



Caregiving Smarts™

RESOURCE GUIDE

PROVIDING QUALITY RESOURCES FOR
CAREGIVERS AND THOSE AGED 60+

11th edition



Area Office on Aging
of Northwestern Ohio, Inc.

419.382.0624
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.



Caregiver Support Program Works to:

- Reduce caregiver stress, burden, and injuries
- Increase caregiver confidence and knowledge
- Improve 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 Temporary and Dependent upon Location

Information & Assistance

Information given as in support group, education and training, and Caregiving Smarts Guide. Honoring Caregivers Recognition event in November.



Temporary Respite

Personal Care/Homemaker, Adult Day Care or Institutional Care to temporarily relieve family caregiver from their responsibilities.

Supplemental Services

Durable Medical Equipment or Nutritional Supplement on a limited basis.

Caregiver Counseling

Professional counseling provided by a licensed individual to help family caregivers cope with personal problems related to caregiving.

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

AREA OFFICE ON AGING OF NORTHWESTERN OHIO

**If You Are Caring For A Loved One Age 60+,
We Can Help You Do It**

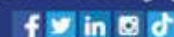
BETTER LONGER

Older Adults Complete Wellness Source

To find out how AOoA can help, call
(419) 382-0624

www.AreaOfficeOnAging.com

Search for ToledoAging on



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 July, 2026, 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™

11th Edition, August, 2026

SENIOR IMPACT PUBLICATIONS, LLC

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Dear Friends,

Taking care of a loved one can be challenging emotionally, physically, and financially. AARP's 2023 Family Caregivers Update cites that 61 percent of caregivers work to defray care costs. The report cites that 40 percent of caregivers are afflicted with the emotional stress of balancing caregiving with work, noted as their greatest challenge.

As noted by AARP, 30 percent of all caregivers are caring for two generations. For example, sandwich generation caregivers face dual-generation care demands. Caring for both an older family member, and children (or grandchildren), can result in greater levels of emotional and financial burden. Importantly, the report notes that care provided by unpaid family caregivers is valued at more than 30 billion hours annually, with an estimated economic value of \$600 billion — primarily in the form of lost wages.

The good news is that caregivers do not need to do it all themselves. There are community resources available to supplement the care you provide. Our Caregiving Smarts Resource Guide provides valuable information about services to help caregivers. Please utilize this guide and contact our staff in the Caregiver Support Program to advise you on available resources. We thank all family caregivers for your service and look forward to being a partner in your journey.

Sincerely,



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



Justin Moor,
President/CEO
Area Office on
Aging of NW
Ohio, Inc.

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Area Office on Aging
of Northwestern Ohio, Inc.

2155 Arlington Avenue
Toledo, Ohio 43609

OUR MISSION

The **Area Office on Aging** is dedicated to promoting the **health, well-being, and safety** of older adults, individuals with disabilities, and family caregivers. Through a wide range of services, we **foster independence** and improve the quality of life for those we serve. **Visit our website at areaofficeonaging.com to learn more.**

Please mail checks to:

Northwest Ohio Area Office on Aging Foundation
2155 Arlington Ave.
Toledo, OH 43609

Please make checks payable to: NWO AOA Foundation

All donations directly benefit and support the Area Office on Aging of Northwestern Ohio, Inc. to advance the mission and programming.

AREA OFFICE ON AGING OF NORTHWESTERN OHIO

Could you, or someone you know, benefit from programs offered by the Area Office on Aging? Call today to find out how we can help! **419-382-0624**

HOME CARE

PASSPORT home delivered meals and home health aide

CAREGIVING

Assisted living waivers, benefits counseling, family caregiver support

KINSHIP

Help for grandparents and relatives raising children

CASE MANAGEMENT

Managed care assistance

NUTRITION

Farmer's market produce vouchers

SENIOR CENTERS

Activities, exercise classes, daily meal services – visit our website at areaofficeonaging.com

VOLUNTEER

Community opportunities, orientation, training, referrals and supplemental insurance

HOUSING

Summer energy assistance and minor home repair



**SCAN TO
DONATE**

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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.

63 million Americans provide unpaid care to a loved one.

23% of Americans find it difficult to take care of their own health.

47% had at least one financial impact.

27% of Americans are caring for someone with dementia or cognitive impairment.

<https://doi.org/10.26419/ppi.00373.002>

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

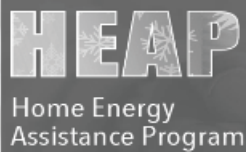
1-800-472-7277 OR 419-382-0624 or www.areaofficeonaging.com

A Caregiver’s Bill of Rights

I have the right . . .

- To take care of myself. This is not an act of selfishness. It will give me the capacity to take better care of my relative.
- To seek help from others even though my relative may object. I recognize the limits of my own endurance and strength.
- To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do somethings for myself.
- To get angry, be depressed, and express other difficult feelings occasionally.
- To reject any attempt by my relative (either conscious or unconscious) to manipulate me through guilt, anger, or depression.
- To receive consideration, affection, forgiveness, and acceptance for what I do for my loved one for as long as I offer these qualities in return.
- To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.
- To protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.
- To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired older persons in our country, similar strides will be made toward aiding and supporting caregivers.
- To _____
(Add you own statement of rights to this list. Read the list to yourself every day.)

— Jo Horne, author of *Caregiving: Helping an Aging Loved One*



Applicants must have the following documents when applying:

- Most recent utility bills
- A list of all household members (including birth dates and Social Security numbers)
- Proof of income for the past 30 days for all household members (12 months for certain income types)
- Proof of U.S. citizenship or legal residency for all household members
- Proof of disability (if applicable)

The Ohio Department of Development and the Area Office on Aging of Northwestern Ohio (AOoA) want to remind Ohioans assistance is available to help with their home energy bills.

The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the federal poverty guidelines pay their heating bills.

Ohioans can visit energyhelp.ohio.gov to apply online, download a copy of the application, or find contact information for a local Energy Assistance Provider. Senior citizens may go to their local Area Agency on Aging office for help with assembling the required documents and completing their HEAP application.

HEAP benefits are applied to an individual's energy bill after January 1st. If you need immediate assistance with your energy bills, please contact your local Energy Assistance Provider. A list of providers can be found at energyhelp.ohio.gov.



Department of
Development



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.

Caregiving in the US 2025: Spotlight on Ohio



In Ohio, one quarter of adults (24%) are family caregivers, currently providing care to a family member or friend or had provided care within the last year, representing 2,195,000 adults in Ohio.

24% = 2,195,000
of adults caregivers

Who Are Family Caregivers in Ohio?

57% Women **43%** Men



Caregiver average age is **52** years old



54% have worked while caregiving

Care recipient average age is **69** years old



40% care for a parent

29% are sandwich generation caregivers with a child at home while caring for an adult

Well-Being of Family Caregivers in Ohio



41% experienced at least one negative financial impact such as taking on more debt, stopping saving, or being unable to afford basic expenses



34% receive no help with caregiving (either paid or unpaid)



29% report moderate to high levels of emotional stress



What Are Family Caregivers in Ohio Doing?

99%

assist with instrumental activities of daily living such as meal prep, administering medicines, and managing finances

62%

assist with activities of daily living such as bathing, dressing, and feeding

57%

help with medical and nursing tasks

41%

engage in high-intensity caregiving (more hours and higher complexity of care)

23%

provide at least 40 hours of care per week or constant care

For full methodology, see Methodology Appendix of *Caregiving in the US: Caring Across States*. www.aarp.org/caringacrossstates

Valuing the Invaluable 2026

Family Caregivers' Contribution Reaches \$1 Trillion

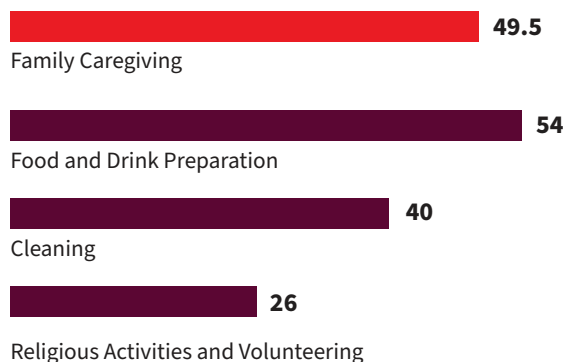
Family caregivers in the United States provided nearly **50 billion hours of care in 2024**—worth **\$1.01 trillion**—highlighting their essential yet often overlooked economic and societal contribution amid rising caregiving intensity and growing demands.

49.5 billion hours devoted to family caregiving, equivalent to:

23.8 million
full-time workers

17%
of the total
full-time workforce

Billions of hours spent on family caregiving compared to



Average hourly value of family caregiving

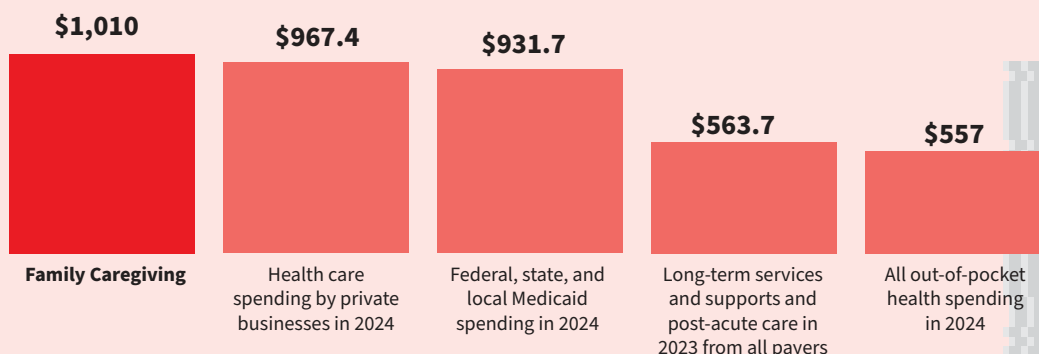
\$20.41

“

I have been a caregiver for my older brother, then my father and mother, and now my younger brother. I have to plan everything around them and make sure that their needs are met. Often before or instead of my own. Everything from their medication, food, paperwork, doctor appointments, housework, and everyday care becomes your responsibility.”

Tracey in Ohio

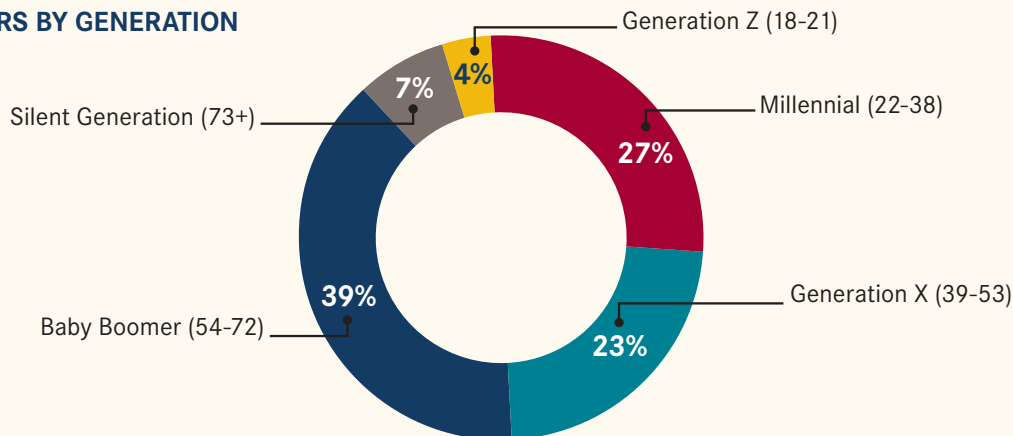
Economic value of family caregiving (in billions of dollars) compared to...



Family caregivers providing complex medical/nursing care

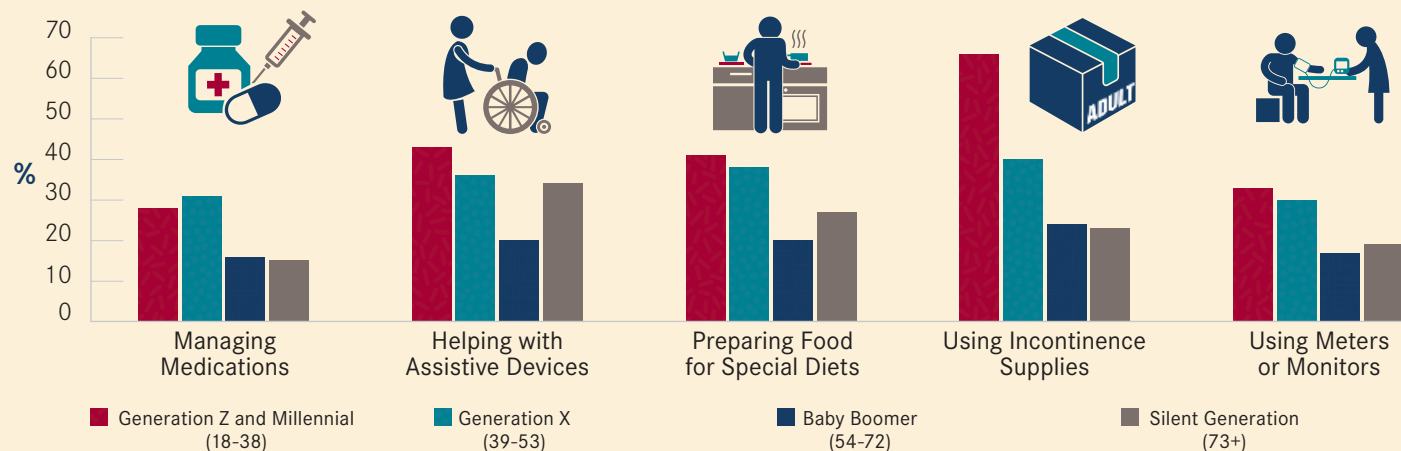
GENERATIONAL DIFFERENCES

% OF CAREGIVERS BY GENERATION



40 percent of millennials and younger caregivers are supporting someone with a behavioral health (e.g., mental health) condition.

CAREGIVING TASK DIFFICULTY BY GENERATION



MILLENNIALS AND GENERATION X



- More likely than older generations to worry about making a mistake and paying for care
- Feel stress from having to talk to so many health care professionals or suppliers
- Feel their role causes problems in their relationship with the family member
- Feel their medical/nursing tasks make the home feel less safe because of the equipment and supplies
- Feel that performing these tasks offers new skills they can apply to other areas of life

BABY BOOMERS



- Most likely to feel that performing medical and nursing tasks eases worries about their family member's condition
- More commonly care for spouses (vs. aging parents)
- More likely than other generations to spend larger amounts of time performing M/N tasks (28 hours/week compared to 19 hours for generation X and 18 hours for millennials)
- Perform more tasks at multiple times per day, such as managing medications and preparing special diets
- Baby boomers and silent generation are more satisfied with the quality of their social relationships

EXTRACTED FROM THE 2019 *HOME ALONE REVISITED* STUDY

THROUGH FUNDING BY:



The John A. Hartford
Foundation

TO THE

AARP Foundation®



**Area Office on Aging
of Northwestern Ohio, Inc.**

KINSHIP NAVIGATOR PROGRAM

Grandparents & Relatives
Raising Children



Read about our
Exemplary Designation
at www.gksnetwork.org



**GET OUR FREE SERVICES
CALL (419) 382-0624**

- ✓ INFORMATION & REFERRAL
- ✓ ONGOING ASSISTANCE
- ✓ SUPPORT GROUPS
- ✓ CLUB MEETINGS
- ✓ EVIDENCE-BASED PROGRAMS
- ✓ CAREGIVER EDUCATION
- ✓ SPECIAL EVENTS
- ✓ QUARTERLY RESILIENCY RAFFLE
- ✓ QUARTERLY NEWSLETTER
- ✓ TWICE MONTHLY E-NEWSLETTER
- ✓ PARENTING SMARTS RESOURCE GUIDE
- ✓ ACCESS TO AOOA PROGRAMS & EVENTS

KINSHIP QUICK FACTS

2.5 million children in the US live with grandparents or other relatives without parents in the home.

100,000 children in Ohio live in homes where the head of household is a grandparent or other relative (4% of children in the state).

For every **1 child** being raised by kin in foster care, there are **19 children** being raised by kin outside of foster care.

\$10.5 Billion – The amount grandparents & other relatives save taxpayers each year by raising children & keeping them out of foster care.

Source: Generations United
2025 State of Grandfamilies Report

2155 Arlington Ave. Toledo, OH 43609

www.AreaOfficeOnAging.com

(419) 382-0624

The Kinship Navigator Program is made possible through the support of the Area Office on Aging of Northwestern Ohio, Inc., Lucas County Children Services, Lucas County Department of Job & Family Services, & the OneOhio Recovery Foundation.



Job & Family
Services



Family 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, on average family caregivers are 52 years old, and 54% are employed and care for someone 69 years old. 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.
- Family Caregivers’ Contribution Reaches \$1 Trillion. Family caregivers in the U.S. provided nearly 50 billion hours of care in 2024-worth \$1.01 trillion-highlighting their essential yet often overlooked economic and societal contribution amid rising caregiving intensity and growing demands.

Inspirational Caregiver Quote

“Patience and fortitude conquer all things.”

- Ralph Waldo Emerson

Six Tips for Long-Distance Caregiving

Anyone who is caring for a friend, relative or parent from far away can be considered a **long-distance caregiver**. Whether you are helping with **finances**, arranging for **care**, or providing **emotional support**, long-distance caregiving can bring a host of **unique challenges**.



Keep these tips in mind to help make life more manageable.

- 1 Learn as much as you can about your loved one's health, treatments and available caregiving resources.**
You can understand what is going on, anticipate the course of an illness, prevent crises, and assist in healthcare management.



- 2 Organize important paperwork.**
Keep all vital information in one place and up-to-date, including healthcare documents, wills and financial information. Provide copies to other caregivers.



- 3 Make sure at least one caregiver has written permission to receive medical and financial information.**
To the extent possible, one person should handle conversations with all healthcare providers.



- 4 Plan your visits.**
Find out in advance what the person would like to do. Aim for simple and relaxing activities. And check with the primary caregiver to see if you can help with any priority tasks.



- 5 Stay connected.**
Schedule calls with healthcare providers and facility staff to discuss the person's well-being. Update trusted family members on your loved one's health and needs.



- 6 Consider caregiver training.**
Some local chapters of the American Red Cross or other not-for-profit organizations might offer caregiving courses. Medicare and Medicaid will sometimes cover the cost of this training.



Visit www.nia.nih.gov/long-distance-caregiving to learn more.



Family caregivers in Ohio now have more support. The Ohio Caregiving Act.

More than 1.4 million Ohioans care for older parents, spouses or other loved ones, helping them to live independently at home. These family caregivers have a huge responsibility, and on March 20, 2017, a new law took effect that will make life a little bit easier for them.

The Ohio Caregiving Act helps family caregivers when their loved ones go into the hospital and as they transition home. The Ohio Caregiving Act requires Ohio hospitals to:

- ♥ Record the name of the family caregiver when a loved one is admitted into a hospital;
- ♥ Notify the caregiver if the loved one is to be discharged to another facility or back home; and,
- ♥ Provide the family caregiver with instruction and demonstration on the tasks that the family caregiver will have to perform at home — such as medication management, injections and wound care.

AARP Ohio fought for the Caregiving Act because supporting caregivers is a top priority for all of us. We hope you will cut out the card below and fold it around your insurance card to keep in your wallet. That way, you'll have important information about this new law available when you need it most.

For more information about caregiving resources, visit aarp.org/caregiving or aarp.org/oh.

To share your caregiving story, visit aarp.org/iheartcaregivers.



KEEP THIS CARD IN YOUR WALLET

WHEN YOUR LOVED ONE ENTERS THE HOSPITAL

Flip this card for information about

The Ohio Caregiving Act



FOLD

The Caregiving Act requires Ohio hospitals to:

- ♥ Record the name of the family caregiver when a loved one over age 55 is admitted into a hospital;
- ♥ Notify the caregiver if the loved one is to be discharged to another facility or back home; and,
- ♥ Provide the family caregiver with instruction and demonstration on the tasks that the family caregiver will have to perform at home.

For more information about caregiving resources, visit

aarp.org/oh or call 866-389-5653.

Ways to Get Paid Caring for a Loved One in Ohio

Get paid as a caregiver for a family member

Some government programs pay family or friends of people with disabilities to help with daily activities. This can include personal care, giving medicine, cooking, and cleaning.

Become a paid caregiver through a state Medicaid program

If someone with a disability already receives Medicaid, their state may allow a family member or friend to become a paid caregiver.

Many states call this a consumer-directed personal assistance program. Each state has different requirements and rules. And the amount the program pays you to care for a family member varies by state. Contact your state's Medicaid office for more information.

Caring for a family member who is not eligible for Medicaid

- Long-term care insurance
Some long-term care insurance policies allow family members to get paid as caregivers. Contact your insurance agent and ask for a written confirmation of benefits.
- Paid family leave
Some states require employers to offer family leave programs, and some programs pay you to care for a family member. Here is what varies by state:
 - Eligibility requirements
 - The amount you will receive to provide care

- How long you can take off work varies by state
To learn more, contact your state labor office.

- Local Area Agencies on Aging
If your state does not offer a paid family leave program, an Area Agency on Aging (AAA) may be able to help with:
 - Counseling and care referrals
 - Day care programs for older adults
 - Meal deliveries
- Learn more about AAAs and search for resources in your area by entering your zip code or city and state.
<https://eldercare.acl.gov/home>

Veterans programs

- There are three programs available for veterans:
- The Veteran-Directed Home and Community-Based Services program offers veterans a flexible budget. With the help of a counselor, veterans may be able to hire a family member to help with daily living and activities.
 - When a family caregiver is in place for a veteran's home care, the Respite Care program can help with breaks for the caregiver, while still addressing the veteran's care needs. Learn more about Respite Care to see if your caregiving situation is eligible.
 - Aid and Attendance Benefits program provides monthly payments in addition to a monthly VA pension for qualified veterans and survivors. These benefits help cover the costs of a caregiver, who may be a family member. Find the VA pension management center in your area to see if you qualify.

Cited from: <https://www.usa.gov/disability-caregiver>

Adult Day Care

What are Adult Day Centers? Adult day centers offer daytime programs that provide person-centered programming to support each participant's mental and physical strengths. Caregivers often find comfort in the home-away-from-home, supervised programs that provide the social interaction and activities adults need. Adult day programs also allow the caregiver time away to focus on other aspects of life, including self-care so caregivers can be the best they can be.

Is an Adult Day Program right for me and my loved one? Adult day services are an affordable option to long-term care that enables older adults who need support to live in their homes longer. These programs are a great option for caregivers who want to provide their loved ones with more opportunities for life-enriching socialization and companionship outside of the home. Adult day programs also allow caregivers to continue working, run errands, and attend to other aspects of life, including themselves. Many adult day programs welcome participants with dementia and have trained staff on how to communicate and respond to dementia-related behaviors. Whether

your loved one is independent or needs supervision, adult day center staff are trained to understand each person's unique needs. Learn more about the different types of Adult Day Centers here.

How much do Adult Day Centers cost? Adult day services cost much less than traditional long-term care, with some programs using sliding-scale fees based on income. Older Ohioans on PASSPORT (Medicare and Medicaid) or who received VA benefits may be able to attend programs for little or no cost. Learn more about financial assistance in the Caregiver/Participant Resource Guide here.

What services are offered at Adult Day Programs? Adult Day Programs include lunch and person-centered activities that are adaptable to an individual's strengths. Some programs include additional services to support the participant and caregiver. These services range from grooming and hygiene, medication management, medical exams, and visits from specialists. Some programs also offer transportation to and from the participant's residence. Learn more about what to look for when selecting an Adult Day Center here.

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**

- **Service Models** In Ohio, Adult Day Service (ADS) centers operate under two primary models as defined by the Ohio Administrative Code: the Enhanced Model and the Intensive Model. These models outline the scope of services provided to participants. Some ADS centers operate a more social model which emphasizes social activities, community outings, and exercise.

- **Enhanced Model** - This model includes structured activity programming, health assessments, supervision of all Activities of Daily Living (ADLs), hands-on assistance with one or more ADLs (excluding bathing), hands-on assistance with medication administration, comprehensive therapeutic activities, intermittent health status monitoring, and hands-on assistance with personal hygiene. However, it does not encompass social work services, skilled nursing services, or rehabilitative services.

- **Intensive Model** - Building upon the Enhanced Model, the Intensive Model offers additional services such as regular health status monitoring with intervention, social work services, skilled nursing services, and rehabilitative and restorative services. It also includes hands-on assistance with a minimum of two ADLs, including bathing. When evaluating an ADS center, it's important to understand which model they follow to ensure the services align with the participant's specific needs. Discussing these models with the center's staff can provide clarity on the level of care and support available.

How do I start with Adult Day Programs? Start with finding an adult day center close to you. Call the center and ask about payment and what services they provide. If your loved one has dementia, be sure to ask if they're able to accept participants with dementia. Learn more about choosing an Adult Day Center in the Caregiver/Participant Resource Guide here.

For more information visit: www.adultdayohio.org

ADULT DAY PROVIDERS

***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.



MemoryLane
CARE SERVICES

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 Alzheimer's 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

Two Locations:

- 2500 N. Reynolds Road | Toledo, OH 43615 | 419-720-4940
- 140 S. Grove Street | Bowling Green, OH 43402

**Compass Point Senior
Enrichment Center** (419) 502-1020
795 BARDSHAR RD., SANDUSKY 44870
www.eriecohealthohio.org

**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 Fri. 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.

MemoryLane Care Services
2500 N. REYNOLDS RD. TOLEDO 43615 (419) 720-4940
140 S. GROVE ST., BOWLING GREEN 43402 (419) 353-5661
www.memorylanecareservices.org

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

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

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 or 1-800-686-1578.

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/legalhelp>

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

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

State of Ohio Long Term Care Quality Navigator - is
a public dashboard developed by Ohio Department
of Aging to help Ohioians, search map and compare
licensed nursing homes and assisted livings across the
state, <https://aging.ohio.gov/care-and-living/long-term-care-quality-navigator/home>

Medicare Nursing Home Compare Tool
[https://www.medicare.gov/care-compare/?redirect=true&
providerType=NursingHome](https://www.medicare.gov/care-compare/?redirect=true&providerType=NursingHome)

Placement Assistance
Oasis Senior Advisors (567) 200-5040
<https://www.oasisseioradvisors.com/northwest-ohio/>

Care Patrol (419) 318-0268
<https://www.carepatrol.com/advisors/cathy-tippenhauer/nw ohio>

Assisted Living Locators (213) 550-6272
Assistedlivinglocators.com/Toledo

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

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 Assoc. of Area Agencies on Aging. www.eldercare.acl.gov

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.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.

■ 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

<https://aging.ohio.gov/care-and-living/health-and-safety/fall-prevention> - 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 - <https://aging.ohio.gov/care-and-living/health-and-safety/staying-healthy/health-and-safety-classes-1>

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.



2022 National Strategy to Support Family Caregivers

A roadmap to improved services and supports for family caregivers

Family caregivers include people of all ages, from youth to grandparents; people with and without disabilities; people providing care from a distance; and people meeting a wide variety of needs. Until now, there has been no national approach to recognize and support family caregivers.

2
Councils

5
Shared Goals

1
Vision for
Holistic Support

This initial strategy builds on recommendations outlined by the [RAISE Act Family Caregiving Advisory Council](#) and the [Advisory Council to Support Grandparents Raising Grandchildren](#). We must all work together to reshape the way our nation supports its more than 53 million family caregivers and more than 2.7 million grandparent and kinship caregivers.

The strategy proposes five main goals:



Increase awareness and outreach

- Education and awareness campaigns for professionals and the public
- Increased caregiver self-identification
- Culturally competent outreach to unserved and underserved caregivers
- Inclusion of family caregivers in state, territorial, tribal, and local planning
- More public-private partnerships that drive family caregiver support



Build partnerships and engagement with family caregivers

- Use of evidence-based tools to assess and capture family caregiver needs and preferences
- Recognition of family caregivers as essential care team partners
- Inclusion of family caregivers in care plans
- Consideration of family caregivers during policy changes
- Training for professionals on ways to interact with family caregivers



Strengthen services and supports

- Increased person- and family-centered, trauma-informed, and culturally competent services
- Flexible and accessible respite care
- Education, counseling, and peer support
- Access to safe homes, nutritious meals, transportation, and technology
- Leverage volunteers for family caregiver support
- Family caregivers' and care recipients' needs addressed in emergency response
- Resources to improve planning for future care needs
- Increased support for the direct care workforce
- A child welfare system that recognizes kin- and grandparent-led families



Ensure financial and workplace security

- Financial planning specifically for family caregivers
- Employee-centered, flexible workplace policies and practices
- Help with planning for long-term needs of care recipients
- Affordable long-term services and supports



Expand data, research, and evidence-based practices

- Shared data systems with consistent data sets
- More research on practices that benefit family caregivers
- Translation of research into interventions to support family caregivers

The strategy includes nearly 350 actions that federal agencies will take in the next 3 years, as well as specific actions that states, communities, health care systems, long-term support and service providers, researchers, employers, philanthropic organizations, and many others can take to make these goals a reality.

We all have a role to play in supporting our nation's caregivers. Learn more at:

acl.gov/CaregiverStrategy

The strategy was created through a public-private partnership and with support from the following organizations:



The
John A. Hartford
Foundation





Guiding an Improved Dementia Experience (GUIDE) Model

INFORMATION FOR PATIENTS & CAREGIVERS

Your doctor or care team may be participating in a new program called **GUIDE**. This Medicare program provides enhanced services for dementia care and support for caregivers. Your Medicare benefits stay the same – you can still see any doctor or hospital that accepts Medicare.

What are the program's goals?

- ❖ Improve the quality of life for people living with dementia
- ❖ Enhance support for caregivers of people living with dementia
- ❖ Help people living with dementia stay in their homes and communities longer

Find a **GUIDE** doctor or care team on the [GUIDE website](#) and contact them to see if you are eligible.



What can you expect?

- ✓ **Comprehensive Assessment & Care Plan:** Get an **assessment** to identify your individual health needs and build a personalized **care plan** tailored to provide the services you need.
- ✓ **Caregiver Support:** Caregivers (relatives or unpaid nonrelatives who help with daily activities) can receive **education and support** such as direct communication with a care navigator when they need it.
- ✓ **GUIDE Respite Services:** **Respite services** are available to qualifying caregivers up to an annual cap, giving caregivers temporary relief when they need a break. Support comes from local in-home respite providers, adult day centers, and 24-hour care facilities.
- ✓ **Coordination & Support:** Get connected to **community-based services** like meals and transportation. Care teams will also work together to **coordinate** clinical and support services.
- ✓ **Care Navigation & 24/7 Access:** A **care navigator** helps coordinate your care and you get **24/7 access** to a care team member or helpline when you have questions or need support.



<https://innovation.cms.gov/innovation-models/guide>

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:		
Transportation Phone Number:		
Transportation Address:		

Caregiver Checklist

Organization is the key to properly assist and care for an elderly patient or relative. Every family and situation is different – with different issues, problems and challenges. Use this checklist as you design a care plan – refer back to it and update as needed.

Medical

- ☐ What medical condition(s) does the elder have?
- ☐ What are the typical symptoms and effects of this condition(s)?
- ☐ What is the recommended treatment?
- ☐ What is the prognosis?
- ☐ What kind of caregiving is most appropriate for the medical condition?
- ☐ What are the names and phone numbers of your elder's doctor(s)?

Financial

- ☐ What financial means are available to pay for care or other necessities?
- ☐ What outside help or governmental help is available to help cover costs?
- ☐ Do you need a financial planner to help organize financial matters?
- ☐ Will family members have to cover any costs from their own pockets?

Legal

- ☐ Are all of the legal documents - wills, powers of attorney, living wills or trusts - in order?
- ☐ Do you know where legal documents are?
- ☐ Do you know who your elder's attorney is?

Access

- ☐ Do you have keys to your elder's house and car?
- ☐ Do you have phone numbers for doctors, attorneys and other professionals?
- ☐ Could you locate and have access to important information in a crisis?

Daily Care

- ☐ What daily care needs does your elder have - personal care, housekeeping, home health care or other assistance?

Long Term Plans

- ☐ What are your plans for the future?
- ☐ What will you do if there is a crisis?
- ☐ What are the likely changes in care needs in the future?

Caregivers

- ☐ Who will be providing care?
- ☐ Will family members provide all of the care?
- ☐ Will outside caregivers or home care agencies be hired?

Professional Help

- ☐ Do you need a geriatric care worker to help manage the day-to-day activities of your relative?
- ☐ What social workers, therapists or other professionals are available to help?

Transportation

- ☐ How will your elder get around?
- ☐ What transportation services are available in the community?
- ☐ Which of these transportation services are appropriate for your elder?
- ☐ Which family members are available to provide transportation and when?

Caregiver Emergency Help Guide



**Complete this form for easy reference if you must call for help.
Post in a place obvious to friends, family and emergency personnel.**

See also Help at Home and Important Documents Checklist.

Doctor's Name _____ Phone _____
Clergy Name _____ Phone _____
Hospital Choice _____
Full Name of Patient _____ Phone _____
Address _____ Zip Code _____
Date of Birth _____ Social Security No. _____
Medicare No. _____ Medicaid No. _____
Veteran/Military I.D. _____
Health Insurance Carrier _____ Policy No. _____ Phone _____
Add'l Insurance Carrier _____ Policy No. _____ Phone _____

WHO TO CALL

Name _____ Relationship _____ Phone _____
Name _____ Relationship _____ Phone _____

MEDICATIONS, DOSAGE, AND FREQUENCY (INCLUDE OVER-THE-COUNTER IF USED REGULARLY)

Pharmacy _____ Phone _____

Medication	Prescription No.	Dosage	Prescribed By

Allergies _____

Health History/Health Problems _____

ADDITIONAL CONTACTS

Accountant _____ Phone _____

Insurance Agent _____ Phone _____

Lawyer _____ Phone _____



MAKE A PLAN



BUILD A KIT



BE INFORMED

AARP 50+ Preparedness Checklist for Caregivers

✓ **“Grab & Go” Bag: Evacuate For Up To 3 Days**

✓ **“Shelter In Place” Bag: For Up to 7 Days**

“Grab & Go” Bag (3 days)	“Shelter in Place” Bag (7 days)
Food & Water ☐ Three (3) days of non-perishable food (ready to eat) ☐ One gallon of water per person per day for at least 3 days ☐ Pet food and water for at least 3 days ☐ Plastic plates, cups and utensils ☐ Hand operated can opener ☐ Paper towels	Food & Water ☐ Seven (7) days of non-perishable food (ready to eat) ☐ One gallon of water per person per day for at least 7 days ☐ Pet food and water for at least 7 days ☐ Plastic plates, cups and utensils ☐ Hand operated can opener ☐ Paper towels ☐ Ice chest and ice
Personal Health & Hygiene ☐ Hand sanitizer/Disinfectant wipes ☐ Travel size soaps, shampoos and lotions ☐ Mouthwash, toothbrush, toothpaste ☐ Vision/eye care products/glasses ☐ Sunscreen ☐ Insect repellent ☐ Medications (prescription and over the counter) ☐ Medical supplies (hearing aids with extra batteries, syringes, canes, etc.) ☐ Toilet paper ☐ Change of clothing and sturdy shoes ☐ Blanket or sleeping bag ☐ Ice packs and small cooler for medications	Personal Health & Hygiene ☐ Hand sanitizer/Disinfectant wipes ☐ Travel size soaps, shampoos and lotions ☐ Mouthwash, toothbrush, toothpaste ☐ Vision/eye care products/glasses ☐ Sunscreen ☐ Insect repellent ☐ Medications (prescription and over the counter – include pill box) ☐ Medical supplies (hearing aids with extra batteries, syringes, canes, etc.) ☐ First Aid Kit ☐ N95 or surgical masks ☐ Toilet paper ☐ Garbage bags ☐ Household bleach ☐ Leather work gloves ☐ Change of clothing and sturdy shoes ☐ Blanket or sleeping bag ☐ Nose and mouth protection facemasks

Safety & Communications	Safety & Communications
☐ Family and emergency contact information ☐ Current photos of family members/pets and property sealed in a plastic bag ☐ Copies of important documents sealed in a plastic bag (Social Security card, birth certificate, Home & Car insurance, mortgage, titles, bank/credit card account numbers) ☐ Flashlight with extra batteries ☐ Solar/Battery lamp and solar charger ☐ Portable, battery powered/hand-crank radio with extra batteries ☐ Cell phone with extra batteries and chargers, car phone charger ☐ Whistle ☐ Duct tape ☐ Tarp ☐ Wrench and pliers to turn off utilities ☐ Proof of pet vaccinations and list of medications	☐ Family and emergency contact information ☐ Current photos of family members/pets and property sealed in a plastic bag ☐ Copies of important documents sealed in a plastic bag (Social Security card, birth certificate, Home & Car insurance, mortgage, titles, bank/credit card account numbers) ☐ Flashlight with extra batteries ☐ Solar/Battery lamp and solar charger ☐ Water proof matches or utility lighter ☐ Portable, battery powered/hand-crank radio with extra batteries ☐ Cell phone with extra batteries and chargers, car phone charger ☐ Whistle ☐ Duct tape ☐ Tarp ☐ Two to three box fans ☐ Window Unit AC if possible
Transportation	Portable Generator
☐ Cash ☐ State contraflow map ☐ Road map ☐ Full tank of gas in vehicle ☐ Swiss Army knife or multipurpose tool ☐ Books, games	☐ 2 100' Extension Cords ☐ Location outside and away from home for generator placement ☐ Gas can with funnel (min. 5 gallon)

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.

www.elderlawanswers.com

Elder Law Answers

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.proseniors.org

1-800-488-6070

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.

www.gaylawnet.com

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

Advocates for Basic Legal

Equality (ABLE) (419) 255-0814 or 1-800-837-0814

525 JEFFERSON AVE., STE. 300, TOLEDO 43604

www.ablelaw.org

Advocates for consumers in nursing homes, assisted living and adult group homes to receive better care and to ensure that the consumers' rights are protected.

Catholic Charities Adult Advocacy

Services: Guardianship

(419) 214-4869

1933 SPEILBUSCH, TOLEDO 43604

www.catholiccharitiesnwo.org

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

Citizens Dispute Settlement Program (419) 245-1951

555 N. ERIE ST., #444, TOLEDO 43604

www.toledomunicipalcourt.org/court

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.

Legal Aid of Western Ohio (LAWO)

525 JEFFERSON AVE., STE., 400,

TOLEDO 43604

(419) 724-0030

CLIENT PHONE NUMBER

(419) 724-0460

118 CLINTON ST., STE. 101, DEFIANCE 43512

www.legalaidline.org

Provides free legal assistance in civil matters to low-income older adults and individuals in NW Ohio. Offers a full range of legal services, such as negotiation, litigation and community education. Special projects serve people with disabilities, survivors of domestic violence, older adults and migrant farm workers. Offices in Defiance, Findlay and Toledo.

Legal Aid Society

(419) 244-8351

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.

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.

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 (419) 259-2891 or 1-800-542-1874

525 JEFFERSON AVE., #300, TOLEDO 43604

www.ombudsman.ablelaw.org

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

Lucas County Prosecutor- Senior Protection Unit

(419) 213-2001

711 ADAMS ST., 2ND FL., TOLEDO 43604

SENIOR HELPLINE

(419) 936-2040

www.co.lucas.oh.us

Nat. Academy of Elder Law Attorneys (NAELA):

Ohio Chapter (614) 407-7900 or (866) 883-5337

450 W. WILSON BRIDGE RD., STE. 380, WORTHINGTON 43085

www.naela.com or www.ohionaela.org

Help with locating elder law attorney.

Ohio Attorney General

1-800-282-0515

STATE OFFICE TOWER, 30 E BROAD ST., 14 FL.,

COLUMBUS 43215

www.ohioattorneygeneral.gov

Pro Bono Program assists eligible seniors with living wills. Power of Attorney and durable POA for health care.

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

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.

Health Related Resources

www.audiology.org

American Academy of Audiology

www.heart.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.stroke.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.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.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.

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.

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.

ALZHEIMER’S RESOURCES

**Alzheimer’s Association -
Northwest Ohio Chapter**

(419) 537-1999

480 W. DUSSEL DR. SUITE 140, MAUMEE 43537

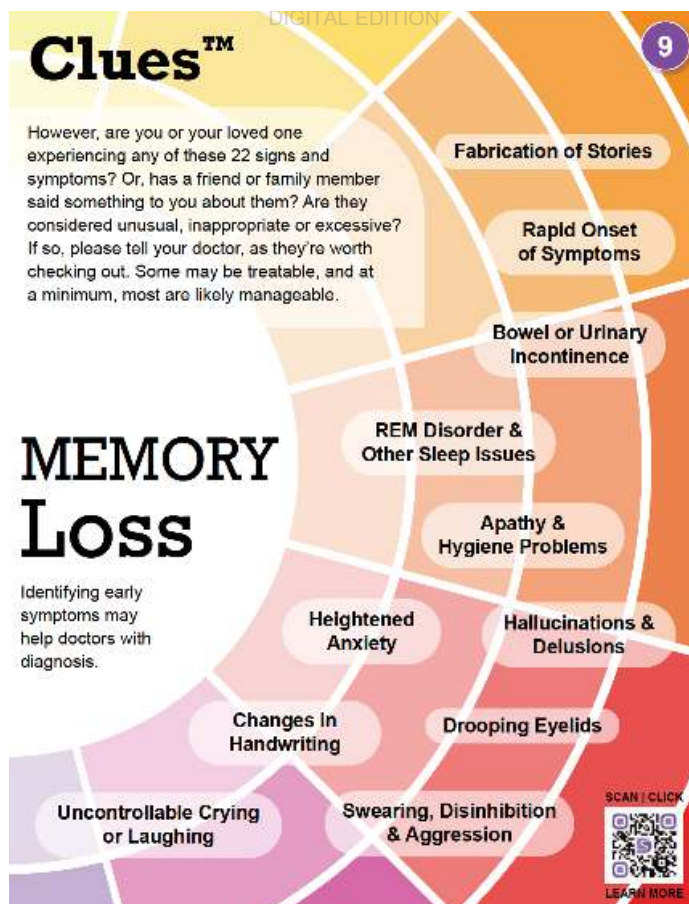
www.alz.org/nwohio

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.



KNOW the 10 SIGNS

EARLY DETECTION MATTERS

If you notice any of the 10 Warning Signs of Alzheimer's in yourself or someone you know, don't ignore them. Please consult your physician.

#1 Memory changes that disrupt daily life

One of the most common signs of Alzheimer's, especially in the early stages, is forgetting recently learned information. For example:



Typical age-related changes: Sometimes forgetting names or appointments, but remembering them later.

#2 Challenges in planning or solving problems

Some people may have difficulty concentrating and take much longer to do things than they did before.



Some people may experience changes in their ability to develop and follow a plan or work with numbers.

They may have trouble following a familiar recipe or keeping track of monthly bills.

Typical age-related changes: Making occasional errors when balancing a checkbook.

#3 Difficulty completing familiar tasks

People with Alzheimer's often find it hard to complete daily tasks such as:



Typical age-related changes: Occasionally needing help to use the settings on a microwave or record a television show.

#4 Confusion with time or place

People with Alzheimer's can lose track of dates, seasons and the passage of time.

They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.



Typical age-related changes: Getting confused about the day of the week but figuring it out later.

#5 Trouble understanding visual images and spatial relationships



Some people may have difficulty reading, judging distance and determining color or contrast. In terms of perception, they may pass a mirror and think someone else is in the room. They may not realize they are the person in the mirror.

Typical age-related changes: Vision changes related to cataracts.

#6 New problems with words in speaking or writing

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name.

Typical age-related changes: Sometimes having trouble finding the right word.



#7 Misplacing things and losing the ability to retrace steps

A person with Alzheimer's disease may put things in unusual places.

They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.



Typical age-related changes: Misplacing things from time to time.

#8 Decreased or poor judgment

People with Alzheimer's may demonstrate unusual changes in judgment or decision making.



For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers.

They may pay less attention to grooming or keeping themselves clean.

Typical age-related changes: Making a bad decision once in a while.

#9 Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may also avoid being social because of the changes they have experienced.

Typical age-related changes: Sometimes feeling weary of work, family and social obligations.



#10 Changes in mood and personality

The mood and personalities of people with Alzheimer's can change.

They may be easily upset in places where they are out of their comfort zone.

They can become confused, suspicious, depressed, fearful or anxious.



Typical age-related changes: Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

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.

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.

American Cancer Society

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.

The Victory Center

(419) 531-7600

3166 REPUBLIC BLVD N, TOLEDO 43615

www.thevictorycenter.org

Our mission is to provide hope and support to cancer patients, survivors, and those closest to them.

Inspirational Caregiver Quote

*Nothing is impossible, the word itself says
"I'm possible!"*

- Audrey Hepburn

HOME ADAPTIVE EQUIPMENT

<https://livingmadeeasy.org.uk/>

Provides information about adaptive equipment for individuals with disabilities.

www.abilitycenter.org

(419) 885-5733

Our program provides individuals with disability-related, donated equipment at no cost. Please note that equipment availability, colors, brands, styles may vary, and are donated items. We also accept donations of durable medical equipment. All items are cleaned and sanitized by our staff before lending.

<https://abilitycenter.org/assistive-tech-medical-equipment/>

www.lighthouseguild.org

Is the recognized authority on low vision products and information.

www.nahb.org

Provides information on choosing a remodeler.

www.atohio.org

Assistive Technology of Ohio is Ohio's A.T. Act Program. Our Mission AT Ohio's mission is to help Ohioans with disabilities learn about or acquire assistive technology. Assistive Technology refers to devices, equipment or services that assist individuals with disabilities to function independently in the areas of work, home or school. We offer several programs and services to achieve that goal. We also keep up with current legislative activity that affects persons with disabilities, and educate legislators about the needs and concerns of citizens with disabilities.

www.parentgiving.com

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

www.toledo.oh.gov/departments/housing-community-development/housing

City of Toledo Housing and Community Development. We utilize federal funds for a myriad of programs. Eligible activities include the rehabilitation and/or new construction of housing, homeowner rehabilitation, homebuyer activities, and tenant-based rental assistance for residents at or below 80% of area median income.

www.Homemods.org

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

FALL PREVENTION AND SAFETY RESOURCES

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

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.

www.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.

www.caregiveraction.org

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

Risks of falls increase, especially for seniors with snow and ice. Winter falls also have a higher chance of leading to traumatic injuries or worse.

- * Slow down and give yourself extra time.
 - * Dress for the weather, even if you don't think you will be outside for long.
- * Bring your cell phone, even for a quick trip to the mailbox.
 - * Wear non-slip boots/shoes or use ice cleats.
- * Use something to steady yourself. There are retractable ice/snow spiked tips for canes and crutches.

Walk Like a Penguin

Point your feet out slightly like a penguin. Bend your knees slightly and walk flat-footed. Extend your arms slightly to maintain balance. Take short steps to shuffle for stability.



Fall Prevention Checklist

*Use this checklist to find and fix hazards in your home.

STAIRS & STEPS (INDOORS & OUTDOORS)

- Are there papers, shoes, books, or other objects on the stairs? Always keep objects off the stairs.
- Are some steps broken or uneven? Fix loose or uneven steps.
- Is there a light and light switch at the top and bottom of the stairs? Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.
- Has a stairway light bulb burned out? Have a friend or family member change the light bulb.
- Is the carpet on the steps loose or torn? Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.
- Are the handrails loose or broken? Is there a handrail on only one side of the stairs? Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.

FLOORS

- When you walk through a room, do you have to walk around furniture? Ask someone to move the furniture so your path is clear.
- Do you have throw rugs on the floor? Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.
- Are there papers, shoes, books, or other objects on the floor? Pick up things that are on the floor. Always keep objects off the floor.

- Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)? Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

KITCHENS

- Are the things you use often on high shelves? Keep things you use often on the lower shelves (about waist high).
- Is your step stool sturdy? If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

BEDROOMS

- Is the light near the bed hard to reach? Place a lamp close to the bed where it's easy to reach.
- Is the path from your bed to the bathroom dark? Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.

BATHROOMS

- Is the tub or shower floor slippery? Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.
- Do you need some support when you get in and out of the tub, or up from the toilet? Have grab bars put in next to and inside the tub, and next to the toilet.

*https://www.cdc.gov/steady/pdf/check_for_safety_brochure-a.pdf

2025 ALZHEIMER'S DISEASE FACTS AND FIGURES



Over
7 MILLION
Americans are living with Alzheimer's

1 IN 3
older adults dies
with Alzheimer's or
another dementia



IT KILLS MORE THAN
breast cancer + prostate cancer
COMBINED

Between
2000 and
2022 deaths
from heart
disease have
decreased

2.1%



while deaths
from
Alzheimer's
disease have
increased

142%

In 2025, Alzheimer's
and other dementias
will cost the nation

**\$384
BILLION**



By 2050,
these costs
could rise
to nearly

**\$1
TRILLION**

The lifetime
risk for Alzheimer's
at age 45 is

**1
IN**

5

for
women

**1
IN**

10

for
men



**NEARLY
12
MILLION**

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

These caregivers
provided more than
19 billion hours
valued at nearly

**\$413
BILLION**



**UP TO
4 IN 5**

Americans feel
optimistic about new
Alzheimer's treatments
in the next decade



of Americans would
want a medication to
slow the progression
of Alzheimer's following
a diagnosis

For more information, visit alz.org/facts

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ALZHEIMER'S ASSOCIATION®

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.

Inspirational Caregiver Quote

"Never underestimate your problem or your ability to deal with it."

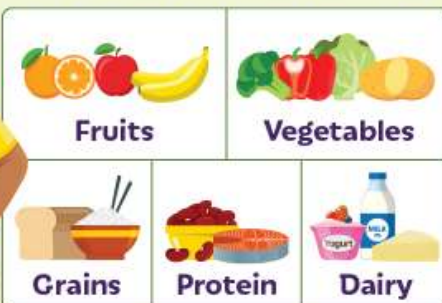
- Robert H. Schuller

5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.



Eat a variety of foods each day.



Keep a food diary to track what you eat.



Learn more about healthy eating as you age at www.nia.nih.gov/healthy-eating.



Read food labels to learn what's in your food.



Choose foods that don't have a lot of sugar, saturated fats, and sodium.



Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

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.

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.

Home Health Aide

Provides assistance with personal care such as bathing, dressing and walking. Also helps with homemaking tasks such as cooking and light housekeeping.

Homemaker/Companion Service

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



We Deliver Independence.

Mobile Meals delivers one or two meals per day to seniors in our community who require assistance with diet and meal preparation.

- Twice-Weekly or Weekly Deliveries
- Diabetic and Renal Menus Available
- Fees Determined By Income
- Trained Volunteer Wellness Checks
- Some Insurance/SNAP Accepted



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

419-255-7806 • mobilemeals.org/service

Medical Social Work

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

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.

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.

Rehabilitation

Occupational Therapy - Includes exercises, adaptive equipment, splinting, joint protection, energy conservation.

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

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

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.



SUE HALL'S
Homebound
Mobile Salon Service

Serving the elderly and
homebound with extra care
and concern in the privacy
of their home.

Special equipment allows hair care to be comfortable & less stressful.
Please Call For Appointment 419-472-2444

Haircuts | Perms | Wash | Style | Color | Nail Care

**Devoted
Individuals.
Dependable
Care.**

**Personal & Home
Assistance 24/7**

**Christian
Home Care®**

419.254.2840

www.christianhomecare.com

Minimum 1 hour


**ML Readers
1st choice
for Home Care**

NOW HIRING
HHAs, CNAs, STNAs
& Nursing Students




**5555 Airport Hwy, Suite 290
Toledo, OH 43614**



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., TOLEDO 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

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.



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.

Alpine House

1-866-468-7302

2901 TREMAINSVILLE RD., TOLEDO 43613

Assisted living referrals only.

Amea Healthcare LLC

(419) 604-6106

1010 TIFFIN AVE., FINDLAY 45840

Serves Henry and Wood counties.

3409 HOLLAND-SYLVANIA, SUITE 1, TOLEDO 43615

Serves Fulton, Lucas, Ottawa, Sandusky and Wood co's.

Arista Home Care Solutions

(419) 754-1897

7850 W. CENTRAL AVE. TOLEDO 43617

Beryl Loving Hand

(567) 225-4481

4020 ELMHURST RD., TOLEDO 43613

www.beryllovinghand.com

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

Bright Path Home Care

(567) 600-5445

3950 SUNFOREST CT., SUITE 261, TOLEDO

info.ohio@bphhc.com

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.

Comfort Keepers

900 W. S. BOUNDARY ST.,

PERRYSBURG 43551

(419) 874-4880

Serves Fulton, Lucas and Wood counties.

2451 N. REYNOLDS, TOLEDO 43615

(419) 535-7777

Serves Lucas county.

www.comfortkeepers.com

Community Health Professionals

6825 ST. RT. 66 NORTH,

DEFIANCE 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

Dedicated Nursing and Rehab at Home

(419) 822-3660

412 MAIN ST. DELTA, 43515

www.dedicatednr.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

Inspirational Caregiver Quote

Someone is sitting in the shade today because someone planted a tree a long time ago.

- Warren Buffett

First Light Home Care

(419) 517-4616

5749 PARK CENTER CT., TOLEDO 43615

www.Firstlighthomecare.com/home-healthcare-sylvania-perrysburg

Friends of the Family Home Health Care

(567) 455-5200

1623 W. STERNS RD., TEMPERANCE, MI 48182

www.trustingcare.com

Serves Lucas and Wood counties.

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.

Help at Home

(419) 535-1414

3454 OAK ALLEY COURT, SUITE 304, TOLEDO 43615

Serves all co's. PASSPORT and Carestar individuals only.

Heritage Health Care Services

1745 INDIANWOOD CIRCLE, MAUMEE 43537

(419) 867-2002

www.heritage-hcs.com

Defiance, Fulton, Henry, Lucas, Williams and Wood co's.

Home Instead Senior Care

205 SE CATAWABA RD., SUITE H,

PORT CLINTON 43452

(419) 734-5050 or 1-800-733-5050

Serves Erie, Ottawa and Sandusky counties.

2631 W. CENTRAL AVE., TOLEDO 43606

(419) 472-8181

Serves Fulton, Lucas and Wood counties.

www.homeinstead.com

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>

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.ohioansshhc.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.

Richard Health Systems (419) 534-2371

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

Right at Home

134 W. SOUTH BOUNDARY ST., STE. O,
PERRYSBURG 43551 (567) 336-6062
5800 MONROE ST., BLDG. C, STE. 201,
SYLVANIA 43560 (419) 882-1111
www.rightathome.net
Serves Lucas and Wood counties.

Rose Loving Care LLC (419) 378-2331

5330 HEATHERDOWNS BLVD., STE. 102, TOLEDO 43614
Seniors Helping Seniors (440) 935-3848
40998 BUTTERNUT RIDGE RD., ELYRIA 44035
www.seniorshelpingseniors.com
Serves Erie, Ottawa and Sandusky co's.

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.

Family caregivers providing complex medical/nursing care INCONTINENCE

Family caregivers are **largely on their own** in learning how to perform medical/nursing tasks they find difficult to perform, such as **managing incontinence**.



54% manage incontinence multiple times a day.



37% of caregivers say that it is hard to perform.

Caregivers reported that managing incontinence is more difficult than



Managing medications



Helping with assistive devices



Performing wound care

MANAGING INCONTINENCE WITH DISPOSABLE BRIEFS:



23% say it is emotionally difficult for the caregiver.



31% say it is embarrassing for their family member. This varies by the sex of the caregiver.

40% of men

Almost 25% of women

ASSISTANCE:



75% of family caregivers who manage incontinence tackle this task without help, and it's the **number one** area they learn on their own.



More than 1 in 4 would appreciate having another person to help.

TRAINING:



76% learned how to do it **on their own**.



More than 25% would have found this task easier to perform after more or better instruction.

ESTIMATED FROM THE 2019 MALE ADULT INSTANT STUDY
THROUGH FUNDING TO THE AARP Foundation

Unique Healthcare

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

3430 BRIARFIELD BLVD., MAUMEE 43537
Serves Lucas and Wood counties.

Vicki's Home Care & Companions (419) 944-4780

1905 N. CENTENNIAL RD., TOLEDO 43617
www.vickishomecarellc.com
Serves Fulton, Lucas, Ottawa and Wood counties.

Visiting Angels

7110 W. CENTRAL AVE., STE. A, TOLEDO 43617 (419) 517-7000
Serves Lucas, Ottawa and Wood co's.
143 N. MICHIGAN AVE., EDGERTON 43517 (419) 298-0034
Serves Defiance, Fulton, Henry, and Williams co's.
6145 PARK SQUARE DR., STE. 4, LORAIN 44053 (419) 988-3004
Serves Erie County.

Independent Caregivers & Household Employees

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

Hiring an independent caregiver means you become a household employer. You are responsible for hiring, firing, payroll, and taxes.

1. Preparation & Setup

- Assess needs: Define daily tasks (meal prep, medication reminders, bathing) and required hours.
- Set the budget: Establish an hourly rate based on regional averages.
- Choose a hiring route: Source candidates privately (via word-of-mouth) or through matching sites like Care.com.

2. Screening & Vetting

- Required documents: Verify government ID, work authorization, and CPR/first aid certifications.

- Background checks: Conduct state and national criminal background screenings.
- Reference checks: Contact at least 3 former employers to verify experience and reliability.

3. Legal & Financials

- Tax obligations: Apply for a federal Employer Identification Number (EIN). You will need to file Schedule H on your federal taxes.
- Worker classification: Correctly categorize the caregiver. Household employees.
- Must follow labor laws; consult the Family Caregiver Alliance for state-specific tax laws and reporting requirements.

4. Employment Agreement

- Written contract: Outline wages, duties, schedule, and grounds for termination.
- House rules: Create a designated home notebook with emergency contacts, doctor details, and home layouts as advised by the National Association of Benefits and Insurance Professionals.

Medication Related Resources & Mental Health Resources

www.costplusdrugs.com

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

www.dea.gov/takebackday#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/patient-support 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.

www.bemedwise.org/

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

www.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.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.mhanational.org

Mental Health America remains focused on next generation prevention (Next Gen): on the health and well-being of future generations, on systemic reforms, and on embracing new frontiers of science. Our work remains guided by the voices and wisdom of lived experience and the needs of the next generation.

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.

<https://health.utoledo.edu/clinics/seniorbehavioralhealth/index.html>

KOBACKER CENTER 1400 EAST MEDICAL LOOP,

TOLEDO 43614

(419) 383-5695 or 1-844-266-4889

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

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 chose from making it a great, diverse fit for caregivers. It is free, and available for use on iTunes.

Smiling Mind

An Australian not-for-profit organization that's making mindfulness meditation simple and accessible to everyone. Their meditations are free with varying lengths of time.

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>

Insight Timer

It has almost 7,000 free guided meditations at different lengths of time. The home screen allows for a community atmosphere. You can share with community or keep private.

UTube Meditation and Guided Imagery

Tracy C Saunders Inner Journey
<https://www.youtube.com/channel/UCVWGpJfMAFYk71mVmI4R-uQ>

Kelly Howell Guided Meditation

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

EFT Emotional Freedom Technique – Tapping

<https://www.youtube.com/watch?v=pAcIBdj20ZU>

www.carollook.com/welcome-to-eft-tapping

Why Zebras Don't Get Ulcers by Robert Sapolsky

<https://www.youtube.com/watch?v=D9H9qTdserM>

Kristin Neff, Ph.D. <https://self-compassion.org/>

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

<https://self-compassion.org/self-compassion-test/>

Courage to Caregivers Breathing Meditations

<https://www.youtube.com/playlist>

?list=PLGcPrH8JauaCEQkMI62C913DYIFMdxrXQ

Zentangle <https://zentangle.com/>

Zentangle is a meditative, easy-to-learn art form that uses structured, repetitive patterns to create intricate, non-representational images. Developed by Rick Roberts and Maria Thomas, it is designed for anyone to create, promoting relaxation, focus, and creativity through “yoga for the brain” without requiring prior art experience.

CRISIS SUPPORT FOR CAREGIVERS AND OLDER ADULTS

Institute on Aging - Friendship Line 1-888-670-1360

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/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.

Common Medications & Side Effects			
PAIN (IBUPROFEN)	BRAND Advil, Motrin, Tylenol	SIDE EFFECTS Stomach upset, nausea or liver/kidney strain.	
NAUSEA & VOMITING (ONDANSETRON)	BRAND Zofran	SIDE EFFECTS Headache, constipation, tiredness or dizziness	
HEARTBURN/ REFLUX (OMEPRazole)	BRAND Prilosec	SIDE EFFECTS Headache, abdominal pain or gas	
DECREASE CHOLESTEROL (ATROVASTATIN)	BRAND Lipitor	SIDE EFFECTS Muscle aches, joint pain, sore throat	
BLOOD THINNER (APOXABAN/ WARFARIN)	BRAND Eliquis/Coumadin	SIDE EFFECTS Increase bruising, prolonged bleeding from cuts or nosebleeds	
PREVENT BLOOD CLOTS (ASPIRIN)	BRAND Bayer, Ecotrin	SIDE EFFECTS Stomach irritation, heartburn or easy bruising	
HEART FAILURE (LISINAPRIL/ FUROSEMIDE)	BRAND Zestril/Lasix	SIDE EFFECTS Dry cough, dizziness, or frequent urination	
SAFETY FIRST			
Consult a healthcare professional before starting or stopping any medication Adapted from Family Caregivers Online			

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 419.382.0624 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>

Do You Have Caregiver Burnout?

Take this quiz to see if you're suffering from caregiver burnout and learn what you can do about it.



MENTAL

During the past few weeks I have...

- Had trouble concentrating.
- Had problems making decisions.
- Felt completely overwhelmed.
- Worried that I'm not doing enough for my loved one.

YES

NO

☐	☐
☐	☐
☐	☐
☐	☐

PHYSICAL

During the past few weeks I have...

- Had sleep disturbed because of caregiving.
- Been either overeating or have no appetite.
- Felt ill (headaches, stomach problems, back pain, common cold).
- Felt weary or tired.

☐	☐
☐	☐
☐	☐
☐	☐

EMOTIONAL

During the past few weeks I have...

- Been edgy or irritable.
- Felt lonely and/or isolated.
- Had one or more crying spells.
- Felt angry or resentful around my loved one.

☐	☐
☐	☐
☐	☐
☐	☐

RELATIONAL

During the past few weeks I have...

- Been upset my loved one has changed so much from their former self.
- Felt I couldn't leave my loved one alone.
- Felt unsupported by my family.
- Found my loved one's living situation inconvenient or a barrier to care.

☐	☐
☐	☐
☐	☐
☐	☐

PERSONAL

During the past few weeks I have...

- Felt like I have no privacy.
- Felt like I have no time to myself.
- Felt strained trying to balance work and family responsibilities.
- Not been able to spend time with my friends because of caregiving.

☐	☐
☐	☐
☐	☐
☐	☐

What is Your "Yes" Score?

How many times did you answer yes?



5 or Less:

Little to No Burnout

It sounds like you're managing the demands of caregiving fairly well right now. But caring for a loved one is a long-term commitment, so put practices into place now to help you down the road.

Things you can do:

Monitor your emotions and start dealing with them instead of pushing them aside. Take care of your health by eating, staying hydrated and taking a break. Recognize your limits, learn to say no, and have a plan for self-care so you'll be able to continue being an effective caregiver.



Stay healthy.



It's OK to say **no**.



Feel emotions.

6-10:

Flirting with Burbout

You may feel like you're **"just having a moment,"** but be aware that this stage can be a tipping point for many people. If you don't deal with the building stress, your risk for full-blown burnout is much higher.

Things you can do:

This may be a good time to evaluate how much longer you can realistically care for your loved one. Will you be physically, mentally, emotionally and financially able to provide long-term care? Home services or senior living may be a better way to provide the kind of care your loved one needs, so start having that conversation with your family.



11-15:

Mild to Moderate Burnout

Your body and your emotions are trying to tell you something – you're doing too much. You're so busy taking care of someone else that you've neglected yourself. The mental and physical stress caregivers are under makes them more prone to chronic conditions and even premature death.

Things you can do:

Talk to your doctor about your well-being. Join a caregiver support group so you have an outlet with people who understand. Ask for help with things like running errands, or see if a friend can bring you dinner so you don't have to cook. You can also explore respite options at senior living communities so you can have a break.

Ask for help.



Your well-being matters.



16-20:

Severe Burnout

You've pushed your limits too far. At this point, your welfare and that of your loved one are at serious risk. You're at risk of depression, anxiety, heart attack or stroke. Caregivers at this stage of burnout aren't able to provide adequate physical and emotional care. And that means you risk neglecting your loved one.

Things you can do:

Your top priority right now should be you.

If you haven't done so already, talk with your doctor about your physical and mental health. Join a caregiver support group. Make arrangements for alternative sources of care until you can restore balance to your own well-being. And consider researching senior living options for your loved one so they can get round-the-clock care – and you can start healing.



Adapted from:



WhereYouLiveMatters.org

A SENIOR LIVING RESOURCE

Sources:
HealthInAging.org | National Caregivers Library | AgingCare.com

10 WAYS TO MANAGE STRESS AND BE A HEALTHY CAREGIVER

Caregiving can be overwhelming, but it is important to make your health a priority. Taking care of yourself can help you be a better caregiver.



Find time for yourself. Consider respite care so you can spend time doing something you enjoy.



Know what resources are available. Adult day programs, in-home assistance and meal delivery are some of the services that can help.



Become an educated caregiver. As the disease progresses, it may become necessary to adopt new caregiving skills and strategies.



Get help and find support. Seek comfort and guidance through local support groups, our free 24/7 Helpline and ALZConnected® online social networking community.



Make legal and financial plans. Putting plans in place after an Alzheimer's diagnosis is important. This step allows the person with the disease to participate in decision-making and offers guidance to caregivers.



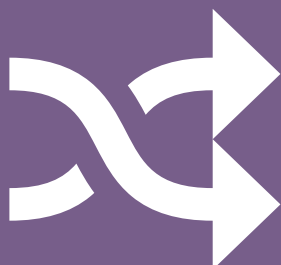
Manage your level of stress. Try to find relaxation techniques that work for you. If stress becomes overwhelming, seek help from a doctor or counselor.



Take care of yourself. Try to eat well, exercise and get plenty of rest.



Know you're doing your best. Remember that the care you provide makes a difference and that you are doing the best you can.



Accept changes as they occur. The needs of people with Alzheimer's change over time. For care beyond what you can provide, utilize community resources.



Visit your doctor regularly. Take time to get checkups. Pay attention to exhaustion, sleeplessness or changes in appetite or behavior. Ignoring symptoms can cause your health to decline.

Free 24/7 Helpline: **800.272.3900**
Alzheimer's and Dementia Caregiver Center: [alz.org/care](https://alzheimer.org/care)

alzheimer's  association®

COPING WITH CAREGIVER STRESS AND BURNOUT

What leads to stress and burnout?

- Putting needs and interests of loved one before your own
- Unrealistic expectations
- Lack of family support
- Juggling multiple commitments

Signs of burnout

- Anxiety
- Depression
- Constantly feeling exhausted
- Falling sick more often
- Changes in sleep patterns
- Changes in appetite / weight

How can you avoid burning out?

- ✓ Set realistic expectations
- ✓ Embrace your role as a caregiver
- ✓ Practise self-care
- ✓ Join a caregiver support group
- ✓ Take regular breaks
- ✓ Relax and meditate



Self-Care BINGO

Looking for some self-care inspiration? Use this BINGO card as your guide. Aim to complete a couple squares each week until you achieve five in a row, or challenge yourself to fill the entire sheet!

15 minute walk outside	Unplug from all digital devices for 1 hour	Go to a comedy show or concert	Tidy up a space in your home	Attend a fitness class or group sport
Complete a small home improvement project	Read a chapter of a book	Apply a face mask or do other skincare	Attend a support group meeting or therapy session	Visit a museum or gallery
10 minutes of meditation	Try a new recipe	FREE SPACE	15 minute yoga session	Go on a day trip somewhere new
Watch a favorite TV show or movie	Call a friend or family member to chat	Visit a local café or park	Take a nap	Look through old photos and reminisce
Listen to music or a podcast	Write in a journal	Prepare a healthy meal	Do a crossword puzzle or sudoku	Watch the sunrise or sunset

Source: <https://thesenioralliance.org/caregiving-haven/caregiver-resources/caregiver-guides/>



10 TIPS FOR FAMILY CAREGIVERS



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.



CAREGIVER
ACTION
NETWORK



CaregiverAction.org



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.

Palliative Care & Hospice

THE PURPOSE OF HOSPICE

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

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

(Continued on Page 50)

The Most Experienced Care When it Matters Most

- ◆ Expert pain and symptom management
- ◆ Comprehensive care and support services
- ◆ Care wherever patients live
- ◆ Two state-of-the-art Hospice Centers
- ◆ No one turned away due to inability to pay
- ◆ A team of highly trained volunteers
- ◆ Special help for caregivers
- ◆ *Sincera™* Supportive Care and Symptom Relief for those not ready for hospice



419.661.4001
hospicenwo.org



419.931.3440
sinceracare.org



PALLIATIVE CARE OR HOSPICE?

The right service at the right time for seriously ill individuals

QUESTION	PALLIATIVE CARE	HOSPICE
What is the focus?	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. 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.	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. This care is provided by an interdisciplinary team who provides care encompassing the individual patient and their family's holistic needs.
Who can receive this type of care?	Any individual with a serious illness, regardless of life expectancy or prognosis.	Any individual with a serious illness measured in months not years. Hospice enrollment requires the individual has a terminal prognosis.
Can my patient continue to receive curative treatments?	Yes, individuals receiving palliative care are often still pursuing curative treatment modalities. Palliative care is not limited to the hospice benefit. However, there may be limitations based on their insurance provider.	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. 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.
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.	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. There are four levels of care that can be provided to patients per CMS regulations (routine, inpatient, continuous, and respite care).
Where are services provided?	Palliative care may be provided in any care setting. ■ Home ■ Hospice facility ■ Skilled Nursing Facility ■ Long-term Care Facility ■ Long Term Acute Care Facility ■ Assisted Living Facility ■ Hospital ■ Group Home ■ Clinics	Hospice care can be provided in most care settings. ■ 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?	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. 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.	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. These services are performed in collaboration with the attending physician.
What types of health care organizations may provide these services?	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. ■ Palliative Care Practices ■ Licensed Home Health Agencies ■ Licensed Hospice Agencies ■ Nursing Facilities ■ Healthcare Clinics ■ Hospitals	Hospice organizations ■ State licensed and/or Medicare-certified Hospice providers ■ Non-Medicare certified Hospice providers ■ Veteran Affairs Hospice
How long can an individual receive services?	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. Most individuals receive palliative care on an intermittent basis that increased over time as their disease progresses.	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.
PAYMENT		
Does Medicare pay?	Palliative care is covered through Medicare Part B. Some treatments and medications may not be covered. May be subject to a co-pay according to the plan.	The Medicare Hospice Benefit pays all related costs associated with the care that is related to the terminal prognosis as directed by CMS. There may be some medications, services, and/or equipment that are not included in the Medicare Hospice Benefit.
Does Medicaid pay?	Palliative care is covered through Medicaid. Some treatments and medications may not be covered. May be subject to a co-pay according to the plan.	In most states Medicaid pays all related costs associated with the care related to the terminal prognosis as directed by CMS. There may be some medications, services and/or equipment that are not included in the Medicaid Hospice Benefit.
Does private insurance pay?	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. Some treatments and medications may not be covered. May be subject to a co-pay according to the plan.	Most private insurers have a hospice benefit that pays all related costs associated with the care related to the terminal prognosis. There may be some medications, services and/or equipment that are not included in the individual's policy. May be subject to a co-pay according to the plan.
When should I refer?	Patients with advanced chronic illness that have received maximum medical therapy and are at risk of using the hospital for decompensation.	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.

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

Ohioans Home Health and Hospice (419) 843-4422
28276 KENSINGTON LN., PERRYSBURG 43551
https://ohioanshhc.com/

Optimal Care Hospice (419) 452-2102
3550 BRIARFIELD BLVD., MAUMEE 43537
www.optimal.care

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

Reserve Care Stein Hospice Center 1-800-707-8922
1912 HAYES AVE., SANDUSKY 44870
www.reserve-care.org

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

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

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

Summit 60 Social Center of Hicksville
(419) 769-8046 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
DELTA UNITED METHODIST CHURCH,
101 NORTHWOOD DR., DELTA 43515

Fayette Senior Center
(419) 337-9299
FAMILY LIFE CTR., 305 E. MAIN ST.,
FAYETTE 43521

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

Wauseon Senior Center
(419) 337-9299 TO RESERVE LUNCH
695 S. SHOOP AVE., WAUSEON 43567
www.fultoncountyoh.com

■ **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) 241-7218
WAYMAN PALMER YMCA
200 E BANCROFT ST., TOLEDO 43620
www.zablockicenter.com

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

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

Friendship Park Comm Senior Ctr.
(419) 936-3079
2930 131ST ST., TOLEDO 43611
www.friendshipparktoledo.org

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

Jewish Living Ctr. of Gr. Toledo
(419) 727-0408
6505 SYLVANIA AVE., SYLVANIA 43560
www.jewishtoledo.org/jlc

**Margaret L. Hunt Senior Center
(419) 385-2595**

SOUTHLAND SHOPPING CENTER, 1339 S.
BYRNE RD., UNIT 28A, TOLEDO 43614
www.mlhunt.weconnect.com

**Maumee Senior Center
(419) 893-1994**

2430 S. DETROIT AVE., MAUMEE 43537
www.maumeeseniorcenter.com

**NHA - Mayores Senior Center
(419) 242-1144**

2 AURORA GONZALES DR., TOLEDO 43609
www.nhainc.org/mayores-senior-center

**Oregon Senior Center
(419) 698-7078**

4350 NAVARRE AVE., OREGON 43616
www.oscoho.org

**Senior Centers, Inc.
(419) 242-9511**

2308 JEFFERSON AVE., TOLEDO 43604
www.seniorcentersinc.org

**Spencer Township Neighborhood
Center Inc
(419) 865-4700**

330 OAK TERRACE BLVD., HOLLAND 43528
www.spencercenter.com

**Sylvania Senior Center
(419) 885-3913**

7140 SYLVANIA AVE., SYLVANIA 43560
www.sylvaniacommunityservices.org

**■ OTTAWA COUNTY
Danbury Senior Center
(419) 798-4101**

8470 E. HARBOR RD., LAKESIDE
MARBLEHEAD 43440
www.co.ottawa.oh.us/337/senior-centers

**Ed Griswold Senior Center
(419) 855-4491**

514 MAIN ST., GENOA 43430
www.co.ottawa.oh.us/337/senior-centers

**Port Clinton Senior Center
(419) 734-1481**

320 E. THIRD ST., PORT CLINTON 43452
www.co.ottawa.oh.us/337/senior-centers

**Put-In-Bay Senior Center
(419) 285-5501**

195 CONCORD AVE., PUT-IN-BAY 43456
www.co.ottawa.oh.us/337/senior-centers

Inspirational Caregiver Quote

*"My caregiver mantra is to remember: the only control you have is
over the changes you choose to make."*

- Nancy L. Kriseman

**■ PAULDING COUNTY
Paulding County Senior Center
(419) 399-3650**

401 E. JACKSON ST., PAULDING 45879
www.pauldingseniorcenter.com

**■ 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.williamscountyoh.gov/

**Edgerton Senior Center
(419) 298-3564**

224 LAUBACH DR., PO BOX 877,
EDGERTON 43517
www.williamscountyoh.gov/

**Edon Area Senior Center
(419) 272-2070**

320 PARKWAY, PO BOX 211, EDON 43518
www.williamscountyoh.gov/

**Montpelier Senior Center
(419) 485-3218**

325 N. JONESVILLE ST., MONTPELIER 43543
www.williamscountyoh.gov/

**Pioneer Senior Center
(419) 737-3095**

100 N. ELM ST., BOX 685, PIONEER 43554
www.williamscountyoh.gov/

**Stryker Senior Center
(419) 682-2083**

102 E. MULBERRY ST., BRYAN 43506
www.williamscountyoh.gov/

**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. 102, BRYAN 43506
www.williamscountyoh.gov/

**■ WOOD COUNTY
Grand Rapids Area Senior Center
(419) 601-1896**

23019 KELLOGG RD., GRAND RAPIDS 43522
www.wccoa.net

**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

Support Groups for Family Caregiving

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 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

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

■ DEFIANCE COUNTY

Grief Group

CONTACT: LAURIE (419) 782-4131

Time: 3rd Friday of the month at 10:00 a.m.

Place: Community Health Professionals, Inpatient Hospice Center

Grief Share

CONTACT: PASTOR LARRY KENNEDY (419) 782-0861

Time: Wednesday evenings from 6:30 p.m.-8:00 p.m.

Place: First Church of God, 561 Car

■ FULTON COUNTY

Grief Group

CONTACT: JEN (419) 445-5128

Time: 1st Friday of the month at 10:00 a.m.

Place: Community Health Professionals
230 Westfield Dr., Archbold

■ HENRY COUNTY

Caregiver Support Group

CONTACT: KARLA (602) 316-7952

Time: 2nd Tuesday of each month at 10:00 a.m.

Place: Henry Co. Senior Ctr. 203 Rohrs St., Napoleon 43545

■ 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

Henry County

CONTACT: ANN LIKE

(419) 599-5515

Time: Meets first Friday at 11 a.m.

Place: Henry County Senior Center

Williams County

(419) 782-4131

Time: Meets second Thursday at 10 a.m.

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

■ CANCER GROUP

Cancer Support Group

CONTACT: ANN LIKE

(419) 599-5515

Time: Meets third Wednesday at 11 a.m.

Place: Henry County Senior Center

■ ALZHEIMER'S ASSOCIATION SUPPORT GROUPS

Please Call 1-800-272-3900 to register

<https://www.alz.org/nw ohio/support>

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>

Veterans' Services

Your local Veterans Service Commission empowers and supports all military Veterans. It serves as a central point of visibility for all military Veterans issues and for those interested in honoring our veterans.

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.

NORTHWEST OHIO VETERAN SERVICES OFFICES

Defiance County	(419) 782-6861
1300 E 2ND ST SUITE 102, DEFIANCE, OH 43512	
Erie County	(419) 627-7650
2900 COLUMBUS AVE, SANDUSKY, OH 44870	
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



VA Caregiver Support Line

Fact Sheet

The Department of Veterans Affairs (VA) Caregiver Support Line (CSL) is a toll-free number for caregivers, family members, friends, Veterans, and community partners to contact for information related to caregiving and available supports and services. Our dedicated CSL team provides information on caregiver support services, counseling, educational services, and referrals (electronic notification) to local Caregiver Support Program (CSP) staff at VA medical centers (VAMC).



VA Caregiver Support Line
1-855-260-3274 (toll-free)

Monday – Friday, 8 a.m. – 10 p.m. ET
Saturday, 8 a.m. – 5 p.m. ET

How CSL Can Help

The CSL team can help assist you with understanding your options and the services available to you and the Veteran you care for. We can help you:



Learn
more about CSP, its various services, and program eligibility.



Navigate
barriers to accessing care.



Connect
with the CSP team at your local VAMC, who assist with referrals to local services and enrollment in CSP.



Discover
additional VA and community resources available to help care for a Veteran.



Receive
supportive counseling.

Updated June 2021

www.caregiver.va.gov

VA 



Caregiver Support Line



CSL Services

"Helping caregivers process their situation is a big role we play."

– CSL responder



Monthly CSL Education Calls

We offer free, monthly one-hour telephone education calls for caregivers. These group sessions focus on topics important to caregivers, with a different topic presented each month. Caregivers learn about communication skills, building relationships and connections, self-care, and much more.

To learn more about our group sessions and to register, contact us at 1-855-260-3274. Caregivers who are unable to attend the calls can access presentations online at www.caregiver.va.gov/support-line/presentations.asp.



Program referrals

We can make a referral to your local VAMC CSP team, who will connect you with nearby resources and services as you care for a Veteran. You can find your CSP team using the following locator tool: www.caregiver.va.gov/support/New_CSL_Page.asp.



What to Expect When Calling the CSL

When calling the CSL, you will hear an initial greeting. Please listen carefully to the options to route your call to our dedicated team. We look forward to talking with you.

June 2021

www.caregiver.va.gov

VA 

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
- Current photo identification.
- 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
- Proof of income and other assets.
- Copies of current bills.
- Rental agreements.

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

Eligibility

To qualify for benefits, Veterans must have been honorably discharged from active military service performed for other than training purposes. To qualify for financial assistance, Veterans must have resided in Lucas County for three months prior to application. There are no residency requirement to obtain assistance in making claims for VA benefits

HOME AND COMMUNITY BASED SERVICES THROUGH THE VA HEALTHCARE SYSTEM

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.

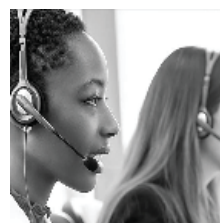
As part of the VA medical benefits package, services can be provided to help maintain a veteran's care at home.

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.



VA Caregiver Support Line
1-855-260-3274 (toll-free)
Monday-Friday, 8 a.m.-10 p.m. ET
Saturday, 8 a.m.-5 p.m. ET

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.

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.

Inspirational Caregiver Quote

Believe you can and you are halfway there.
- Theodore Roosevelt

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 (734) 769-7100 ext. 53417

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

Home Based Primary Care Program VA Northern Indiana Healthcare System (260) 460-1445

121 LAKE AVE, FORT WAYNE, IN 46805

Maumee Valley Guidance Center serves Defiance, Fulton, Henry, and Williams Counties.

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.

Ohio Veterans Home
Treasury Department
3416 Columbus Avenue
Sandusky, OH 44870
567-998-3941



Ohio Veterans Home
Treasury Department
2003 Veterans Boulevard
Georgetown, OH 45121
937-378-2900 ext. 2715

Schedule of Services

The Ohio Veterans Homes assesses a fee for the cost of care in accordance with Ohio Revised Code 5907.13 and Rule 5907-5-01 of the Ohio Administrative Code. Each resident is assessed a fee based on their ability to pay and the level of care to which they will be admitted as determined by the Home, not to exceed the maximum rates as established by the Director of the Ohio Department of Veterans Services.

The table below provides the current maximum rates for each level of care.

In order to determine whether, based on your verified income and assets, you qualify for a lower assessment, please contact the Ohio Veterans Home Treasury Department. Call the Financial Office, in Sandusky: 567-998-3941; in Georgetown: 937-378-2900, ext. 2715, to obtain an estimate of your projected monthly assessment.

ASSESSMENT RATES - Effective 07/01/22

Level-of-Care	Maximum Rate per Month* (Eligible for VA per diem)	Maximum Rate per Day* (Eligible for VA per diem)	Maximum Rate per Month* (Not eligible for VA per diem)	Maximum Rate per Day* (Not eligible for VA per diem)
Domiciliary (Independent Living)	\$687.00	\$22.58	\$2,235.52	\$73.50
Domiciliary + (Supervised Living)	\$1,751.00	\$57.57	\$3,299.52	\$108.48
Nursing Home Regular Care Units	\$2,702.00	\$90.81		
Nursing Home Special Care Units	\$3,444.00	\$113.23		

*Eligibility/ineligibility as determined by the U.S. Department of Veterans Affairs. All rates subject to change; notification of any changes will be provided at least 60 days in advance of such change.

Virtual Resources

Area Office on Aging – Family Caregiver Support Program



Area Office on Aging Family Caregiver Support Program

We provide virtual caregiver education including a monthly Caregiver Educational Series and evidence-based programming like Powerful Tools for Caregivers.

All programs are listed on the events page of our website:
<https://areaofficeonaging.com/events>

For more information or to register, please contact:

Jennifer Forshey, LSW 419-725-6983
jforshey@areaofficeonaging.com

Tracie Fountain, BSN, RN 419-725-6984
tfountain@areaofficeonaging.com

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) and in-person Caregiver Coffee with MemoryLane Care Services Staff. Would you like to talk to other caregivers about their experiences? Join us for a chat every Wednesday at 2 p.m. 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/>

National Institute on Aging- Caregiver Handbook

Free PDF resources, videos and online health information

<https://order.nia.nih.gov/publication/caregivers-handbook>



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

(Continued on Page 58)

- 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.

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®!

OTHER 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 - aging.ohio.gov/care-and-living/caregiver-support

(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/aw/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>

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

Keeping up with the Times.

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/>

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.fcc.gov/acp or

www.acpbenefit.org

Support Center: (877) 384-2575

EveryoneOn

www.everyoneon.org

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

Senior Planet

(888) 719-3495

Monday – Friday, 9 a.m. – 8 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.

Top Caregiver Apps for Seniors

- **Ianacare** <https://ianacare.com> (App Store/Google Play): Designed to build a support network, organize tasks, and provide resources for caregivers.
- **CaringBridge** <https://www.caringbridge.org> (App Store/Google Play/Online): Enables families to create a personal website to share health updates, reducing the need for constant, repetitive communication.
- **Medisafe** <https://medisafe.com> (App Store/Google Play): A medication management app that provides reminders, alerts for missed doses, and tracks prescriptions.
- **Caring Village** <https://caringvillage.com> (App Store/Google Play): A free app for comprehensive care coordination, offering features like checklists, medication lists, and shared calendars.
- **Lotsa Helping Hands** <https://lotsahelpinghands.com> (App Store/Google Play): Assists in organizing community support, such as meals or transportation for the senior.
- **CircleOf** <https://familiesforhope.org> (App Store/Google Play): A collaboration tool allowing family members to share caregiving responsibilities and communicate easily.
- **CareLinx** <https://www.carelinx.com> (App Store/Google Play): Focuses on managing professional care, offering GPS check-ins, shift scheduling, and chat features.

GROCERY DELIVERY SERVICE

Walmart Grocery Delivery

How it works: The process is pretty straightforward; you have two options for ordering groceries. The first option is to select your desired items directly from the Walmart Grocery website. The second option requires you to download the Walmart Grocery app. We prefer the app, but either way, you'll find a wide selection of groceries that is almost as bountiful as shopping in person. You are not limited to only selecting food, so you can add useful items like toiletries and over-the-counter medicines. I've even used Walmart Grocery Delivery to purchase pots and pans. Once you've selected all of your items, the last step is to choose a time for delivery or pickup.

Shipt

How it works: 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 as little as one hour, 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.

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.



Caregiver Support Program Works to:

- Reduce caregiver stress, burden, and injuries
- Increase caregiver confidence and knowledge
- Improve 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 Temporary and Dependent upon Location

Information & Assistance

Information given as in support group, education and training, and Caregiving Smarts Guide. Honoring Caregivers Recognition event in November.



Temporary Respite

Personal Care/Homemaker, Adult Day Care or Institutional Care to temporarily relieve family caregiver from their responsibilities.

Supplemental Services

Durable Medical Equipment or Nutritional Supplement on a limited basis.

Caregiver Counseling

Professional counseling provided by a licensed individual to help family caregivers cope with personal problems related to caregiving.

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

AREA OFFICE ON AGING OF NORTHWESTERN OHIO

**If You Are Caring For A Loved One Age 60+,
We Can Help You Do It**

BETTER LONGER

Older Adults Complete Wellness Source

To find out how AOA can help, call
(419) 382-0624

www.AreaOfficeOnAging.com

Search for ToledoAging on



Instacart

How it works: Instacart uses a team of local shoppers to procure grocery items from a variety of stores in your area. While you can shop at a number of major grocery chains, such as Mariano's and Whole Foods, Instacart also has a feature that allows you to shop by recipe. You can schedule your deliveries in advance or order on-demand.

Amazon Prime Now

How it works: Amazon Prime Now is one of the many benefits of an Amazon Prime membership. While this delivery service relies heavily on items stored at one of Amazon's many warehouses, you can also get items from local markets such as Whole Foods. Prime Now also delivers much more than food. Everything from batteries and cleaning supplies can be delivered to your door in less than two hours with Prime Now

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

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.

www.caregiverteleconnection.org

Caregiver Teleconnection - Free Telephone Learning Sessions. All sessions available on Zoom and/or just the telephone.

<https://wiserwomen.org/caregiver-home/caregiver-publications/>

Financial caregiving hub.

Caregiver SOS: On Air Podcasts

<https://www.wellmedcharitablefoundation.org/caregiver-support/on-air/>

www.GeriatricsCareOnline.org

Corporations are purchasing content from GeriatricsCareOnline.org so that their employees can better understand the healthcare needs of older adults.

www.HealthinAging.org

A trusted source for up-to-date information and advice on health and aging, created by the American Geriatrics Society's Health in Aging Foundation.

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.





Employee Assistance Program (EAP) Caregiver Support Toolkit

Who is this for?

Employees balancing work with caregiving responsibilities for children, aging parents, or loved ones with health or mental health conditions.

What is a caregiver?

A caregiver is anyone providing unpaid care to a family member or friend who needs support due to aging, illness, or disability.

Common Caregiver Challenges

- Balancing work and caregiving demands
- Emotional stress and burnout
- Financial strain
- Lack of awareness of available resources
- Many caregivers don't identify themselves as caregivers—support is still available.

When to Use Your EAP

Contact your EAP if you:

- Feel overwhelmed or burned out
- Need help navigating care options
- Are balancing work and caregiving
- Experience a crisis

Manager Support

Managers can:

- Offer flexibility when possible
- Encourage EAP use
- Normalize caregiving conversations
- Avoid assumptions about availability

Practical Strategies

- **Stay Organized**
 - Maintain a care plan (medications, contacts, appointments)
 - Use shared calendars
- **Manage Time**
 - Prioritize urgent tasks
 - Create backup care plans
- **Communicate**
 - Talk with your manager about flexibility
 - Use EAP as a confidential resource
- **Practice Self-Care**
 - Take breaks
 - Seek support early

How your EAP Supports Caregivers

Your EAP provides confidential, no-cost support:

- **Emotional & Mental Health**
 - Short-term counseling (stress, burnout, grief)
 - Support for anxiety and caregiver fatigue
- **Care Navigation**
 - Help locating local caregiving services
 - Referrals for home care, respite, and adult day programs
- **Legal & Financial Support**
 - Power of Attorney and Estate Planning Guidance
 - Medicare/Medicaid Navigation
 - Financial Consultations
- **Crisis Support**
 - 24/7 Helpline Call or Text 988
 - Immediate Counseling and Referrals

National Caregiver Resources

Condition-Specific Support

Alzheimer's Association - The Alzheimer's Association leads the way to end Alzheimer's and all other dementia — by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. <https://www.alz.org/>

National Alliance on Mental Illness - The National Alliance on Mental Illness (NAMI) is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. <https://www.nami.org/>

NAMI HelpLine provides the one-on-one help and information necessary to tackle tough challenges that you, your family or friends are facing.

Call (800-950-6264) or Text (text "NAMI" to 62640) M-F, 10 a.m. – 10 p.m. ET
In a crisis? Call or Text 988 *Crisis service available 24/7*



National Caregiver Resources

Core Organizations

Family Caregiver Alliance - For more than 40 years, FCA has provided services to family caregivers of adults with physical and cognitive impairments, such as Parkinson's, stroke, Alzheimer's and other types of dementia. Our services include assessment, care planning, direct care skills, wellness programs, respite services, and legal/financial consultation vouchers. Ongoing support is available with FCA CareNav™, also now on a digital service platform. FCA is a longtime advocate for caregivers in the areas of policy, health and social system development, research, and public awareness, on the state, national and international levels. <https://www.caregiver.org/>

Caregiver Action Network - Caregiver Action Network (CAN) is the nation's leading family caregiver organization. It works to improve the quality of life for tens of millions of family caregivers. These Americans care for loved ones with chronic conditions, disabilities, or diseases. CAN also supports those meeting the living needs of older adults.

CAN serves a broad spectrum of family caregivers. This includes parents of children with significant health needs. It also includes families and friends of wounded soldiers: from a young couple dealing with a diagnosis of MS, to adult children caring for parents with Alzheimer's disease.

CAN (the National Family Caregivers Association EIN 52-1780405) is a non-profit organization providing education, peer support, and resources to family caregivers across the country free of charge. <https://www.caregiveraction.org/>

National Alliance for Caregiving – The National Alliance for Caregiving was founded in 1996. Led by our founder Gail Gibson Hunt, a group of national organizations came together to meet the needs of caregivers in an aging America. The National Association of Area Agencies on Aging, the American Society on Aging, the U.S. Department of Veterans Affairs – Office of Geriatrics and Extended Care, Glaxo Wellcome, and the National Council on Aging worked together to create a new association that could address the public policy needs of families and quantify the impact of one of the largest unpaid workforces in our society. <https://www.caregiving.org/>

Local & Government Resources

Eldercare Locator - A public service of the Administration for Community Living connecting you to services for older adults and their families. You can also reach us at 1-800-677-1116. <https://eldercare.acl.gov/home>

Administration for Community Living - The Administration for Community Living was created around the fundamental principle that older adults and people of all ages with disabilities should be able to live where they choose, with the people they choose, and with the ability to participate fully in their communities.

By funding services and supports provided primarily by networks of community-based organizations, and with investments in research, education, and innovation, ACL helps make this principle a reality for millions of Americans. <https://acl.gov/>

United Way 211- United Way mobilizes communities to action so all can thrive. We help neighbors strengthen their resilience by advancing health, youth opportunities and financial security. <https://www.unitedway.org/united-is-the-way-211/>

You are not alone.

Support is available for both your well-being and your caregiving responsibilities.

EMPLOYEE ASSISTANCE PROFESSIONALS – MAKE REFERRALS TO:

AREA OFFICE ON AGING OF NORTHWESTERN OHIO, INC. - CAREGIVER SUPPORT PROGRAM

Email: CaregiverSupportMailGroup@areaofficeonaging.com

Call: 419-382-0624 -ASK FOR CAREGIVER SUPPORT PROGRAM

Fax: 419-382-4560

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CAREGIVER VOLUNTEER RESPITE PROGRAM

As a Caregiver we understand you sometimes need a break ...
Our nationally recognized program can help.



VOLUNTEERS:

Offer much-needed relief to family caregivers by stepping in to provide friendly peer to peer social connections for their loved one. Your support allows caregivers to take a break, recharge, and attend to their own needs.

CAREGIVERS:

This program allows caregivers a worry-free break on a regular basis. Each week, a trained volunteer age 55 and over comes to visit with the aging loved one.

*relaxed
refreshed
recharged*

**Contact the Caregiver Support Program
for Respite or to Volunteer.**

AREA OFFICE ON AGING OF NORTHWESTERN OHIO

**If You Are Caring For A Loved One Age 60+,
We Can Help You Do It**

BETTER LONGER

Older Adults Complete Wellness Source

To find out how AOoA can help, call
(419) 382-0624

www.AreaOfficeOnAging.com

Search for ToledoAging on



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