

*Caregiving can be a positive experience
for you and your loved one.*

Self-Care Tips for Caregivers

Ask for help from others and
accept help when it is offered.

Care for your own mental, physical,
emotional, and financial health.

Be open to new ideas, technologies,
and educational opportunities.

Watch for signs of depression and
seek professional help when needed.

Take advantage of support groups.

Focus on the positive aspects
of caregiving.

Find time each day for yourself.
You are just as important as the
person you are caring for.

Remember, you are not alone!
There are resources available to
assist you in your caregiving efforts.

DHS is responsible for providing and administering publicly funded human services to Allegheny County residents.

DHS Principles

All services will be:

- High quality, comprehensive and accessible.
- Individualized and designed to be respectful of the unique cultural characteristics of each individual and/or community.
- Integrated and offered through a team approach that recognizes the capacity of individuals and families to identify their own strengths, needs and goals; create relationships and natural supports; and take steps necessary to accomplish these goals.

Area Agency on Aging

Rich Fitzgerald, *Allegheny County Executive*

Marc Cherna, *DHS Director*

Patricia L. Valentine, *DHS Executive Deputy Director
for Integrated Program Services*

Mildred E. Morrison, *AAA Administrator*

Contact the SeniorLine: 412-350-5460
800-344-4319



Phone: 412-350-5791

Fax: 412-350-3854

www.alleghenycounty.us/dhs

2100 Wharton Street, 2nd floor
Pittsburgh, PA 15203

The Allegheny County Department of Human Services does not discriminate against anyone on the basis of a protected class including: race; color; religion; national origin; ancestry or place of birth; sex; gender identity or expression; sexual orientation; disability; marital status; familial status; age (40 and older); use of guide or support animal because of blindness, deafness or physical disability.

DHS funding information is available at

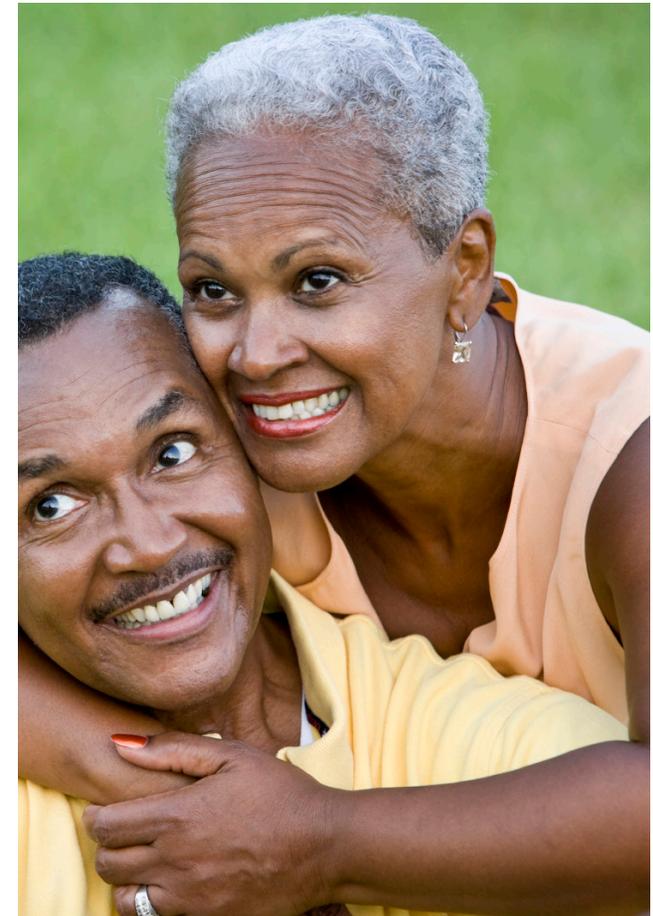
www.alleghenycounty.us/dhs/funding.aspx

Produced by the Office of Community Relations, 9/2015

Allegheny County
Department of Human Services
AREA AGENCY ON AGING (AAA)

Family Caregiver Support Program

*Helping families care for
their loved ones at home*





Spotlight on Caregivers

The Family Caregiver Support Program (FCSP) assists families caring for an older relative or friend. The goal of FCSP is to support – NOT REPLACE- the care provided to frail family members in their home.

The program recognizes the value of family caregivers and the need for supportive services. The focus is to respond to the needs of caregivers, so they can provide the best possible care for an older relative or friend in the home.

A care manager, state certified in completing assessments, will collaborate with the caregiver and care receiver to identify needs and create an individualized care plan.

Benefits *of the* Program

- Assessment of caregiver's and older adult's needs
- Information on benefits and resources
- Training in caregiving skills
- Respite care
- Access to support groups
- Assistance completing benefits and insurance forms
- Reimbursement of qualifying caregiving expenses
- Professional care management
- Financial reimbursement for qualifying home modifications and adaptive equipment

Assistance is also available to caregivers ages 55 or older who are caring for grandchildren or other relatives with disabilities when the parents are unable to. Eligibility is based on household income guidelines.

A Helping Hand

Informal caregivers are not alone. Contacting the Allegheny County Seniorline is the entry point to the local Network of Aging Services. Caregivers who call will speak with professional staff who can provide information on support groups, respite, caregiver skills training, and referrals for other services. Staff provide families with information to make informed choices about which services matter most.

For more information on the Family Caregiver Support Program, call the SeniorLine at 412-350-5460.
