information about Older American Act and related programs.

www.steady.ohio.gov - STEADY U Ohio is a statewide collaborative falls prevention initiative, supported by Ohio government and state business partners to ensure that every county, every community and every Ohioan knows how they can prevent falls, one step at a time. This website is the source in Ohio for falls prevention information, tools and other resources.

You can also perform a **falls risk self-assessment**. This self-assessment is for general information purposes only and is not intended as, nor should it be considered a substitute for, professional medical advice. Do not use the information on this website for diagnosing or treating any medical or health condition. If you have or suspect you have a medical problem, promptly contact your physician or other professional healthcare provider.

This assessment is completely anonymous. You will not be asked for personal information and your responses will not be recorded or saved.

HEALTHY U - **http://aging.ohio.gov/healthyu**
HEALTHY U can help you live a healthy life with chronic conditions through resources on this page, as well as through chronic disease self-management workshops held in your community.

■ HEALTH RELATED RESOURCES

www.audiology.org

American Academy of Audiology

www.americanheart.org

Or (800-242-8721) American Heart Association: provides information on fighting heart disease and stroke. Features a section on heart related conditions such as heart failure and a support section for caregivers.

www.als.org

Or (800-782-4747) ALS Assoc. provides education, advocacy and information about amyotrophic lateral sclerosis (Lou Gehrig's disease) to patients, families, caregivers, researchers and health care professionals.

www.strokeassociation.org

American Stroke Association provides educational materials related to stroke, including a question and answer section for consumers, information on many of the issues individuals face in a section called "life after a stroke" and a free subscription to Stroke CONNECTION Magazine. 888-4-STROKE or 1-888-478-7653.

www.alda.org

Association of Late Deafened Adults (ALDA)

www.aphasia.org

Information and resources for families and people living with aphasia. (1-800-922-4622)

www.stopfalls.org

Fall Prevention Center of Excellence. Provides information to both consumers and professionals on various topics related relating to falls and fall prevention.

www.healthcompass.org

Health Compass, developed by the American Federation for Aging Research and the Merck Institute of Aging & Health, offers older adults and their caregivers a way to search and evaluate health information on the Web in order to make informed healthcare decisions. A section on improving communication with medical personnel is also included.

www.jointcommission.org

Joint Commission - find information on "Know Your Rights," series to help Americans understand their rights when receiving medical care.

www.lupus.org

Lupus Foundation – Information/online support regarding lupus.

www.mayoclinic.org

Mayo Clinic provides information on a variety of diseases and treatments. As well as information on clinical research etc.

www.nafc.org

National Association for Continence

www.hispanichealth.org

National Alliance for Hispanic Health – Resources available in Spanish.

www.nlm.nih.gov

National Library of Medicine (Medline Plus) - Provides answers to health questions from Nat. Institutes of Health.

www.parkinson.org

National Parkinson Foundation

www.netwellness.org/

NetWellness sponsored by three universities in Ohio, this site provides health information on “Senior Health” for topics related to aging. Each topic has an option to a health care professional.

https://ohio.preventblindness.org/

Preventing Blindness Ohio.

www.hearingloss.org

Self Help for Hard of Hearing People (SHHH)

www.abilitycenter.org

“The Ability Center now serves seven Northwestern Ohio counties (Lucas, Ottawa, Wood, Fulton, Henry, Defiance and Williams) via its main office in Sylvania, and regional offices in Defiance and Port Clinton.”
Offer a wide range of services designed to assist people with disabilities in gaining, or maintaining, independence in everyday living.

www.lls.org

The Leukemia and Lymphoma Society. The mission: Cure leukemia, lymphoma, Hodgkin’s disease and myeloma, and improve the quality of life of patients and their families. Provides information and resources regarding the disease; and financial assistance programs.

www.healthywomen.org

The National Women’s Health Information Center (NWHIC). Provides information to consumers through the dissemination of health information. 800-944-9662.

AREA OFFICE ON AGING OF NORTHWESTERN OHIO



HEAP

Home Energy Assistance Program is available for those who qualify.

Are you in need of assistance with your Winter Heating or Summer Cooling Bill?

Assistance is available for Ohioans with a household income at or below 175% of the Federal Poverty Guidelines.

For more information and to see if you qualify, please contact the Area Office on Aging at **(419) 382-0624**.



Helping those Age 60+ Live Long, Quality, Independent Lives
Call: 1-800-472-7277 or Click: www.AreaOfficeOnAging.com

www.nationalmssociety.org

The National Multiple Sclerosis (MS) Society 800-Fight MS or 800-344-4867 Provides advocacy, research and info about living with MS and list of local resources.

www.movementdisorders.org

WE MOVE provides education and information about the latest clinical advances in, management of, and treatment options for neurological movement disorders to patients, professionals, and the public. Website links to a variety of movement disorders, as well as useful resources, discussion groups, Webinar presentations, and more. Visitors may also subscribe to a patient-friendly news service and search a directory of physicians who diagnose and treat adult and pediatric movement disorders or provide physical medicine and rehabilitation.

www.healthfinder.gov

Developed by the U. S. Dept. of Health and Human Services. Helps users locate selected online publications, clearinghouses, databases, websites and support and self-help groups, as well as governments agencies and nonprofit organizations that produce reliable information for the public. Consumers can also take online quizzes related to a variety of health topics.

<https://www.medicare.gov/care-compare/>

Find and compare doctors, hospitals and other providers near you. Includes: Doctors & clinicians, Hospitals: Acute care, Children's, Critical access, and Psychiatric, Nursing homes, Home health services, Hospice care, Inpatient rehabilitation facilities, Long-term care hospitals, and Dialysis facilities

■ HOME ADAPTIVE EQUIPMENT**www.ncsu.edu/ncsu/design/cud**

Is a national organization that provides standards for designs that are universally applicable to a range of physical and cognitive limitations.

www.dlf.org.uk

Provides information about adaptive equipment for individuals with disabilities.

www.lighthouse.org

Is the recognized authority on low vision products and information.

www.nahb.com

Provides information on choosing a remodeler.

Inspirational Caregiver Quote

Doctors diagnose, nurses heal, and caregivers make sense of it all.

-Brett H. Lewis

www.parentgiving.com

Provides premium home medical equipment, including mobility solutions and incontinence and nutrition supplies.

www.aarp.org/universalhome

Links and information about home modifications.

<https://toledo.oh.gov/services/neighborhood-and-business-development/housing/home-rehab/#oo>

Got a fixer-upper on your hands? The Department of Neighborhoods Housing Division offers two home rehabilitation programs you can take advantage of. Owner-Occupied Rehab / Rental Rescue. The programs offered by the Housing Division are funded through grant money provided to the City by the U.S. Department of Housing and Urban Development (HUD). As such, funding is limited. For the current status of any programs please contact the Department of Neighborhoods at 419-245-1400.

www.Homemods.org

Provides a noble service to help increase the awareness, availability, and access of home modifications.

■ HOSPICE AND GRIEF RESOURCES**www.griefnet.org**

Grief Net - A website that provides information and resources related to death, dying, bereavement, and major emotional and physical losses.

www.nhpco.org

National Hospice and Palliative care.

<https://www.nhpco.org/patients-and-caregivers/>

NHPCO works to expand access to a proven person-centered model for healthcare—one that provides patients and their loved ones with comfort, peace, and dignity during life's most intimate and vulnerable experiences.

■ MEDICATION RELATED RESOURCES**www.costplusdrugs.com**

NeedyMeds is a 501(c)(3) national non-profit iAt Mark Cuban Cost Plus Drug Company, we cut out the middlemen to offer hundreds of common (and often life saving) drugs at understandable prices. We are committed to offering the best prices we can.

<https://takebackday.dea.gov/#top>

This website addresses the importance of disposing of discontinued medications in a safe manner. Includes a drug collection site locator by zip code.

www.phrma.org/patients or 1-800-762-4636.

For directory of drug company assistance programs. PhRMA (Pharmaceutical Research Manufacturers Assoc.) has a website with a directory of prescription drug patient assistance programs. Note: Even though a pharmaceutical company is not listed in the PhRMA Directory, an individual should contact the company directly as some companies are not members of PhRMA and have their own patient assistance program.

<https://www.bemedwise.org/>

Promote the safe use, storage and disposal of medicines for better health. Provide vetted information on medication safety.

NeedyMeds.org

Site offers resource for finding med cost assistance programs. Including Patient Assistance Program. Additional Programs (Disease-Based Assistance and Discount Cards); Government Programs (State sponsored programs, Medicare info, Medicaid sites, (SHIP-Senior Health Insurance Information Program sites); federal poverty guidelines, tax return request forms and programs for children and other resources.

www.SafeMedication.com

The American Society of Health System Pharmacies. Pharmacists help people make the best use of medicines.

www.accessdata.fda.gov/scripts/cder/drugsatfda/index.cfm

U.S. Food and Drug Administration Center for Drug Evaluation and Research. Index to Drug Specific Information. Note: This index does not include all FDA approved drugs. It includes only those with Healthcare Professional, Patient and Consumer Information Sheets, Medication Guides, and Information Pages.

■ **FALL PREVENTION AND SAFETY RESOURCES**

<https://www.cdc.gov/steady/patient.html>

Centers for Disease Control (CDC) website that highlights their STEADI initiative. STEADI is an acronym for Stopping Elderly Accidents, Deaths and Injuries. Includes a checklist for home safety. Learn, connect and explore.

<https://seniorplanet.org/>

This website contains information that promotes learning and use of technology that enables older adults and people of all ages to come together and find ways to learn, work, create, and thrive in today's digital age.

<https://connect2affect.org/>

The AARP and United Health foundation have partnered to provide resources to help older adults stay healthy and connected, during the Coronavirus Pandemic. Questionnaires, articles, videos and other tools to help seniors and their families assess for isolation risk and combat the affects.

<https://caregiveraction.org/resources/10-tips-family-caregivers>

Online community for caregivers. Includes forums, lives chats, videos and articles specific to caregiving.

<https://www.backpackhealth.com/>

A free service from Konica Minolta that puts important health information in a digital format. This service is available on iOS, Android and web mediums..

■ **MENTAL ILLNESS RESOURCES**

<https://www.couragetocaregivers.org/>

Provides hope, support, and courage to caregivers and loved ones of those living with mental illness.

www.dbsalliance.org

Depression and Bipolar Support Alliance – Information and resources for families living with depression and bipolar diagnosis and an on-line support group.

www.familyaware.org

Families for Depression Awareness helps families recognize and cope with depressive disorders to get people well and prevent suicides.

www.mentalhealthamerica.net

Formerly known as the National Mental Health Assoc. This site includes a “Help” section which provides individuals and their caregivers with information about various treatment options and support groups and allows them to search for local resources.

www.nami.org

National Alliance for the Mentally Ill- provides information and support to everyone touched by mental illness. Visit Shared Interest Communities to connect with others who share your common experiences.

Our treatment team strives to effectively manage the unique emotional needs and health issues that occur during the aging process.

Early intervention may prevent your loved one from prolonged suffering. Senior Behavioral Health is a short-term inpatient treatment process for adults aged 55 and over who are experiencing behavioral and/or emotional problems. We are conveniently located in the Kobacker Center on the campus of The University of Toledo Medical Center and provide a comprehensive approach to physical and mental health concerns.

Our treatment team strives to effectively manage the unique emotional needs and health issues that occur during the aging process. Patients and their families benefit from a collaborative approach, including an individualized plan of care. Our team also develops appropriate aftercare plans with your needs - and your family's - firmly in mind. Our goal is to assist you in working toward recovery and a fuller enjoyment of life.

WE TREAT MANY CONDITIONS:

Aggressive or combative behavior or agitation
Insomnia and/or changes in sleeping patterns
Crying spells
Delusions and/or hallucinations
Social withdrawal
Increased forgetfulness or confusion
Loss of interest in personal appearance/hygiene
Paranoia
Refusing to take medications
Recurrent thoughts of dying
Suicidal/homicidal thoughts
Post-Traumatic Stress Disorder (PTSD)

Admissions

Admissions are accepted 24 hours a day. Referrals from physicians, psychologists, mental health professionals, social workers, social service agencies, family members or friends are accepted.

■ WORKING AND CAREGIVING RESOURCES

www.eeoc.gov

Equal Employment Opportunity Commission.

www.worklifelaw.org

The Center for Work Life Law-- Information and resources for working caregivers .

www.dol.gov

U.S. Department of Labor - information on the Family Medical Leave Act.

🌟 10 Warning Signs of Alzheimer's

1. Memory loss. Forgetting recently learned information is one of the most common early signs of dementia.
2. Difficulty performing tasks. People with dementia often find it hard to plan or complete everyday tasks.
3. Problems with language. People with Alzheimer's often forget simple words or substitute unusual words, making their speech or writing hard to understand.
4. Disorientation to time and place. People with Alzheimer's disease can become lost in their own neighborhood, forget where they are and how they got there, and not know how to get back home.
5. Poor or decreased judgment. Those with Alzheimer's may show poor judgment, like giving away large sums of money to telemarketers.
6. Problems with abstract thinking. Someone with Alzheimer's disease may have unusual difficulty performing complex mental tasks, like forgetting what numbers are for and how they should be used.
7. Misplacing things. A person with Alzheimer's disease may put things in unusual places: an iron in the freezer or a wristwatch in the sugar bowl.
8. Changes in mood or behavior. Someone may show rapid mood swings for no apparent reason.
9. Changes in personality. The personalities of people with dementia can change dramatically. They may become extremely confused, suspicious, fearful or dependent on a family member.
10. Loss of initiative. A person with Alzheimer's disease may become very passive, sitting in front of the TV for hours, sleeping more than usual or not wanting to do usual activities.

Source: Alzheimer's Association

Safe Ways to Dispose of Unwanted Drugs

Public Collection Site: This is the preferred way to dispose of unwanted medications. The DEA has National Take Back Days twice a year. These days there are even more locations that offer safe medication disposal. More information and a link to collection sites can be found at <https://takebackday.dea.gov/#top>

Some pharmacy's such as CVS, Meijer and Rite Aid offer drug take back throughout the year. Check with your local pharmacist to see if they participate.

You can also contact your local hospital, police station and fire department to inquire if they participate in year round collection of unwanted medications.

Mixing: If a take-back program is simply not feasible in your community, consumers can dispose of unwanted drugs through the following steps:

- Remove labeling from the pill bottle.
- Do not crush the pills or open capsules.
- Mix the drugs with an unpleasant substance, such as kitty litter or coffee grounds.
- Put the drugs and unpleasant substance in the garbage separate from the pill bottle.

Flushing: For most drugs, flushing is not recommended. Flushed drugs – especially controlled substances – can damage the environment when they hit the water supply. As with mixing, consumers should remove their personal information from pill bottles before they dispose of medications. Follow this link for information on drugs that are known to be safe to flush.

Source: <https://www.fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-flush-potentially-dangerous-medicine#FlushList>



2022 Alzheimer's Disease Facts and Figures



1 in 3

seniors dies with Alzheimer's or another dementia

Over **11 million** Americans

provide unpaid care for people with Alzheimer's or other dementias



These caregivers provided more than 16 billion hours valued at nearly

\$272 billion



In 2020, COVID-19 contributed to a

17% increase in Alzheimer's and dementia deaths

In 2022, Alzheimer's and other dementias will cost the nation

\$321 billion

By 2050, these costs could rise to nearly

\$1 trillion

Between 2000 and 2019, deaths from heart disease have decreased **7.3%**

It kills more than **breast cancer and prostate cancer**

combined

while deaths from Alzheimer's disease have increased **145%**

More than **80%** of Americans know little or are not familiar with mild cognitive impairment (MCI), which can be an early stage of Alzheimer's.

Getting Organized

Adapted from Parkinson's Foundation

How Do I Get Organized?

Caring for someone means keeping lots of medical records, medical and family contact lists, financial documents and other information organized and handy. To avoid getting overwhelmed, below are some tips on what information to gather and how to keep it all organized.

Consider creating a binder with the following main document categories: Medical, Family, Insurance/Property and Finance. Even though you can now manage nearly everything online, it can be useful to have a physical copy of everything in one place.

Wherever you choose to maintain your records, make sure that a close family member or friend knows where to find them in case they are needed.

And remember, it's not all about the person your caregiving for. Make sure to keep your records organized, too!

Medical Information

It is important to keep medical information up-to-date so first responders can access it in case of an emergency. Keep these records (for both you and your loved one) updated and in a location that is easily visible and accessible. Some people keep it near their medications, as emergency personnel will often seek these out if called to your home.

Date Last Updated		Date Last Appointment
Name:		
Date of Birth (DOB):		
Address:		
Phone Numbers:		
Email Address		
Medical Conditions:		
Current Medications		
Primary Care Provider:		
Primary Care Phone Number:		
Primary Care Address:		
Neurologist Provider:		
Neurologist Care Phone Number:		
Neurologist Address:		
Dentist Provider:		
Dentist Phone Number:		
Dentist Address:		
Eye Doctor Provider:		
Eye Doctor Phone Number:		
Eye Doctor Address:		
Other Provider:		
Other Provider Phone Number:		
Other Provider Address:		
Preferred Hospital:		Date of Last Hospitalization:
Hospital Phone Number:		
Hospital Address:		
Pharmacy Provider:		
Pharmacy Phone Number:		
Pharmacy Address:		
Allergies:		
Surgeries and Year:		
Blood Type:		
Advance Directives:	YES (Location)	NO
Emergency Contact #1:		
Emergency #1 Phone Number(s):		
Relationship:		
Emergency Contact #2:		
Emergency #2 Phone Number(s):		
Relationship:		
Medical Transportation Provider:		

Veterans' Services

The Veterans Office can provide services to both Veterans, their Dependents, and Survivors.

Adapted from Defiance Co. Veterans Office Service Brochure.

These Services may include:

- Compensation & Pension
- Appeals for denied claims
- Education
- Home Loans
- Vocational Rehabilitation
- Life Insurance
- Survivor Benefits
- Applications for upgrading discharges
- Homeless Veterans Programs
- Applications to the Ohio Veterans Homes
- Transportation to VA medical centers
- Burial Memorial Benefits
- Headstones & Markers
- Emergency Relief
- Military medal requests
- DD214 military discharges and service records request
- Prescriptions and healthcare benefits
- Other federal benefits

The VA can also provide Financial Assistance for Hardship Cases. The assistance can include:

- Rent
- Utilities
- Food
- Gasoline Vouchers
- Other Needs

Important things to note regarding Financial Assistance.

- You must seek assistance in the County where you live.
- The Veteran must have qualifying military service and discharge.
- Dependents of the Veteran may be eligible for assistance.
- You must fill out an application in your county VA office.

Transportation to VA Medical Appointments

Note: Not every county provides Transportation. Check with your local VA office for specific benefit information.

If your county provides transportation to your VA medical appointments please contact your local VA office to schedule a ride in their vehicles. You may be picked up at your home. There is no charge for this services. A caregiver may ride with you to the appointment.



Fulton County (419) 337-9266

604 S SHOOP AVE SUITE 270, WAUSEON, OH 43567

Henry County (419) 592-0956

1855 OAKWOOD AVE, NAPOLEON, OH 43545

Lucas County (419) 213-6090

2595 ARLINGTON AVE, TOLEDO, OH 43614

Ottawa County 1-800-610-8872

8444 OH-163 SCENIC #102, OAK HARBOR, OH 43449

Paulding County (419) 399-8285

810 E PERRY ST, PAULDING, OH 45879

Sandusky County (419) 334-4421

2511 COUNTRYSIDE DR STE. B, FREMONT, OH 43420

Williams County (419) 636-8812

1425 E HIGH ST #106, BRYAN, OH 43506

Wood County (419) 354-9147

1616 E WOOSTER ST UNIT 22, BOWLING GREEN, OH 43402

Ohio VA Regional Office is located in Cleveland. You can contact them by calling 1-800-827-1000.

■ AREA VA MEDICAL FACILITIES:

Toledo Ohio VA

Clinic: 1-800-949-1002 or (419) 259-2000

Fort Wayne Indiana VA

Hospital 1-800-360-8387 or (260) 426-5431

VA TERMINOLOGY

Are you seeking VA assistance for yourself or a loved one? It can be overwhelming to understand how, why, and what the Veteran Affairs needs. These are the common terms you will see and what they mean.

DD-214: Certificate of Release or Discharge from Active Duty

Note: Prior to January 1, 1950, several similar forms were used by the military services, including the WD AGO 53, WD AGO 55, WD AGO 53-55, NAVPERS 553, NAVMC 78PD and the NAVCG 553.

Survivor's Benefit: Death Pension, is a tax-free monetary benefit payable to a low-income, un-remarried surviving spouse and/or unmarried child(ren) of a deceased Veteran with wartime service.

Countable Income: Income from most sources as well as from any eligible dependents. It generally includes earnings, disability and retirement payments, interest and dividend payments from annuities, and net income from farming or a business. Some expenses, such as unreimbursed medical expenses, may reduce your countable income.

Net Worth: includes assets such as bank accounts, stocks, bonds, mutual funds, annuities, and any property other than your residence and a reasonable lot area. You should report all of your net worth. VA will determine whether your assets are of a sufficiently large amount that you could live off of them for a reasonable period of time.

VSO: Veteran Service Officer

POW: Prisoner of War

WHAT YOU NEED WHEN APPLYING FOR VA BENEFITS

Here is a general checklist to help you prepare for the application process.

- Original or Certified Copy of the Veteran's DD-214
- If you do not have this, complete a Standard Form SF-180 online or through your local VA office
- Veteran's Death Certificate, if applicable
- Veteran's Birth Certificate
- Spouse Birth Certificate, if applying for Spousal Benefits
- Marriage Certificate, if applying for Spousal Benefits
- Receipts of non-reimbursed medical care including equipment, medications, home care services, Assisted Living or Nursing facility rent, etc
- Veteran's complete name used while in service
- Veteran's Service number or Social security number
- Branch of service
- Dates of service.
- Date and place of birth

OHIO VETERANS HOMES

Adapted from Defiance VA Office brochure and <http://dvs.ohio.gov/main/ovh-sandusky-dom-home.html>

The Ohio Veterans Homes are established to serve those who served. They are exclusively made for Ohio wartime veterans. They include Independent Living, Supervised Care, Skilled Nursing Care, and Memory Care. The local Veterans Home in Northwest Ohio is located in Sandusky, Ohio at 3416 Columbus Ave, Sandusky, OH 44870.

For admission information, please call: 1-866-OHIOVET (1-866-644-6838) or 419-625-2454

The Ohio Veterans Home in Sandusky has a Domiciliary or "Dom" which is a 206 bed independent living facility with a dining facility and necessary medical care to eligible veterans. The Ohio Veterans Home in Sandusky is a 427-bed nursing home facility. The nursing home facility offers two levels of care: standard care for those veterans in need of any intermediate level of care, and special care for veterans with Alzheimer's disease and other types of dementia.

The Sandusky Veterans Home offers...

- Family rooms with state of the art televisions
- Military museum onsite
- Military burial and cemetery
- Wheelchair repair onsite at no additional cost to veteran
- On-site pharmacy
- On-site treasury
- Barber and beautician services onsite (separate cost to resident)
- Fitness services available
- Dentist and podiatrist onsite (services separately billed to insurance)
- Scheduled transportation to medical appointments
- Rehabilitation services (physical, occupational, speech therapy) onsite (additional cost)
- Religious and spiritual care
- Walking paths
- Full dining available for three meals in addition to between-meal snacks
- Therapeutic and special diets available
- Guest Services include dining or staying in very, low cost, hotel-like guest rooms for a night, weekend, or longer (All For a nominal fee)

■ INDEPENDENT LIVING (DOMICILARY)

Eligible veterans who need medical care but are capable of living independently have the option of living in the "Dom" at the Ohio Veterans Home Sandusky. The residents each have their own room, with cable access, and a shared bath. The wing features two reading lounges, a computer lounge, recreational facilities, clubs and regular and special activities.

Services & Amenities

- 7 days a week activity program with frequent field trips, including sporting events
- Daily housekeeping and laundry services available
- Private rooms
- Wi-Fi and cable

Personal Care & Support

- Sick bay with physician and nursing services available
- Social services for psychological comfort
- Medication management

■ MEMORY CARE

Memory Care, which includes Alzheimer's care and Dementia care, consists of specially designed living spaces and supporting environments for those who are living with cognitive challenges. The Sandusky home is designed to provide a safe, secure space where our veterans can thrive and enjoy a good quality of life. Areas of the Memory Care community are set up for safe engagement in activities such as arts and crafts, music therapy, and other activities that provide purposeful and meaningful successful moments. Residents structured activities delivered by staff members trained specifically in caring for those with memory impairment.

- 7 days a week activity program
- Daily housekeeping and laundry services available
- Private rooms and semi-private rooms
- Wi-Fi and cable

- 24-hour patient-centered nursing care
- Social services for psychological comfort
- Medication management

Intermediate, or non-skilled care, includes helping the resident with activities of daily living (which includes bathing, eating, dressing, toileting, transferring from bed to wheelchair or wheelchair to bed and moving around). Residents in this care level often require nursing assistance with medications, treatments and daily living activities.

- 7 days a week activity program
- Daily housekeeping and laundry services available
- Private rooms and semi-private rooms
- Wi-Fi and cable

- 24-hour patient-centered nursing care
- Social services for psychological comfort
- Medication management

Skilled nursing care units provide round-the-clock nursing care and significant assistance with the activities of daily life. A licensed physician supervises each resident's care. Therapy including speech, occupational, and physical therapy are available to provide rehabilitation services. As residents' conditions progress and they move through different care levels, our staff works with the resident and their physician to provide the appropriate level of care. Each resident's short- or long-term care is customized for their individual needs and preferences, and delivered around-the-clock by trained nursing professionals.

- 7 days a week activity program
- Daily housekeeping and laundry services available
- Private rooms and semi-private rooms
- Wi-Fi and cable

- 24-hour patient-centered nursing care
- Rehabilitation services (physical, occupational, speech therapy) onsite (additional cost)
- Social services for psychological comfort
- Medication management in addition to an onsite pharmacy

- Must have been an Ohio resident at least 1 year during your life
- Must have served on active duty during time of war or armed conflict, or have received the Purple Heart, Armed Forces Expeditionary Medal, Navy/Marine Corps Expeditionary Medal, Vietnam Service Medal or Southwest Asia Service Medal
- Unable to earn a living due to disease, wounds or otherwise
- Most recent discharge must be honorable or under honorable conditions.

Adapted from VA Ann Arbor Healthcare System "Home & Community Based Services brochure" and VA Northern Indiana Health Care System "Home Based Care brochure"

Home and Community-based Care Services are available to all Veterans who receive VA care. Care must be ordered by a VA provider. VA pays for the services; some patients may have a co-pay for certain programs.

The VA has services to assist you or a loved one in staying independent in your own home and maintain your well health.

As part of the VA medical benefits package, services can

Caregiver Support Information and Assistance www.AreaOfficeOnAging.com

be provided to help maintain a veteran's care at home.

A veteran must be enrolled in VA NIHCS Primary Care, meet VA-established criteria, and be referred for these services by their VA primary care provider.

Home Care services can be provided to veterans with the following needs:

- Difficulty bathing, dressing, transferring, or caring for self independently
- Chronic complex diseases requiring a focused team approach making home visits
- Support and assistance completing homemaker chores and basic errands
- Coumadin management and medication box reminder assistance
- Weekly or monthly injections to manage a chronic disorder
- Acute needs that are time limited i.e. wound vac. Acute post-surgical wound care, infusions, etc
- End of life care and support

Ask your VA Healthcare or PACT team if you are eligible to receive these services.

Home Based Primary Care

Home Based Primary Care (HBPC) is care provided by VA staff in a Veteran's home. Veterans with complex, chronic, or disabling diseases may be eligible when routine clinic based care is not effective. The HBPC team includes a healthcare provider, nurse, social worker, physical therapist, pharmacist, dietician, psychologist, and program support assistant.

Home Hospice

Hospice Services are available in the home. Hospice and Palliative Care is patient/family centered and utilizes a team approach. Hospice eligibility requires a diagnosis of life-limiting illness, where treatment goals are focused on comfort rather than a cure. Hospice care includes pain management, symptom control, and other medical services as well as grief counseling for the family.

Respite Care

Respite Care is care designed to relieve a caregiver from the physical and emotional burden of caring for a chronically ill and disabled veteran in the home. It may be provided in the veteran's home or at an Adult Day Health Care program or in a nursing home. The VA offers 30 visits of respite care a year for veterans who have a live-in caregiver. Respite services are provided in home up to 6 hours a visit. 13 days of in home respite can be used every 90 days until the 30 days are exhausted. These services provide caregivers the opportunity to leave the home for appointments, errands, or to relax and take care of themselves.

Homemaker

Homemaker services are designed to help Veteran's accomplish basic housekeeping and errands. Services are designed for veterans who either live alone or have caregivers who are impaired and therefore not able to complete usual household chores.

Home Health Aide

Home Health Aide (HHA) services provides a licensed professional from a community home health care agency to visit the veteran in their home and assist with personal care services. These veterans are those who otherwise would meet the criteria for nursing home placement. The HHA can assist the veteran with bathing, dressing, grooming, meal preparation, medication reminders, shopping, and errands.

Adult Day Care

Adult day care provides service to disabled Veterans in a community setting. Socialization, memory stimulation, exercises, lunch and/or snacks, and other activities are offered depending on the individual program. Many programs focus on memory loss populations. This service is helpful to family and other caregivers to provide a break in giving care.

Skilled Home Care

Skilled Home Care is provided in the home with community agencies for Veterans who do not have other health insurance benefits to cover the care. Veterans must be homebound and in need of short term skilled services such as nursing, and physical therapy or social services.

OTHER VETERAN RESOURCES

Care Coordination Home Telehealth (CCHT) CCHT program uses an electronic monitor in your home. You or your caregiver answers questions such as weight, pain, blood pressure, etc. The results are sent to a VA nurse and the information is provided to your provider. Veterans must have a phone line and be willing to enter data at least three times a week.

For more information about these services, please call:

Social Work & Community-Based Services

VA ANN ARBOR HEALTHCARE SYSTEM 2215 FULLER RD, ANN ARBOR, MI 48105

Home Based Primary Care Program VA Northern Indiana Healthcare System

121 LAKE AVE, FORT WAYNE, IN 46805

VA Ann Arbor Healthcare System

(734) 769-7100 ext. 53417

Toledo VA CBOC:

(419) 259-2000 ext. 57539

You can also visit the VA website to learn more:
www.va.gov/Geriatrics

Inspirational Caregiver Quote

*It is not how much you do, but how much love you put
in the doing.*

- Mother Teresa, missionary

DEFIANCE: (419) 782-8856
WAUSEON: (419) 337-5941
NAPOLEON: (419) 592-5981
BRYAN: (419) 636-2932

Supportive Services for Veteran Families Program
Through the Supportive Services for Veterans and
their Families (SSVF) Maumee Valley Guidance Center
will focus to improve housing stability of low-income
Veterans and their families.

Home Health Care

Home Health Care Coordination

Home health care agencies offer a range of services that allow you to remain safely at home with some assistance in daily living, whether it's medical, cooking, personal hygiene, transportation, companionship, rehabilitation and support to aid the healing process after illness, surgery or injury. If you need several services, a nurse or social worker will visit you in your home to determine what services you need and will help you arrange for them.

Selecting an Agency

Selection of a home health care agency is a personal decision that must be made based upon your needs. Senior centers, hospital discharge planners, social service workers, physicians, public health depts., United Way agencies, religious and senior citizens groups can offer resources to help in the selection of an agency. Many agencies provide free assessments to determine the most cost effective plan of care. Per visit or hourly rates vary by agency, skill level, acuity of care, length and timing of services.

RANGE OF SERVICES

Medicare Coverage Guidelines

Qualifying for home health benefits under Medicare is never guaranteed. Minimally, the patient must be:

- Homebound
- Under the care of an M.D. who requests skilled care
- In need of skilled nursing or physical therapy services on an intermittent basis. (A patient who requires more than intermittent care, but refuses other alternatives, is *not* eligible.)

Medicare does not cover private duty nursing costs.

A patient may be frail and require many support services such as enemas, incontinence care, bathing, personal grooming, transfer from bed to chair, ambulatory assistance, prompting for performance of basic activities of daily living, meal preparation and feeding, dressing, homemaking, chore and companion services. Medicare will not pay for these if all three of the guidelines listed above are not met.

Examples covered skilled nursing services:

- wound dressing involving prescription drug and aseptic technique
- bladder and bowel training in the case of incontinence, colostomy or ileostomy care
- injections
- respiratory, physical, speech or occupational therapies

QUESTIONS TO ASK

- ☒ How long has the agency been in business? Is it affiliated with any hospital, community or social service agency?
- ☒ Does the agency have 24 hour/day, 7 day/week service in case of emergencies?
- ☒ What services do we need? What will they cost, per visit or per hour, including overtime or holiday charges? How are charges calculated? Is there a minimum number of hours or days per week? What happens when our insurance and/or Medicare runs out?
- ☒ Will the same person be reliable, dependable and available throughout all care? Is there a nursing supervisor who oversees all care and will help address any questions or problems?
- ☒ Will the agency teach our family caregivers the health care skills so that the patient can work towards regaining independence?
- ☒ How often will we be billed and who will we pay? Is third party reimbursement available? Will the agency file Medicare, Medicaid, HMO and private insurance claims?
- ☒ Are regular physicals and TB screening required for all workers? Do providers have CPR certification?

- ☒ How is the agency accredited and is it Medicare licensed and/or Medicaid certified?
- ☒ Will the agency representative consult with our physician and family members to develop a written care plan outlining specific duties caregivers are to perform, at what intervals and for how long? Will all necessary agency personnel know what our needs are?
- ☒ Does the agency screen and bond all caregivers and guarantee workers are protected with written personnel policies and basic benefits such as social security, liability, malpractice insurance and worker's compensation?

TERMS

Case Management

Professional social worker or nurse makes in-home assessment and determines individual plan of care. Makes sure that care is achieving its purpose towards client safety and recovery.

Clinical Nurse Specialists

Have extensive training in a subspecialty such as geropsych or ET or IV therapy. Specialists help in training family members to care for the patient.

Discharge Planner

Works with patients and family members at hospital dismissal to guide in decisions for nursing home placement, home health care, rehab therapies, etc.

Geriatric Care Manager

Professional with a specialized focus on issues related to aging and elder care. Work privately with older adults and their families to create a plan of care that meets the needs of the older adult. Will meet with you to help you understand your loved one's needs and to learn what resources and options are available to meet those needs.

Hi-tech Specialty Nursing

Includes home transfusion therapies, central line, porta catheters and dialysis services.

Home Health Aide

Provides assistance with personal care such as bathing, dressing, walking, etc.

Inspirational Caregiver Quote

Enjoy the little things in life, for one day, you'll look back and realize they were the big things.

- Kurt Vonnegut

Home Infusion Therapies

Enteral (ET): Nutritional tube feedings through stomach

Paraenteral (TPN): Venous nutritional feedings

IV: Venous medication delivery

Homemaker/Companion Service

Assists with light housekeeping, meals planning and preparation, laundry and provides companionship.

Medical Social Work

Licensed Social Worker consults with patient and family, making referrals for chronic medical problems and to available community resources.

Occupational Therapy

Includes exercises, adaptive equipment, splinting, joint protection, energy conservation.

Patient's Bill of Rights

You are entitled to the highest quality of care with dignity, respect, full and forthright disclosure of information about fees and charges and the right to privacy.

Physical Therapy

Includes exercise, equipment recommendations, gait training, transfer training, ultrasound, whirlpool, etc.

Private Duty Nursing

One-on-one individual skilled nursing care by an RN or LPN in a person's home. Generally charged hourly. Can also have private duty aides.

Respiratory Therapy

Exercises to enhance breathing and lung oxygen supply.

Skilled Nursing Care

A task(s) that cannot be effectively performed or self-administered by a non-medical person without the direct supervision of a licensed nurse. Provided by RNs, LPNs or physical, speech or occupational therapists. Must be ordered by a physician in conjunction with a care plan. Definitions of skilled care vary among Medicare, Medicaid and long term care insurance policies. Skilled nursing services are injections, insertion of catheters, observation of decubitus ulcers, manual removal of impaction and diabetic teaching. Non-skilled nursing services are enemas, baths, skin care, administering meds, routine post-cataract care.

Speech Therapy

Includes assessment and intervention in hearing, swallowing, expressive and receptive problems.

HOME HEALTH PROVIDERS

Area Office on Aging of Northwestern Ohio, Inc. (419) 382-0624 or 1-800-472-7277

2155 ARLINGTON AVE., 43609-1997

www.areaofficeonaging.com

PASSPORT is a Medicaid-funded program which provides home health care and service coordination for persons at risk of nursing home placement. Provides personal care, homemaking, emergency response system, home delivered meals, adult day services, medical transportation and more. Clients must be age 60+. Available in all of Northwestern Ohio.

Choices-Home Care Attendant Service is a new service option available under the **PASSPORT** Waiver Program is the **Choices Home Care Attendant Service (C-HCAS)**. The service allows for eligible consumers to direct their own care and have more management over the home care attendant service. This is called consumer-direction. Consumers are the "employer of record". You may hire a Home Care Attendant, or Individual Provider (IP) directly. This may be family members, with some exceptions, or friends, neighbors, etc. Persons enrolled in **PASSPORT** may contact their Care Manager for more information.

County Health Departments

DEFIANCE COUNTY (419) 784-3818

1300 E. SECOND ST., STE. 100, DEFIANCE 43512

www.defiancecohealth.org

ERIE COUNTY (419) 626-5623

420 SUPERIOR ST., PO BOX 375, SANDUSKY 44870

www.eriecountyhealthohio.org

FULTON COUNTY (419) 337-0915

606 S. SHOOP AVE., WAUSEON 43567

www.fultoncountyhealthdept.com

HENRY COUNTY (419) 599-5545

1843 OAKWOOD AVE., NAPOLEON 43545

www.henrycohd.org

LUCAS COUNTY (419) 213-4100

635 N. ERIE ST., 43624

www.lucascountyhealth.com

OTTAWA COUNTY (419) 734-6800

1856 E. PERRY ST., PORT CLINTON 43452

www.ottawahealth.org

PAULDING COUNTY (419) 399-3921

800 E. PERRY ST., PAULDING 45879

www.pauldingcountyhealth.com

SANDUSKY COUNTY (419) 334-6377

2000 COUNTRY SIDE DR., FREMONT 43420

www.alwayschoosehealth.com

WILLIAMS COUNTY (419) 485-3141

310 LINCOLN ST., P.O. BOX 146, MONTPELIER 43543

www.williamscountyhealth.org

WOOD COUNTY (419) 352-8402

1840 E. GYPSY LANE RD., BOWLING GREEN 43402

www.co.wood.oh.us

ABC Health Care, Inc. (419) 893-9700

1605 HOLLAND RD., STE. A1, MAUMEE 43537

www.abchc.com

Serves Fulton, Lucas, Sandusky and Wood counties.

Allcaring Home Health Service (419) 782-8200

424 E. SECOND ST., DEFIANCE 43512

Serves Defiance, Fulton, Henry, Paulding and Williams co's.

Alpine House 1-866-468-7302

2901 TREMAINSVILLE RD., TOLEDO 43613

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www.ComfortKeepers.com

Always Best Care (419) 214-0707
4427 TALMADGE RD., TOLEDO 43623
www.alwaysbestcare.com
Serves Lucas county.

Approved Home Health (419) 822-3660 or 1-888-822-3660
1206 EAST MAIN ST., DELTA 43515
www.approvedhomehealth.net
Defiance, Fulton, Henry, Lucas, Paulding, Williams, Wood.

Arista Home Care Solutions (419) 754-1897
7850 W. CENTRAL AVE. TOLEDO 43617

Bridge Home Health/Hospice (419) 352-9808 or 1-888-352-1166
950 W. WOOSTER ST. BOWLING GREEN 45840
www.bvhealthsystem.org
Serves Henry, Sandusky and Wood counties.

Bridge Personal Care Services 1-888-463-3376
15100 BIRCHHAVEN LN., FINDLAY 45840
www.bridgepcs.org
Serves Wood county

Cambridge Home Health Care (419) 609-1960 or 1-800-339-0820
1313 W. BOGART RD., STE A, SANDUSKY 44870
www.lhc.com
Serves Erie, Ottawa and Sandusky counties.

CareMinders Home Care (419) 517-5070
4405 TALMADGE RD., STE. B, TOLEDO 43623
Serves Lucas, Fulton and Wood counties.

Care Link Nursing Services (419) 843-6049
6060 RENAISSANCE PL., SUITE J, TOLEDO 43623
www.carelinknursing.com
Serves Fulton, Lucas, and Wood counties.

Community Health Professionals
6825 ST. RT. 66 NORTH, DEFANCE 43512 (419) 782-5411 or (419) 782-4131
Serves Defiance and Henry counties.
250 DOOLEY DR., STE. A, PAULDING 45879 (419) 399-4708
Serves Paulding county.
230 WESTFIELD DR., ARCHBOLD 43502 (419) 445-5128
Serves Fulton County.
1215 S. PORTLAND ST., BRYAN 43506 (419) 633-7590
Serves Williams county.
www.comhealthpro.org

Easter Seals of Northern Ohio (419) 332-3016
Serves Ottawa, Sandusky and Wood co's.

Elara Caring Home Health and Hospice (419) 536-6748
3425 EXECUTIVE PKWY., STE. 206, TOLEDO 43606

First Choice Home Health Care
1164 CLEVELAND RD., #20, SANDUSKY 44870 (419) 626-9740 or 1-888-828-0862
Serves Erie, Ottawa and Sandusky counties.
5445 SOUTHWYCK BLVD., STE. 208, TOLEDO 43614 (419) 861-2722 or 1-866-250-6278
Serves Fulton, Lucas and Wood counties.
www.rxprn.com

From The Heart Home Care LLC (419) 724-9512
3601 W. ALEXIS, STE. 104, TOLEDO 43623
Serves all counties.

Genacross at Home (419) 724-1827
2021 N. MCCORD, TOLEDO 43615
www.genacrosslutheranservices.org/services/homehealth/
Serves Erie, Fulton, Henry, Lucas, Ottawa, Sandusky and Wood counties.

Guardian Angel Home Care Inc. (419) 882-8222
8553 SYLVANIA-METAMORA RD., SYLVANIA 43560
www.ga-shs.com
Serves Fulton, Lucas, Ottawa, Sandusky, Wood co's.

Guiding Hands Home Health Services (419) 898-5909
224 W. WATER ST., PO BOX 208, OAK HARBOR 43449
Serves Erie, Fulton, Ottawa, Sandusky and Wood co's.

Heritage Health Care Services
www.heritage-hcs.com
1745 INDIANWOOD CIRCLE, MAUMEE 43537 (419) 867-2002
Defiance, Fulton, Henry, Lucas, Williams and Wood co's.

Home Care by Black Stone (419) 861-3333 or 1-866-428-7770
4427 TALMADGE RD. TOLEDO 43623
Serves Fulton, Henry, Lucas, Ottawa, Sandusky and Wood co's.

CAREGIVER TIP

Homemaker services are available for individuals who are unable to perform their own housekeeping, grocery shopping, or other errands.

Personal care services may include bathing, toileting, help in walking or getting out of a bed or chair, grooming and feeding.



Interim Healthcare

3100 W. CENTRAL AVE., SUITE 250,
TOLEDO 43606 (419) 578-4698 or 1-800-256-0427
Serves Fulton Lucas, Ottawa, Sandusky and Wood co's.
1018 RALSTON AVE., STE. 108,
DEFIANCE 43512 (419) 419-0038
Serves Defiance, Paulding and Williams co's.
www.interimhealthcare.com/toledooh

Maxim Healthcare (419) 536-0555 or 1-877-506-2946

3131 EXECUTIVE DR., TOLEDO 43606
www.maximhomecare.com
Serves Lucas, Ottawa, Sandusky and Wood counties.

Med 1 Care, LLC (419) 866-0555 or 1-800-350-8941

1225 CORPORATE DR., STE. B, HOLLAND 43528
www.med1care.org
Serves all counties.

Ohioans Home Healthcare, Inc. (419) 843-4422

28315 KENSINGTON LN., PERRYSBURG 43551
www.ohioanshhc.com
Serves all counties.

Ohio Living Home Health and Hospice (419) 865-1499

1730 S. REYNOLDS RD., TOLEDO 43614
www.ohioliving.org
Serves Erie, Fulton, Henry, Lucas, Ottawa, Sandusky
and Wood counties.

Partners in Home Care**(419) 389-1020**

2345 DETROIT AVE., MAUMEE 43537
www.phctoledo.com
Serves Lucas and Wood counties.

Prime Home Care, LLC**(419) 535-1414**

3454 OAK ALLEY COURT, SUITE 304, TOLEDO 43615
Serves all co's. PASSPORT and Carestar individuals
only.

Progressive Therapy Alternates, Inc. (419) 866-5196

1560 HENTHORNE DR., MAUMEE 43537
Serves Lucas, Sandusky and Wood counties.

Richard Health Systems**(419) 534-2371**

5237 RENWYCK DR., TOLEDO 43615
Serves Defiance, Fulton, Henry, Lucas, Ottawa,
Williams, Wood and Sandusky counties.

TLC Home Health**of Ohio, Inc. (419) 624-9401 or 1-888-284-2605**

1604 E. PERKINS AVE., STE. 209, SANDUSKY 44870
www.tlchomehealthofohio.com
Serves Erie, Ottawa and Sandusky counties.

Unique Healthcare**Solutions (419) 794-8565 or 1-800-870-0077**

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Inspirational Caregiver Quote

Caregiving often calls us to lean into love we didn't know possible.

- Tia Walker, author

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NUTRITION AND AGING:

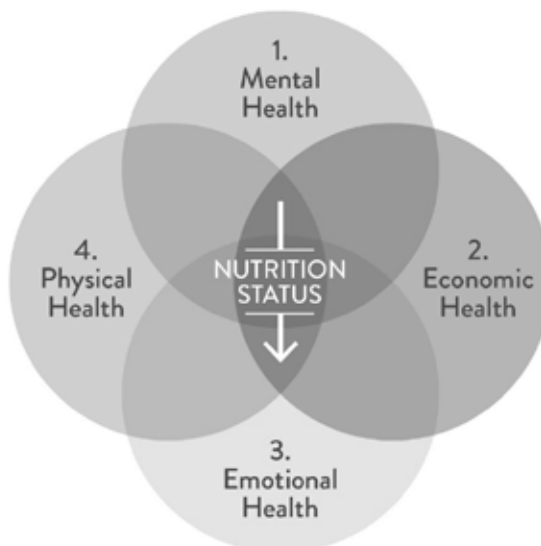
MAXIMIZING THE CAREGIVER'S ROLE

PEOPLE ARE LIVING LONGER

By 2050, the number of older adults (60+) globally is expected to reach 2 billion, up from 900 million in 2015.¹

Aging is different for everyone. It's a complex process that introduces physical, emotional, cognitive, and economic changes² that can make it harder for older adults to access the nutrients they need, placing them at an increased risk for malnutrition.

EFFECT OF THE AGING PROCESS ON NUTRITION STATUS



1. **MENTAL HEALTH**
Loss of memory, confusion, dementia
2. **ECONOMIC HEALTH**
Poverty/limited income, food insecurity, difficulty finding transportation
3. **EMOTIONAL HEALTH**
Social isolation, loneliness, depression
4. **PHYSICAL HEALTH**
 - Altered body composition: loss of muscle, increase in body fat
 - Sensory changes: taste, smell, and perception of thirst
 - Poor dentition: difficulty chewing, inability to eat certain foods
 - Chronic (long-term) health conditions: cancer, diabetes, heart disease

UP TO 50% OF OLDER ADULTS ARE AT RISK FOR MALNUTRITION³

MALNUTRITION

Malnutrition—which can refer to both under- and overnutrition—is an imbalance in a person's energy and/or nutrient intake.⁴ It can cause loss of muscle mass, making it harder to maintain ongoing health and independence.⁵

The primary focus of this resource is undernutrition.

MALNUTRITION IN OLDER ADULTS CAN:

- Lead to more health complications, falls, and hospital readmissions^{6,7}
- Increase healthcare costs⁸
- Decrease quality of life⁹

WHAT SHOULD CAREGIVERS LOOK FOR IN OLDER ADULTS?



WEIGHT

Have they recently lost weight?
Do their clothes appear to be fitting more loosely?



EATING HABITS

Have their eating habits significantly changed? Do they seem less interested in the foods they once enjoyed?



HYDRATION

Has their fluid intake decreased significantly?



OTHER FACTORS CAREGIVERS SHOULD CONSIDER:

ACCESS TO FOOD

- Is there enough food in the home?

INDEPENDENCE

- Can they leave the home to get the food they need?
- Can they prepare meals?
- Are they able to feed themselves?

BEHAVIOR CHANGES

- Are they showing signs of weakness?
- Do they display signs of confusion or a decline in mental ability?

SOCIAL CHANGES

- Do they have limited social contact with family and friends?

FINANCIAL CHANGES

- Have they mentioned a change in their financial status or difficulty affording the food they need?

NUTRITION AND AGING:

MAXIMIZING THE CAREGIVER'S ROLE

Caregivers can promote good nutrition by addressing common nutrition concerns. This will help older adults meet their nutrition needs and prevent malnutrition.

NUTRITION CONCERN



CALORIES

WHY IS IT IMPORTANT?

CALORIES come from carbohydrates, protein, and fat and provide our bodies with the energy they need to function.

Choosing to eat a wide variety of foods can help older adults meet their calorie needs and get key nutrients, including different vitamins and minerals.

ENCOURAGE OLDER ADULTS TO...

- Eat at least 3 meals a day
- Eat snacks throughout the day for extra calories
- Add herbs and spices to foods to enhance interest in eating
- Increase food variety by preparing meals and snacks with nutrient-rich foods (eg, fresh fruits and vegetables, whole grains, fish, and lean meats)



PROTEIN

PROTEIN helps our bodies maintain muscle mass and strength, which is crucial for older adults, especially during periods of stress or illness.

- Increase protein in the diet by eating meats, eggs, low-fat dairy foods (milk, yogurt, and cheese), seeds, and nuts
- Consider adding a high-protein oral nutrition supplement to meals and snacks



FLUIDS

FLUIDS, such as water or electrolyte solutions, help to regulate body temperature, maintain fluid balance in cells, and absorb nutrients.

Older adults are at an increased risk for dehydration due to physical changes. Many older adults also worry about incontinence, which can make them hesitant to drink fluids. When older adults are dehydrated, it can negatively affect their mental status, cause dizziness, and increase risk of falls.

- Drink fluids in the morning, before each meal, and an hour before bed
- Keep a water bottle nearby to drink throughout the day, even if they don't feel thirsty
- Discuss with their physician any medications they take since these could affect hydration status, and determine the need for an electrolyte solution to quickly replenish fluids and electrolytes
- Find strategies to adapt to incontinence and consult with their physician about how incontinence can be handled medically

HELPFUL IDEAS FOR CAREGIVERS



ASSIST WITH MEAL PLANNING & PREPARATION

- Prepare meals together and store for later
- Shop for groceries together



MAKE MEALS A SOCIAL EVENT

- Enjoy a meal at a favorite restaurant
- Encourage participating in social programs with members of the community
- Visit during mealtimes



CONSIDER FOOD COSTS

- Find money-saving shopping approaches, such as visiting grocery store websites ahead of time to look for coupons
- Find resources within the community to help reduce food costs

VISIT [ANHI.ORG](https://www.anhi.org) FOR A DIGITAL COPY OF THIS INFOGRAPHIC.



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Adult Day Care

Adult Day Care is an alternative to nursing home placement. It provides assistance to families and caregivers who have responsibility for an adult who cannot be left alone. The mental stimulation also enables those adults who need supportive services to maintain independence.

An adult day care center offers a safe, supportive environment and appropriate activities, as well as a hot lunch and snacks. Transportation usually is provided at a nominal cost and personalized services of a social worker, nurse and activity therapist are usually available. **Fees are subject to change without notice.**

***Services on hold at time of print. Call provider for more info.**

***Birchaven Village (Julien A. Faisant Center)** (419) 424-3000
15100 BIRCHAVEN LN., FINDLAY 45840
www.bvha.org
Cost: \$30, 1-5 hrs.; \$50, 5+ hrs (lunch included)
Hours: 8:30 A.M. – 3:30 P.M.

***Briar Hill Health Campus** (419) 257-2421
600 STERLING DR., NORTH BALTIMORE 45872
www.trilogyhs.com

Community Health Professionals (CHP) Adult Day Care
1151 WESTWOOD DR., VAN WERT 45891 (419) 238-0751
230 WESTFIELD DR., ARCHBOLD 43502 (419) 445-5128
www.comhealthpro.org
Cost: Range from \$58-\$75 Hours: 8:30 A.M. – 5 P.M.
Transportation: Yes. \$20 round trip; \$15 one way.


Easterseals Northern Ohio (419) 332-3016 or (888) 710-3020
1907 CROGHAN ST., FREMONT 43420
www.easterseals.com/noh


Elmwood Assisted Living & Skilled Nursing of Fremont (419) 332-6533
1545 FANGBONER RD., FREMONT 43420
www.elmwoodcommunities.com
Cost: \$14.50/hour; \$18.25/hour (higher level of care)
Hours: Flexible Transportation: Can be arranged.

Guiding Pathways:
Bowling Green (419) 353-5661 or (800) 367-4935
WOOD HAVEN HEALTH CARE
1965 EAST GYPSY LANE BOWLING GREEN

Enter the building via the Therapy Department Doors
Cost: \$10 per session, lunch included
Hours: 10:00 A.M. – 2:00 P.M., 1st and 3rd Fridays of each month
Early to moderate stage memory loss To register call the Tuesday before the session.

Guiding Pathways:
Perrysburg (419) 353-5661 or (800) 367-4935
(ST. TIMOTHY'S EPISCOPAL CHURCH).
871 E. BROADWAY STREET, PERRYSBURG 43551
Cost: \$10 per session, lunch included
Hours: 10:00 A.M. – 2:00 P.M., first Wednesday
Early to moderate stage memory loss To register call the Friday before the session.

Help • Compassion • Hope



OUR ADULT DAY CENTER

The Day Center at MemoryLane Care Services provides structured, person centered and therapeutic activities to adults experiencing cognitive impairment related to chronic conditions such as Alzheimers disease or other dementias. Our professional staff members deliver services in a safe and caring environment. We design our services to meet the needs of individuals with Alzheimer's and dementia while supporting the person's strengths, abilities, and independence.

www.memorylanecareservices.org
2500 N. Reynolds Road | Toledo, OH 43615 | 419-720-4940

MemoryLane Care Services (419) 720-4940
2500 N. REYNOLDS RD. TOLEDO 43615
www.memorylanecareservices.org

Mill Manor Care Center (440) 967-6614
983 EXCHANGE BLVD., VERMILION 44089
www.millmanorcare.com
Cost: \$68 full day

***Ottawa Co. Riverview Healthcare** (419) 898-2851
8180 W. ST. RT. 163, OAK HARBOR 43449
www.riverviewhealthcare.com
Cost: \$35 under 4 hours; \$70 4+ hours
Hours: 8 A.M. – 4:30 P.M. M–F Transportation: No

Sunrise Senior Care (419) 473-9010
3710 TALMADGE RD., TOLEDO 43606
www.sunrise-senior-care.com

The Lakes of Monclova (419) 866-3030
6935 MONCLOVA RD., MAUMEE 43537
www.lakesofmonclova.com

The Willows at Bellevue (419) 483-5000
101 AUXILIARY DR., BELLEVUE 44811

Elder Law Resources

www.americanbar.org

You can download variety of publications including financial legal topics, and advanced planning and guardianship information. FindLegalHelp.org provides a state-by-state listing of programs to help you find a lawyer, including free legal help. In addition, you can research legal topics with links to state-specific legal resources.

Advocates for Basic Legal Equality (ABLE) (419) 255-0814 or 1-800-837-0814
www.ablelaw.org

Legal Aid of Western Ohio, Inc. (LAWO) and Advocates for Basic Legal Equality, Inc. (ABLE) are non-profit regional law firms that provide high quality legal assistance in civil matters to help eligible low-income individuals and groups in western Ohio achieve self reliance, and equal justice and economic opportunity.

Catholic Charities Adult Advocacy Services: Guardianship (419) 244-6711 or 1-800-926-8277
1933 SPEILBUSCH, BOX 985 TOLEDO 43697
www.catholiccharitiesnwo.org

Mediates conflicts among family members related to care and support of aging parents.

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- Qualifying disability; **OR**
- Surviving spouse of a first responder who died in the line of duty; **OR**
- 100% VA service disabled

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Email: outreach@co.lucas.oh.us

Anita Lopez,
Lucas County Auditor



Citizens Dispute Settlement Program (419) 245-1951
555 N. ERIE ST., #444, TOLEDO 43604
www.toledomunicipalcourt.org /court-services/mediation
Municipal Court handles simple, civil disputes.

College of Law Clinic – Univ of Toledo (419) 530-4236
2801 W. BANCROFT ST. TOLEDO 43606
Helps with low-income people with civil cases.

The Fair Housing Center (419) 243-6163
326 N. ERIE ST., #444, TOLEDO 43604
Landlord/tenant mediation.

Law Tuesday (419) 243-2237
WARREN AME CHURCH, 915 COLLINGWOOD, 43602
Located at the corner of Indiana and Collingwood.
Free walk-in program on the third Tues. only 6-9 p.m.
Provided by lawyers and law school professors.

Lawyer Referral and Information Svcs. (419) 242-2000
311 N. SUPERIOR ST., TOLEDO 43604
\$40 fee for a half-hour consultant to determine the type of legal service needed and refer client to attorney. Continued fees are decided between lawyer and client.

Legal Aid Society (419) 244-8345
555 N ERIE ST., SUITE 248, TOLEDO 43604
www.toledolegalaid.com

Senior consumer, disability, and estate planning.
Domestic and family law, employment, government benefits, insurance and pension law, landlord/tenant, probate and guardianship, real property.

Inspirational Caregiver Quote

*To love a person is to learn the song in their heart,
and to sing it to them when they have forgotten.*
- Thomas Chandler

Legal Hotline for Older Ohioans 1-800-488-6070
www.proseniors.org

Provides free legal information, advice, and referral for residents of Ohio 60 and over, regardless of income or resources. Common topics: Medicare, Medicaid and Medicaid estate recovery, living wills, durable power of attorney for health care, housing, and consumer problems.

Legal Services of Northwest Ohio (LSNO) (419) 724-0030, 724-0460 or 1-888-534-1432
740 SPITZER BLDG., 520 MADISON AVE., 43604
www.lawolaw.org

Free legal assistance in civil matters to low income persons. Full range of legal services such as negotiation, litigation and community education. Special projects serve people with disabilities, victims of domestic violence, senior citizens and other. Affiliated with Advocates for Basic Legal Equality (ABLE), offices in Defiance, Fremont, Findlay, Bowling Green and Toledo.

Long Term Care Ombudsman (419) 259-2891 or 1-800-542-1874
740 SPITZER BLVD., 520 MADISON AVE., STE. 740, 43604
www.ombudsman.ablelaw.org

Helps families resolve complaints about residential treatment in nursing homes, adult care communities and complaints about home care services.

Nat. Academy of Elder Law Attorneys (NAELA): Ohio Chapter (614) 407-7900 or (866) 883-5337
450 W. WILSON BRIDGE RD., SUITE 380, WORTHINGTON 43085
www.naela.com or www.ohionaela.org
Help with locating elder law attorney.

Ohio Attorney General 1-800-877-9772
www.ohioattorneygeneral.gov
Pro Bono Program assists eligible seniors with living wills. Power of Attorney and durable POA for health care.

Caregiver Tip

The **Ohio State Bar Association** provides a great deal of general information about all aspects of the law for members of the public, including handbooks, pamphlets, newspaper columns, programs and information about attorneys. Visit <https://www.ohiobar.org/ForPublic/Pages/ForPublic.aspx>



Long-Term Care Ombudsman Program

Expect Excellence in Long-Term Care

The Long-Term Care Ombudsman Program at ABLE works to uphold the rights of people who receive long-term care by investigating and resolving complaints about long-term care ranging from admission and discharge problems to abuse, neglect, and violations of civil rights.

To voice a concern or obtain information, contact ABLE's Long-Term Care Ombudsman Program.



(419) 259-2891 or (800) 542-1874
ombudsman.ablelaw.org

Toledo Bar Association (419) 242-9363
311 N. SUPERIOR ST., 43604
www.toledobar.org

Free legal assistance in pro bono department, available to financially-eligible persons. Example: bankruptcy, housing, probate, real estate, family law, etc.

Wood County Committee on Aging (419) 353-5661 or 1-800-367-4935
www.wccoa.net

Legal advice is offered one day per month for 30 minutes free of charge. Appointments are necessary.

ADVANCE DIRECTIVES

Forms for a Living Will Declaration prepared by the Ohio State Bar Association and approved by the Ohio State Medical Assoc. can be found in the Older Adults Resource Guide, available through the Area Office on Aging of Northwestern Ohio at (419) 382-0624

Midwest Care Alliance, 2233 North Bank Dr., Columbus, OH 43220
(614) 763-0036 Fax: (614) 763-0050
www.midwestcarealliance.org

Independent Caregivers & Household Employees

When the decision has been made to hire an independent, in-home caregiver instead of a home care agency, it is important to understand the definition of an independent caregiver and a household employee according to the Internal Revenue Service (IRS).

The term independent caregiver is commonly used to describe a home care professional who does not work for an agency. According to the IRS, if a privately hired / independent caregiver is paid more than \$2,100 per year (in 2019), they are considered a household employee, not an independent contractor. Thus, the family hiring the independent caregiver takes on all the responsibilities of being an employer, which includes payroll and taxes.

The reason for this designation is because when one hires a caregiver, the employer has control over what time they arrive, their activities, etc. In contrast, an independent contractor has the freedom to choose what days and hours they work.

Throughout the rest of this article, we will use the terminology “independent caregiver” to refer to a privately hired caregiver. But as mentioned before, for tax purposes, the caregiver is considered a household employee.

Did You Know?

Independent caregivers can be 30% – 40% less expensive than home care agencies.

Helpful Resources

Get Help Qualifying for Medicaid https://www.payingforseniorcare.com/find_medicaid_planning_help

Alternatives to Nursing Homes <https://www.payingforseniorcare.com/nursing-home-alternatives>

Find Financial Assistance for Care https://www.payingforseniorcare.com/resources/locator_tool

Find Affordable Elder Care <https://www.payingforseniorcare.com/home-care-assisted-living/find-affordable-elder-care>

STEPS TO HIRE AN INDEPENDENT CONTRACTOR

1. Determining Level of Care / Writing Job Description

Before hiring an independent caregiver, it is important to determine the level of care that an elderly loved one requires. For instance, take an elderly individual

who lives alone and needs companionship, light housecleaning and assistance with errands versus a person with Alzheimer’s who lives with their adult child. This individual might require medication and need extensive care five days a week to allow their primary caregiver to work. These two individuals require very different levels of care and care activities.

Once the level of care has been determined, a job description should be written that is as detailed as possible. One will want to include how many hours and days per week that care is needed and any special skills / training required, such as experience with Alzheimer’s / dementia care. All duties the caregiver is to perform should be detailed in the job description. These could include:

- Driving or accompanying the senior to and from appointments
- Running errands
- Providing supervision and companionship
- Managing medication
- Assisting with bathing and grooming
- Preparing meals
- Housecleaning

The personal qualities one is seeking in a caregiver also should be covered. Such as a patient individual with a cheerful, upbeat personality.

2. Determining Pay Rate

There are two factors that go into determining the pay rate for independent caregivers: federal law and local market pricing.

Depending on the region of the US, families should expect to pay independent caregivers between \$10 – \$20 per hour.

Independent caregivers are considered household employees, and household employees are considered non-exempt employees. This means they are subject to the Fair Labor Standards Act (FLSA) guidelines. The FLSA is a federal law that sets the minimum wage, as well as requires overtime to be paid for those who work over 40 hours / week. Family members or related caregivers are not exempt from this law.

As of 2019, the federal minimum wage is set at \$7.25 / hour. However, some states and cities have set a higher minimum wage. For instance, in Illinois, the minimum wage is higher in Chicago than in the rest of the state.

Regional economic factors greatly impact the hourly rate independent caregivers are paid. In just a few isolated areas, caregivers make minimum wage. In most locations, independent caregivers are paid between \$10 – \$20 per hour. The average hourly rate for home care agencies is available here. Independent caregivers are typically paid 30% less than home care agencies.

3. Finding and Interviewing a Caregiver

There are many avenues in which one can find an independent caregiver. Ask friends, neighbors, senior centers, churches, the senior's primary doctor, and social workers if they know a senior caregiver who is looking for work. Search and / or post the position on online job boards, such as Craigslist.org, or look / place an ad in the classified section of your local newspaper.

Another great resource is to contact your local Area Agency on Aging (AAA), and ask if they know of any senior caregivers in the area in which you live. Click here to find the AAA in your area or use a 3rd party service to find an independent caregiver.

An initial interview over the phone can help narrow down applicants before interviewing in person. This can be kept simple and include the basics, such as the hours / days one is expected to work, specific caregiving duties, and policies to be followed, like not smoking in the house. The next step would be in-person interviews and are more in-depth. Ask applicants plenty of questions and cover topics such as:

- Previous work experience
- Training / special skills
- What they have liked / disliked about previous jobs
- How they would handle a difficult care recipient
- What they like about working with seniors

Finally, have them meet the person for whom they will be providing care.

4. Conducting a Background Check

Once a caregiver has been chosen, a background check is very important. A background check may include the following:

- Confirming prior employment
- Checking references
- Verifying certifications / licenses
- Doing a criminal background check
- Checking credit reports
- Obtaining DMV records

Inspirational Caregiver Quote

Keep your patience and give all dignity to our blessed seniors that they have earned over a lifetime.

- Sherril C.

There are several ways in which one can have a background check conducted. For instance, one may go through a law office or a private investigator, as they often have specialized databases, allowing them to do background checks. One may also opt to go through an online company, which is generally more affordable (expect to pay less than \$100). Make note, formally, one needs a signed release from the potential caregiver in order to perform a background check.

5. Creating an Independent Caregiver Contract

Once an independent caregiver has been hired, a job contract (also known as an employment contract) needs to be signed. This is a written agreement, and should include the following:

- Start date of employment
- Expectations
- Payment amount
- Vacation days
- Duties the caregiver is to perform

This is an important way to protect oneself as an employer in the event questions arise about what the job entails. An example of an independent caregiver contract agreement can be found here. The caregiver should sign two copies, one for the caregiver and one for the employer.

RESPONSIBILITIES AS A NEW EMPLOYER

Having a newly hired employee makes the family the employer, and as an employer, there are certain tasks one must complete. While initially these seem confusing and daunting, know that there are services that can help and that for the most part these are one-time activities.

1. Get an EIN (Employer Identification Number).

This is sometimes referred to as FEIN (Federal Employer Identification Number). This is a nine-digit identification number one obtains from the IRS. There is no fee required and it will be needed to file IRS and SSA (Social Security Administration) tax forms for one's employee. Apply for an EIN online.

2. Register with your state revenue department as an employer to get a state tax identification number.

(Most states require that employers get two state tax identification numbers). These numbers are for state income taxes and state unemployment insurance. For a list of state tax agencies, click here. Make note, not all states have income tax. As of 2019, the following states do not have state income tax: Alaska, Florida, Nevada, South Dakota, Texas, Washington, and Wyoming. Furthermore, New Hampshire and Tennessee only tax income and interest earned on investments.

3. Get Workers Compensation Insurance / Disability Insurance. This insurance protects both the employer and employee if an injury happens. For example, if an independent caregiver is hurt at work, this type of insurance will cover medical expenses and lost wages. Most states require employers to get Workers Compensation Insurance. To find out which states require this type of insurance, [click here](#).
4. File a USCIS Form I-9. This is an Immigration Status/ Employment Eligibility form to ensure one is eligible for employment in the U.S. (meaning they are a U.S. Citizen or a legal alien). This form must be completed prior to an employee's first day of work and kept with one's employee records. One can download Form I-9 [here](#). Note that the caregiver's Social Security number is required.
5. Complete a Form W-4. This is an Employee's Withholding Allowance Certificate, which is used by the IRS to determine how much federal income tax is to be withheld from an employee's paycheck. It must be filled out prior to the first pay period. To download this form, [click here](#). Note, household employees, such as private caregivers, are not required to have federal income tax withheld from their paychecks. However, they may do so if they wish.
6. Complete a State W-4. This form is for the state's Department of Revenue and is filled out to determine how much state income tax is to be deducted from one's payroll. However, as mentioned previously, not all states have income tax. For those that do, some allow the same withholdings as for federal income tax. Make note, states often refer to the state W-4 by a different name. For example, in Alabama it is called A-4 and in Hawaii it is called HW-4.
7. Report the new hire to the state. Some states accept a W-4 for the purpose of reporting a new hire. However, not all states do. Locate the website for each state in regards to new hire reporting [here](#). Make note, in most states, one must report a new hire within 20 days. However, some states require new hires be reported in fewer than 20 days.

ONGOING MANAGEMENT & PAYROLL RESPONSIBILITIES

Training & Managing the Caregiver

It is an employer's responsibility to train an independent caregiver to perform the required duties to the employer's and care recipient's satisfaction. For example, if one of the job duties is to prepare meals, it is important to train the caregiver on what type of meals should be prepared. If the care recipient is diabetic, their meal plan will be very different from someone who has no health issues. As another example, if light

housecleaning is a required part of the job, showing the caregiver exactly what one would like done and where the cleaning supplies are is key.

Another facet of being an employer of an independent caregiver is managing the caregiver. This means making sure one shows up to work and is on time, completes the required duties, does a good job, and so forth. Also, as part of managing a caregiver, one should expect to handle any issues or concerns that may arise from any of the parties involved. This can include firing an employee if the need arises and being sure to document the reasons why.

Managing Payroll & Withholdings

As employer of an independent caregiver, managing payroll can be a challenge. It includes calculating hours and pay, reporting payments to federal and state agencies, withholding and paying Social Security, Medicare, federal and state income tax, and Federal Unemployment Tax. For each tax and withholding, a complicated formula must be followed.

Did You Know?

Inexpensive 3rd party services can manage all aspects of caregiver payroll on a family's behalf.

Once an independent caregiver has been hired, first one needs to figure out the pay period, which is the starting and ending dates for which an employee is paid. Pay periods might be weekly, every other week, or once a month. The date on which one is paid is called payday. For every payday, the amount in which an employee is paid needs to be disclosed to federal and state agencies, like the Social Security Administration and the Internal Revenue Service.

From each paycheck, employee taxes are withheld. It's important to note, both employers and employees are required to pay taxes on the wages earned by an employee.

- **Social Security Tax** – This is both an employer and employee / caregiver tax. As of 2019, the employer pays 6.2% and the employee pays 6.2% (12.4% total) up to \$132,900 in employee wages. Please note, if an independent caregiver does not make \$2,100 / year, neither the employer nor the employee are required to pay Social Security tax.
- **Medicare Tax** – This is both an employer and employee / caregiver tax. As of 2019, an employer pays 1.45% and an employee pays 1.45%. (2.9% total) on all employee earnings. If an employee earns more than \$200,000 / year, the employee must pay an additional 0.9% for earnings over this amount. The employer is not required to match this higher tax.

Again, if the independent caregiver does not make \$2,100 / year, neither the employer nor the employee are required to pay Medicare tax. The combination of Social Security and Medicare taxes is sometimes referred to as FICA taxes. In other words, FICA taxes consist of 6.2% Social Security tax and 1.45% Medicare tax, both for the employee and employer. Combined this equals 12.4% in Social Security tax and 2.9% in Medicare tax. Make note, some employers choose to pay an employee's portion of FICA taxes.

- **Federal Income Tax** – A caregiver / employee only tax. Household employees, such as private caregivers, are not required to have federal income tax withheld from their paychecks. However, if an employee requests that federal income tax be withheld, an employer may do so. It's important to note, just because federal income tax does not have to be withheld, a household employee is still required to pay federal income tax.
- **Federal Unemployment Tax (FUTA)** – This is a federal tax that employers must pay, which allows employees who lose their jobs to continue to receive wages. As of 2019, employers pay 6% tax on an employee's wages if an employee makes more than \$1,000 / year. Any amount over \$7,000 / year is not taxed. However, there is a potential of a 5.4% tax credit against the FUTA tax.
- **State Unemployment Tax** – This is a state tax that is employer paid. The amount varies by state, and not all states require employers to pay state unemployment tax. To determine if one's state requires an employer to pay this type of tax, one needs to contact their state unemployment tax agency. For a list of agencies by state, [click here](#).
- **State Income Tax** – Not all states require that state income tax be paid, but if they do, this is an employee tax, and the amount owed will vary by state. [Click here](#) to find out which states have a state income tax.

To summarize, an employer must withhold from each employee's paycheck 6.2% for Social Security Tax, 1.45% for Medicare Tax, Federal Income Tax (if applicable), and State Income Tax (if applicable). An employer also owes an equal share of Social Security and Medicare Tax for every paycheck. In addition, an employer needs to pay Federal Unemployment Tax and potentially State Unemployment Tax.

Example: Independent Caregiver Payroll Deductions
Cassandra works as an independent senior caregiver a total of 20 hours per week at \$13.00 / hour. She is paid every two weeks. Total Cash Wages: \$13.00 x 40 hours = \$520.00
Cassandra's Portion of Social Security Taxes: \$520.00 x 6.2% (0.062) = \$32.24
Cassandra's Portion of Medicare Taxes: \$520.00 x 1.45% (0.0145) = \$7.54
Therefore, one must withhold \$39.78 (\$32.24 for Social

Security Taxes and \$7.54 for Medicare Taxes) from each paycheck if hours and hourly wages remain the same. One's employer owes an equal amount of Social Security Taxes and Medicare Taxes for their employee. In this case, Cassandra's employer also owes \$39.78 for each pay period. * Remember, based on an employee's W-4 and State W-4, additional taxes may need to be withheld. This amount is based on what an employee selects on these forms (if applicable).

Paying Employee/Employer Taxes

Calculating taxes and withholdings, as described above, is only half the challenge associated with employing an independent caregiver for your loved one. One must also pay the taxes they owe, plus employee withheld taxes, to the appropriate organization at the appropriate time of month, quarter, or year.

Federal taxes must be paid, at a minimum, once a year, and in most cases, state taxes must be paid on a quarterly basis. In general, both federal and state taxes can be paid electronically or via paper.

Remember, not all states have the same tax requirements and it is important to check the tax laws and filing dates in one's state. Contact one's state revenue department to learn what state tax forms need to be filled out and when they are due. In addition, check with one's state's labor offices for additional requirements.

To see the IRS Household Employer's Tax Guide (Publication 926), which provides additional helpful information, [click here](#).

Important Paperwork / Filing Dates for Tax Returns

January 31st – The Form W-2 is used to report gross pay and withholdings. An employer must complete this form for the caregiver at the end of the year for purposes of filing taxes and provide copies B, C, and 2 to the caregiver. Additionally, the Form W-2 copy A, as well as Form W-3 (Transmittal of Wage and Tax Statements) must be filed with the SSA either electronically or by paper. To file Form W-2 and Form W-3 electronically, which is free of charge, [click here](#).

April 15th – (For residents of Maine and Massachusetts, the date is April 17th) – The Schedule H (Form 1040), Household Employment Taxes Form, should be filed with an employer's Individual Income Tax Return – Form 1040.

Just a reminder, the above filing dates are for Federal filing. State deadlines may be different from Federal dates. Make sure to keep all employment tax records for a minimum of four years from the date in which taxes are paid.

Record Keeping

For non-exempt employees, such as independent caregivers, there are several records that must be kept by the employer. This includes the employee's full name, social security number, address, sex, occupation, and regular hourly wage. All dates of payments, as well as the pay period, should also be recorded. Make sure to record the total number of hours one works each week, the number of hours worked each day, any overtime, and the total amount paid each payday. In addition, any federal income tax, social security tax, Medicare tax, and / or state employment tax withheld should also be recorded. Relevant tax paperwork, such as Form W-4, Schedule H, and Form W-2 should also be kept in an employer's records.

IMPORTANCE OF PAYING A CONTRACTOR LEGALLY

While it may seem less of a hassle and less expensive to pay a caregiver under the table, there are several reasons why doing so is not in the employer's / family's best interest.

- Most importantly, the IRS considers paying independent caregivers under the table to be tax evasion. If caught, there may be penalties, including owing back taxes.
- For many families, caring for an elderly loved one becomes too expensive, and eventually the individual may qualify for Medicaid. Having paid for a caregiver legally will greatly facilitate the Medicaid application and acceptance process. Phrased another way, having paid the independent caregiver under the table will greatly complicate getting accepted into Medicaid and could even result in being denied acceptance or delaying acceptance for many months or even years.
- Paying a caregiver under the table means they will not have disability insurance. Should an injury occur, there is a greater likelihood of the family becoming involved in a lawsuit.
- Paying a caregiver by the book means a family may be eligible for tax credits. Most relevant are the Federal Tax Credit for Elderly Dependent Care and the Medical Care Tax Deduction.

Source: <https://www.payingforseniorcare.com/homecare/hiring-independent-caregivers>

CAREGIVERS

Eighty-three percent of the help provided to older adults in the United States comes from family members, friends or other unpaid caregivers. Nearly half of all caregivers who provide help to older adults do so for someone with Alzheimer's or another dementia.

18.4 billion

Hours of care, valued at over \$232 billion, are provided by family and other unpaid caregivers.

Who are the caregivers?

- About one in three caregivers (34 percent) is age 65 or older.
- Approximately two-thirds of caregivers are women; more specifically, over one-third of dementia caregivers are daughters.
- Approximately one-quarter of dementia caregivers are "sandwich generation" caregivers — meaning that they care not only for an aging parent, but also for children under age 18.

Alzheimer's takes a devastating toll on caregivers. Compared with caregivers of people without dementia, twice as many caregivers of those with dementia indicate substantial emotional, financial and physical difficulties.

Of the total lifetime cost of caring for someone with dementia, 70 percent is borne by families — either through out-of-pocket health and long-term care expenses or from the value of unpaid care.

Source: <https://alz.org/alzheimers-dementia/facts-figures>

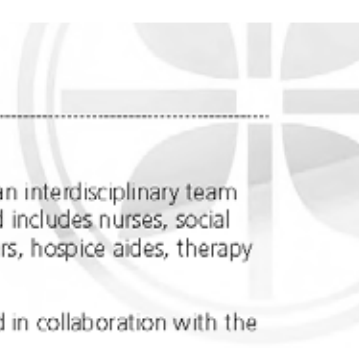
PALLIATIVE CARE OR HOSPICE?

The right service at the right time for seriously ill individuals

QUESTION	PALLIATIVE CARE	HOSPICE
What is the focus?	<p>Palliative care is not hospice care; it does not replace the patient's primary treatment; palliative care works together with the primary treatment being received. It focuses on the pain, symptoms and stress of serious illness most often as an adjunct to curative care modalities.</p> <p>It is not time limited, allowing individuals who are 'upstream' of a 6-month or less terminal prognosis to receive services aligned with palliative care principles. Additionally, individuals who qualify for hospice service, and who are not emotionally ready to elect hospice care could benefit from these services.</p>	<p>Hospice care focuses on the pain, symptoms, and stress of serious illness during the terminal phase. The terminal phase is defined by Medicare as an individual with a life expectancy of 6-months or less if the disease runs its natural course.</p> <p>This care is provided by an interdisciplinary team who provides care encompassing the individual patient and their family's holistic needs.</p>
Who can receive this type of care?	Any individual with a serious illness, regardless of life expectancy or prognosis.	<p>Any individual with a serious illness measured in months not years.</p> <p>Hospice enrollment requires the individual has a terminal prognosis.</p>
Can my patient continue to receive curative treatments?	<p>Yes, individuals receiving palliative care are often still pursuing curative treatment modalities.</p> <p>Palliative care is not limited to the hospice benefit. However, there may be limitations based on their insurance provider.</p>	<p>The goal of hospice is to provide comfort through pain and symptom management, psychosocial and spiritual support because curative treatment modalities are no longer beneficial.</p> <p>Hospice should be considered at the point when the burden of any given curative treatment modalities outweighs the benefit coupled with prognosis. Other factors to consider and discuss, based on individual patient situations, are treatment modalities that no longer provide benefit due to a loss of efficacy.</p>
What services are provided?	Pain and symptom management, in-person and telephonic visits, help navigating treatment options, advance care planning and referrals to community resources.	<p>Pain and symptom management, 24-hour on-call service, in-person visits, medical equipment, related medications, inpatient care, continuous care in the home, respite care, volunteer services, spiritual care, bereavement and counseling services.</p> <p>There are four levels of care that can be provided to patients per CMS regulations (routine, inpatient, continuous, and respite care).</p>
Where are services provided?	<p>Palliative care may be provided in any care setting.</p> <ul style="list-style-type: none"> ■ Home ■ Hospice facility ■ Skilled Nursing Facility ■ Long-term Care Facility ■ Long Term Acute Care Facility ■ Assisted Living Facility ■ Hospital ■ Group Home ■ Clinics 	<p>Hospice care can be provided in most care settings.</p> <ul style="list-style-type: none"> ■ Home ■ Hospice facility ■ Skilled Nursing Facility ■ Long-term Care Facility ■ Assisted Living Facility ■ Hospital (inpatient levels of care only) ■ Group Home

(continued on reverse...)





Who provides these services?	<p>Palliative care may be provided by an interdisciplinary team. However, most palliative services are provided by a physician, nurse practitioner or nurse with consultative support from social worker and chaplaincy services.</p> <p>These services are performed in collaboration with the primary care physician and specialists through consultative services or co-management of the patient's disease process.</p>	<p>Hospice care is provided by an interdisciplinary team that is led by a physician and includes nurses, social workers, chaplains, volunteers, hospice aides, therapy disciplines and others.</p> <p>These services are performed in collaboration with the attending physician.</p>
What types of health care organizations may provide these services?	<p>Palliative care is not dependent on care setting or type of medical practice. Services are performed in collaboration with the patient's primary care physician, other specialists, and health care settings they may be receiving services from.</p> <ul style="list-style-type: none">■ Palliative Care Practices■ Licensed Home Health Agencies■ Licensed Hospice Agencies■ Nursing Facilities■ Healthcare Clinics■ Hospitals	<p>Hospice organizations</p> <ul style="list-style-type: none">■ State licensed and/or Medicare-certified Hospice providers■ Non-Medicare certified Hospice providers■ Veteran Affairs Hospice
How long can an individual receive services?	<p>Palliative care is not time-limited. How long an individual can receive care will depend upon their care needs, and the coverage they have through Medicare, Medicaid, or private insurance.</p> <p>Most individuals receive palliative care on an intermittent basis that increased over time as their disease progresses.</p>	<p>As long as the individual patient meets Medicare, Medicaid, or their private insurer's criteria for hospice care. Again, this is measured in months, not years.</p>
PAYMENT		
Does Medicare pay?	<p>Palliative care is covered through Medicare Part B. Some treatments and medications may not be covered.</p> <p>May be subject to a co-pay according to the plan.</p>	<p>The Medicare Hospice Benefit pays all related costs associated with the care that is related to the terminal prognosis as directed by CMS.</p> <p>There may be some medications, services, and/or equipment that are not included in the Medicare Hospice Benefit.</p>
Does Medicaid pay?	<p>Palliative care is covered through Medicaid. Some treatments and medications may not be covered.</p> <p>May be subject to a co-pay according to the plan.</p>	<p>In most states Medicaid pays all related costs associated with the care related to the terminal prognosis as directed by CMS.</p> <p>There may be some medications, services and/or equipment that are not included in the Medicaid Hospice Benefit.</p>
Does private insurance pay?	<p>Most private insurers include palliative care as a covered service. Each payer is different, and their palliative services will be outlined through the insurer's member benefits.</p> <p>Some treatments and medications may not be covered. May be subject to a co-pay according to the plan.</p>	<p>Most private insurers have a hospice benefit that pays all related costs associated with the care related to the terminal prognosis.</p> <p>There may be some medications, services and/or equipment that are not included in the individual's policy.</p> <p>May be subject to a co-pay according to the plan.</p>
When should I refer?	<p>Patients with advanced chronic illness that have received maximum medical therapy and are at risk of using the hospital for decompensation.</p>	<p>If you would not be surprised if this patient died within the next 12 months, they are likely appropriate for hospice. Patients that have received maximum therapy and focus has shifted to symptom management and comfort care.</p>

Does Hospice Mean Death?

By Angela Morrow, RN

Updated on July 14, 2021

Medically reviewed by

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Many people wonder whether choosing hospice care means that they are giving up hope, or if it means they are choosing death. In fact, this is not what hospice means at all.

Here's what to know about the goals and benefits of hospice care. Understanding what hospice really means and clearing up any misconceptions you may have can help you decide if this is the right choice for you or your loved one.

THE PURPOSE OF HOSPICE

Patients and their families often choose hospice care when it has been determined that the person's disease is no longer curable, and thus is considered a terminal illness..

Instead of focusing on curative treatments (such as chemotherapy or surgeries), hospice focuses on treating the symptoms of an illness, such as pain, nausea, or shortness of breath. Hospice programs may also provide social workers and spiritual counselors to help the patient come to terms with their prognosis and, in some cases, mend relationships between the patient and their loved ones.

Most hospice care is covered by the Medicare Hospice Benefit (MHB). The MHB covers four levels of care, including:

- Routine home care: This includes intermittent nursing services, medical supplies, and physical therapy, among other services that are provided in the patient's home.
- General inpatient hospice care: This includes care for distressing symptoms that can only be provided in a hospital or other setting where intensive nursing and other support is available outside of the home.
- Respite care: Respite care is short-term inpatient care designed to relieve the primary caregiver temporarily.
- Continuous home care: Continuous care supports the patient and their caregiver through brief periods of crisis, providing nursing, home health aide, and housekeeping services for 8-24 hours a day.

Redefining Hope

People who choose hospice care are not giving up hope; they are in fact redefining it. Although there may no

longer be a possibility of curing their illness, they redirect their hope into mending and restoring relationships, spending quality time with those they love, and finding peace and comfort.

Some people may turn to their religious faith at this time and settle financial affairs or other parts of their lives that they don't want to leave unresolved.

Most patients spend about three weeks in hospice, but, in retrospect, families may feel the person should have entered hospice earlier in the disease process and had more time to experience the benefits.

WHAT HOSPICE LOOKS LIKE

Hospice is not a physical place, but an overall philosophy of caring for someone at the end of life. That said, there are free-standing facilities that provide hospice care when it is not possible for someone to live in their own home. Either way, hospice typically involves a team of nurses, social workers, health aides, and more.

At-Home Hospice Care

Most hospice care is provided where the patient lives, whether it is their private home, a nursing home, or an assisted living complex. Being surrounded by one's familiar belongings and surroundings is a core tenet of hospice care.

Hospice Facilities

Free-standing hospice facilities may be operated by a hospice agency that also offers in-home care, or be independently owned. For patients that don't have caregivers to care for them at home, or those that need more advanced physical care 24/7, a free-standing hospice may be a good choice.

CHOOSING HOSPICE DOESN'T MEAN CHOOSING DEATH

Choosing hospice means choosing to focus on living as fully and comfortably as possible during the time you have left. People who qualify for hospice are usually expected to die in six months or less, but that doesn't mean dying is their focus. Many people live much longer than six months, in fact. You can stop and re-start hospice care anytime.

Usually, once someone has chosen hospice, they have been through a lot already. Multiple hospital admissions, chemotherapy and radiation, and invasive tests and treatments can leave patients feeling sick and tired. Hospice care can prevent people from living out the end of their lives in pain and exhaustion.

That said, hospice care isn't just for cancer patients. In fact, hospice patients often have medical conditions such as dementia, heart disease, liver disease, kidney disease, or lung disease.

By choosing hospice, patients focus on the quality of their lives rather than on how long they can keep living, especially if living longer means living with stress and without time to engage in the activities that really matter. With this view in mind, it's clear that choosing hospice is about choosing quality over quantity.

People often get confused about the difference between hospice care and palliative care. The goal of palliative care is to relieve pain. It can be provided anytime during the course of an illness, even in conjunction with curative treatments. Palliative care is one aspect of hospice care, but with hospice, curative treatments have been stopped and the patient's life expectancy is six months or less.

What Hospice Allows

Hospice patients who are still mobile and energetic may use the time that was once consumed by doctor's appointments and hospital stays to take family vacations, travel to places they've always wanted to see, and enjoy the company of loved ones.

If and when a patient is no longer able to leave home (or a hospice facility), the hope is that the patient will be able to spend meaningful time with the important people in their lives, and leave much of the hands-on caregiving to the hospice team, who can help with bathing the patient, giving them medications, preparing food, and even helping with paperwork.

In hospice care, patients have access to healthcare professionals with expertise in pain management and the care and medications that can alleviate discomfort.

Dying patients also have access to emotional, social, and spiritual support from social workers and chaplains.

As a person nears the end of life, they may worry about what will happen after they die. They may also have "unfinished business" that they want to resolve. Social workers and spiritual counselors may help with this and also help them let go of any guilt or shame they may feel about things that happened during their lives.

A WORD FROM VERYWELL

Ultimately, only you can decide when and where you'd like to spend to your last days. You may have accepted that further medical treatment will not cure your illness, and that you don't want to die in a hospital. By choosing hospice care, you will be able to remain in familiar surroundings with the important people in your life.

While choosing hospice care means that you've accepted that your illness is no longer curable, it does not have to mean giving up hope.

Verywell Health uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy.

1. American Cancer Society. How and where is hospice care provided and how is it paid for?
2. World Health Organization. Palliative care.

Additional Reading

Visiting Nurse Service of New York. VNSNY hospice and palliative care

Source: <https://www.verywellhealth.com/does-choosing-hospice-care-mean-im-giving-up-hope-1132619>

Hospice Providers

Bridge Home Health and Hospice (419) 352-9808 or 1-888-352-1166
960 W. WOOSTER, BOWLING GREEN 43402
www.bvhealthsystem.org
Serves Henry, Sandusky, and Wood counties..

Bridge Personal Care Services 1-888-463-3376
15100 BIRCHAVEN LN., FINDLEY 45840
www.bridgepcs.org

Inspirational Caregiver Quote

Never believe that a few caring people can't change the world. For indeed, that's all who ever have.
- Margaret Mead, anthropologist

CHP Home Care & Hospice
DEFIANCE (419) 782-5411 or (419) 782-4131
6817 SR 66 N, DEFIANCE 43512
Serves Defiance and Henry counties.
250 DOOLEY DR., STE. A, PAULDING 45879 (419) 399-4708
Serves Paulding county.
230 WESTFIELD DR., ARCHBOLD 43502 (419) 445-5128
Serves Fulton county.
1215 S. PORTLAND ST., BRYAN 43506 (419) 633-7590
Serves Williams county.
www.comhealthpro.org

Defiance Area Inpatient Hospice Ctr. (419) 782-4131
06817 ST. RT. 66 N, DEFIANCE 43512
www.comhealthpro.org

Elara Caring Home Health and Hospice (419) 536-6748
3425 EXECUTIVE PKWY., STE. 206, TOLEDO 43606

Henry Co. Home Health and Hospice (419) 599-5612
1843 OAKWOOD AVE., NAPOLEON 43545
www.henrycohd.org

Hospice of Northwest Ohio (419) 661-4001 or 1-866-661-4001
30000 E. RIVER RD., PERRYSBURG 43551
800 SOUTH DETROIT AVE., TOLEDO 43609
www.hospicenwo.org

Caring for the Caregiver and Hands-on Caregiving
- Both workshops are free and open to anyone in the community. Offering practical tips and healthy insights to assist caregivers in the physical care of a loved one as well as in finding meaning in the caregiving experience.

National Hospice and Palliative Care Organization (703) 837-1500
1731 KING ST., STE. 100, ALEXANDRIA, VA 22314
www.nhpco.org

Ohio Living Home Health and Hospice (419) 865-1499
1730 S. REYNOLDS RD., TOLEDO 43614
www.ohioliving.org

Otterbein Ashanti Hospice & Palliative Care - Sunset House (419) 536-4645
4020 INDIAN ROAD, SUITE A, TOLEDO 43606
www.sunset-communities.org

ProMedica Hospice (419) 531-0440
10220 WATERVILLE ST., WHITEHOUSE 43571

Sincera Palliative Care (419) 931-3440
www.hospicenwo.org

SouthernCare (419) 843-6106
6545 W. CENTRAL AVE., STE. 103, TOLEDO 43617
www.southerncarehospice.com

Stein Hospice (419) 625-5269
1200 SYCAMORE LINE, SANDUSKY 44870
www.steinhospice.org

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419.661.4001
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419.931.3440
sinceracare.org

WAYS TO CARE FOR YOURSELF WHILE GRIEVING

During the grieving process, it is important to remember that everyone experiences grief differently. One way to help you during this process is to be compassionate towards yourself. Please see these ideas as suggestions only. Do what feels right to you.



1

GIVE YOURSELF PERMISSION

Many times we think that grief should be something we get over or move through quickly. Give yourself permission to really feel your loss. Do whatever it is that feels comforting to you, regardless what others may think. If your life is busy, set aside at least a few minutes each day to really feel your loss.

2

BE GENTLE WITH YOURSELF

Treat yourself as you would treat a good friend going through the same loss. Be kind to yourself and put any self-criticism and judgments aside. You are doing the best you can.

3

AVOID HARSH ENVIRONMENTS

Now is not the time to watch TV news, horror movies or be in loud crowds. Surround yourself with your favorite books and soothing music.

4

EAT WELL & MOVE YOUR BODY

Don't numb yourself with junk food. If you don't have much of an appetite, eat healthy foods in small portions. Moving your body will also help you to clear your head and be in the present moment.

5

FIND FELLOW GRIEVERS

It may be tempting to isolate yourself from others, but tremendous healing can take place in a group of fellow grievers. Check your local churches, hospitals or even social networks to find a group where you are comfortable.

6

WRITE A LETTER

Writing can be a wonderful way to process your thoughts and emotions. Try writing a letter to your present self from your future self several years from now offering consolation and hope for the future. You can also try writing a letter to your loved one and let your emotions flow.

7

SPEND TIME IN NATURE

Spending time outside and around animals can be so grounding and can bring you fully into the present moment. Take everything in and open up your senses to the entire experience.

8

REVISIT AN OLD HOBBY OR TRY A NEW ONE

Did you play an instrument in the band? Did you always want to learn how to paint? Now may be a great time to indulge yourself a little and encourage your inner creative to come out to play.

Senior Centers

Senior Centers...Community facilities where older adults can gather and make new friends. While programs vary by center, most offer outreach programs, meals, information, health screenings, counseling, and a variety of educational, fitness and volunteer programs.

■ DEFIANCE COUNTY

Defiance County Senior Services
(419) 782-3233 or 1-888-782-3233
140 E BROADWAY, DEFIANCE 43512
www.defiance-county.com/senior-services

Hicksville Senior Center
(419) 542-5004 or 1-888-330-5004
708 E. HIGH. ST., HICKSVILLE 43526
www.defiance-county.com/senior-services

■ ERIE COUNTY

Erie County Senior Center
(419) 626-2560 or 1-800-701-3221
620 E. WATER ST., SANDUSKY 44870
www.eriesenior.org

■ FULTON COUNTY

Archbold Senior Center
(419) 337-9299
SCOUT CABIN IN RUIHLEY PARK
210 W WILLIAMS ST., ARCHBOLD 43502

Delta Senior Center
(419) 337-9299
101 NORTHWOOD DR., DELTA 43515

Fayette Senior Center
FAMILY LIFE CTR., 306 E. MAIN ST., FAYETTE

Fulton County Senior Center
1-800-686-9217
(419) 337-9299 TO RESERVE LUNCH
240 CLINTON ST., WAUSEON 43567
www.fultoncountyoh.com

Swanton Senior Center
(419) 337-9299
FAITH LUTHERAN CHURCH
620 DODGE ST., SWANTON 43558

■ HENRY COUNTY

Henry County Senior Center, Inc.
(419) 599-5515
203 ROHRS ST., BOX 471, NAPOLEON 43545
www.henrycountyseniorcenter.com

■ LUCAS COUNTY

Asian Resource Center
(419) 936-2866
1865 FINCH ST., TOLEDO 43609

Chester J. Zablocki Senior Center
(419) 936-3089
3015 LAGRANGE ST., TOLEDO 43608
www.zablockicenter.com

East Toledo Senior Activity Center
(419) 691-2254
1001 WHITE ST., TOLEDO 43605
www.etfc.org

Eleanor M. Kahle Senior Center
(419) 476-2745
1315 HILLCREST DR., TOLEDO 43612

Friendship Park Community Senior Center
(419) 936-3079
2930 131ST ST., TOLEDO 43611
www.toledo.org/friendshippark

Gardens of St. Francis
(419) 698-4331
930 S. WYNN RD., OREGON 43616
www.chilivingcommunities.org

NHA - J. Frank Troy Senior Center
(419) 255-6206
545 INDIANA AVE., STE. A, TOLEDO 43604

Jewish Living Ctr. of Gr. Toledo
(419) 531-2119
6505 SYLVANIA AVE., SYLVANIA 43560
www.jewishtoledo.org

Margaret L. Hunt Senior Center
(419) 385-2595
2121 GARDEN LAKE PKWY., TOLEDO 43614
www.mlhunt.weconnect.com

Maumee Senior Center
(419) 893-1994
2430 S. DETROIT AVE., MAUMEE 43537
www.maumeeseniorcenter.com

Monclova/Anthony Wayne Senior Center
(419) 861-1336
8115 MONCLOVA RD., MONCLOVA 43542
www.monclovacommunitycenter.org

NHA - Mayores Senior Center
(419) 242-1144
2 AURORA GONZALES DR., TOLEDO 43609
www.nhainc.org/mayores-senior-center

The Oregon Senior Center
(419) 698-7078
4350 NAVARRE AVE., OREGON 43616
www.oregonohio.org/senior-living

Senior Centers, Inc.
(419) 242-9511
2308 JEFFERSON AVE., TOLEDO 43604

Sylvania Senior Center
(419) 885-3913
7140 SYLVANIA AVE., SYLVANIA 43560
www.sylvaniaseniorcenter.org

■ OTTAWA COUNTY
Danbury Senior Center
(419) 798-4101
8470 E. HARBOR RD., LAKESIDE
MARBLEHEAD 43440
www.co.ottawa.oh.us

Elmore Senior Center
(419) 862-3874
GRACE EVANGELICAL LUTHERAN CHURCH,
19225 WITTY RD., ELMORE 43416
www.co.ottawa.oh.us/seniorresources

Genoa Senior Center
(419) 855-4491
514 MAIN ST., GENOA 43430
www.genoaohio.org/our-community/senior-center

Oak Harbor Senior Center
(419) 898-2800
8180 W. ST. RT. 163, OAK HARBOR 43449
www.co.ottawa.oh.us

Port Clinton Senior Center
(419) 734-1481
320 E. THIRD ST., PORT CLINTON 43452
www.co.ottawa.oh.us

Put-In-Bay Senior Center
(419) 285-5501
195 CONCORD AVE., PUT-IN-BAY 43456
www.pibseniorcenter.org

Inspirational Caregiver Quote

One person caring about another represents life's greatest value.

- Jim Rohn

Inspirational Caregiver Quote

Be the change you wish to see in the world.

- Ghandi

■ PAULDING COUNTY

Paulding County Senior Center

(419) 399-3650

401 E. JACKSON ST., PAULDING 45879

■ SANDUSKY COUNTY

GLCAP

www.glcap.org

Clyde Nutrition Site

(419) 547-8052

900 N. WOODLAND AVE., CLYDE 43410

Gibsonburg Nutrition Site

(419) 637-7947

100 MEADOW LN., GIBSONBURG 43431

Sandusky Co. Senior Center

(419) 334-8383

1101 CASTALIA ST. FREMONT 43420

■ WILLIAMS COUNTY

Bryan Senior Center

(419) 636-4047

1201 S. PORTLAND ST., BRYAN 43506

www.co.williams.oh.us

Edgerton Senior Center

(419) 298-3564

224 LAUBACH DR., PO BOX 877,

EDGERTON 43517

www.co.williams.oh.us

Edon Area Senior Center

(419) 272-2070

320 PARKWAY, PO BOX 211, EDON 43518

www.co.williams.oh.us

Montpelier Senior Center

(419) 485-3218

325 N. JONESVILLE ST., MONTEPIER 43543

www.co.williams.oh.us

Pioneer Senior Center

(419) 737-3095

100 N. ELM ST., BOX 685, PIONEER 43554

www.co.williams.oh.us

Stryker Senior Center

(419) 682-2083

102 E. MULBERRY ST., STRYKER 43557

www.co.williams.oh.us

West Unity Senior Center

(419) 924-5447

509 W. MAIN ST., WEST UNITY 43570

Williams County Dept. of Aging

(419) 633-4317

1425 E. HIGH ST., STE. 2, BRYAN 43506

www.co.williams.oh.us

■ WOOD COUNTY

Grand Rapids Area Senior Center

(419) 601-1896

23019 KELLOGG RD., GRAND RAPIDS 43522

North Baltimore Area Senior Center

(419) 257-3306

514 W. WATER ST., N. BALTIMORE 45872

www.wccoa.net

Northeast Area Senior Center

(567) 249-4921

705 N. MAIN ST., WALBRIDGE 43465

www.wccoa.net

Pemberville Area Senior Center

(419) 287-4109

220 CEDAR ST., PEMBERVILLE 43450

www.wccoa.net

Perrysburg Area Senior Center

(419) 874-0847

140 W. INDIANA, PERRYSBURG 43551

www.wccoa.net

Rossford Area Senior Center

(419) 666-8494

400 DIXIE HWY., ROSSFORD 43460

www.rossfordrecreation.com/seniors

Wayne Area Senior Center

(419) 288-2896

202 E. MAIN ST., WAYNE 43466

www.wccoa.net

Wood County Senior Center

(419) 353-5661 or 1-800-367-4935

140 S. GROVE ST., BOWLING GREEN 43402

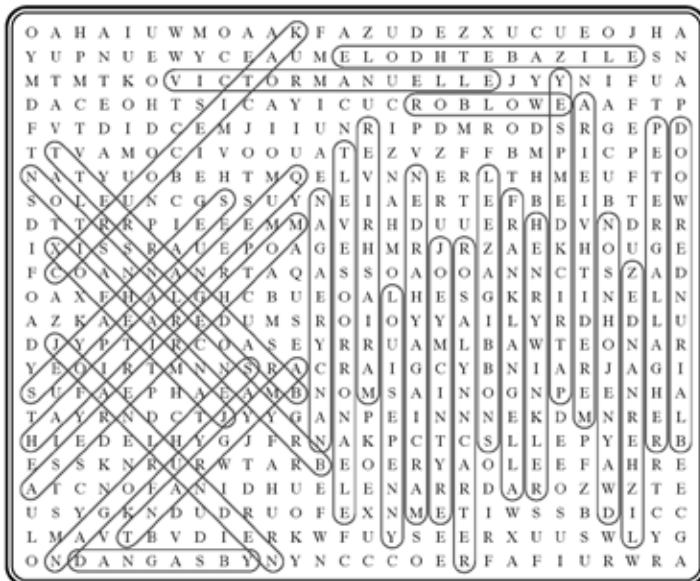
www.wccoa.net



Famous Celebrity Caregivers ANSWER KEY



Find and circle each of the words from the list below. Words may appear forwards or backwards, horizontally, vertically or diagonally in the grid.



Leeza Gibbons Rosalynn Carter Bryan Cranston Blair Underwood Peter Gallagher
Henry Winkler Joey McIntyre Queen Latifah Liz Hernandez Elizabeth Dole
Louise Penny Sean Hayes Joan Lunden Katie Couric Brad Garrett Maria Shriver
Meredith Vieira Victor Manuelle Mother Teresa Frank Langella Nancy Reagan
Dwayne Johnson Marcia Gay Harden Patrick Dempsey Eleanor Roosevelt
Seth Rogan Rob Lowe Dan Gasby Amy Grant Jamie Fox

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Notes

Caregiver Support Program

For Families and Persons Caring for Older Adults.

When you're caring for a loved one, we will be with you all the way.



DID YOU KNOW THAT ON AVERAGE...

Family caregivers spend **23.7 hours** per week providing care.

Nearly **1 in 4** caregivers spends **41 hours or more** per week providing care.

¹ National Alliance for Caregiving and AARP. (2020). Caregiving in the U.S.

Caregiver Support Program works to:

- Reduce caregiver stress, burden, and injuries
- Increase caregiver confidence and knowledge
- Improve the quality of care
- Help caregivers balance their lives and caregiving responsibilities

Eligible Populations

- Caregivers of any age who are providing care for a person age 60+ who is frail.
- Caregivers caring for an individual with Alzheimer's Disease or related disorder regardless of their age.

Services Available

NOTE: Services are only Temporary and Dependent upon Location

Information

Assistance

Counseling

Respite Care

Supplemental Services

**Visit our website for upcoming caregiver programs and events and to sign up to receive our bi-monthly emailed newsletter.*

Let Us Help. Contact Us HERE:

Area Office on Aging of NW Ohio

2155 Arlington Ave

Toledo, Ohio 43609

Phone (419) 382-0624 OR

800-472-7277

www.areaofficeonaging.com



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- Rotating **breakfast** and **lunch/dinner** menus.
- **4, 5 and 7 day meal plans** available.
- Standard **low sodium/diabetic friendly** meals.
- Sensitive to dietary restrictions.
- **Individual portions** freshly sealed for EZ heat and serve.
- **Consistent** delivery day and time

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