



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

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www.alleghenycounty.us/dhs

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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

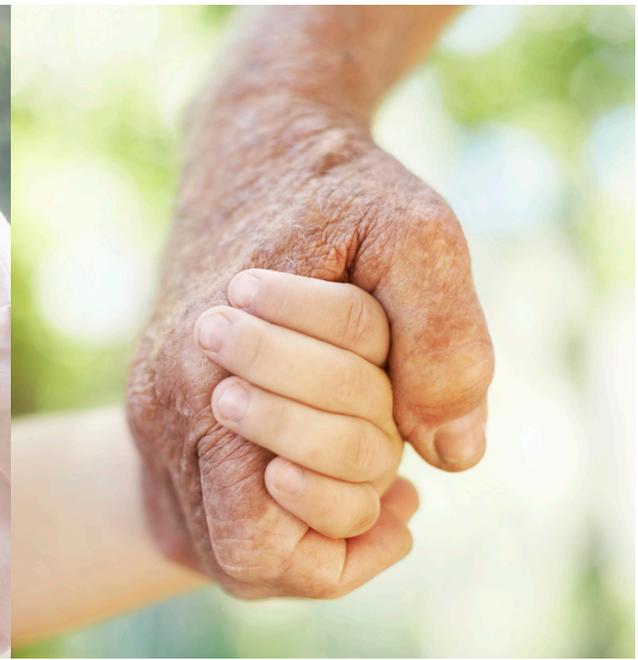
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Allegheny County
Department of Human Services
AREA AGENCY ON AGING (AAA)

Family Caregiver Support Program *for Grandparents*

Helping grandparents care for children in their home when parents are unable to





Spotlight on Caregivers

The Family Caregiver Support Grandparent Program (FCSP) assists older adults caring for a grandchild, niece or nephew in their own home when the parents are unavailable. The goal is to ease the burden an older adult may have when raising a family member's children.

The program recognizes the value of family caregivers and the need for supportive services, assisting with those services that allow children to continue living in a home environment. A Care Manager collaborates with the family in the creation of an individualized care plan to meet the caregiver's and children's needs.

Benefits of the Program

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

Caregivers ages 55 or older caring for a relative's children in their home may qualify for assistance. Household income guidelines apply.

A Helping Hand

A helping hand makes all the difference.

Informal caregivers are not alone. Contact the Allegheny County SeniorLine to speak with a staff person who can provide information on support groups, respite, caregiver skills training, and referrals for other available programs and services.

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