Have you or are you experiencing any of the following?

- ☐ I've had to make adjustments to work, time spent with family, and finances to care for my loved one.
- ☐ I transport my care recipient to their appointments and monitor their medical condition.
- ☐ I have demands from other family members.
- ☐ It is distressing to see the person I'm caring for change so much from their former self.
- ☐ Some of the behavior of the person I care for is upsetting.
- ☐ I am physically drained completing my care recipient's housework, shopping, and meals.
- ☐ My sleep is disturbed at night.
- ☐ I check on my elderly neighbor every day to assist with their care.
- ☐ I am feeling completely overwhelmed as a caregiver.

If you have checked any of the above, you may be experiencing caregiver stress. You may benefit from the services your local Family Caregiver Support Program provides.

How to get services

Contact the Aging and Disability Resource Connection to talk with an information and assistance specialist or an options counselor who can help identify the services that can support you in your important role as a caregiver.

If you are not eligible for the Family Caregiver Support Program, the ADRC may still be able to help.

www.ADRCofOregon.org
1-855-ORE-ADRC (673-2372)

ADRC
Aging and Disability Resource Connection of OREGON

Oregon Department of Human Services

You can get this document in other languages, large print, braille or a format you prefer free of charge. Contact ADRC at ADRC.Info@odhs.oregon.gov or 1-855-673-2372 (voice/text). We accept all relay calls.

100-385450_DHS 9665 (01/2024)

Family Caregiver Support Program

ADRC
Aging and Disability Resource Connection of OREGON

Oregon Department of Human Services

Do you help someone you know with:

- Transportation
- Housework
- Preparing meals
- Medications
- Medical appointments
- Managing finances
- Dealing with a chronic condition such as diabetes, dementia or falls
- Getting in and out of chairs or bed
- Getting dressed

If so, you may be able to get help from the Family Caregiver Support Program.

What is a Family Caregiver?

A Family Caregiver is:

- Someone 18 years or older caring for:
  - » A person 60 years of age or older; or
  - » A person with Alzheimer's disease or other dementia of any age
- A parent or older relative age 55 or older who lives with, and is the primary caregiver for, an individual with disabilities age 18 or older
- An older relative (other than a parent) age 55 or older who lives with and is the primary caregiver for a child age 18 or younger.

Note: Services will vary from area to area. Talk with your local ADRC staff to see what services are provided in your area.

Services that may be provided in your area are:

- **Information and Assistance** on resources and services in your community;
- **Counseling** to support you in decision-making and problem-solving skills within an individual or group session setting;
- **Caregiving training** to provide you with instruction to improve your knowledge and performance of specific skills relating to your caregiving role and responsibilities;
- **Support groups** to discuss your experiences and concerns within your Caregivers role;
- **Respite care** that offers a brief break from caregiving by providing short-term substitute support in the home, adult day program or alternate living arrangements for overnight care;
- **Other services** that complement the caregiver's duties and help make them easier and safer. These services can also increase your loved one's independence. Services may include legal assistance, transportation, home modifications, equipment or assistive technology.