

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 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 with natural supports; and take steps necessary to accomplish these goals.



Area Agency on Aging

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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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Caregiver Support Programs for Older Adult Caregivers



Helping older adults who care for relatives in their homes

ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES

alleghenycounty.us/dhs



You have taken on a big and important responsibility – to provide live-in care in your home for a relative in need.

You may be related by blood, marriage or adoption. The bottom line is you stepped in and opened your home and your heart to provide care for a loved one.

At the Allegheny County Department of Human Services, we know caregiving is a challenge and sometimes the burdens feel heavy and not easy to bear. DHS values you for your commitment and we want to be there to help you continue to fulfill your goals.

There are two Caregiver Support Programs designed specifically for Pennsylvania residents, 55 years of age and older, who voluntarily take on a live-in caregiving role for a qualifying relative.

Caring for a Child Under 18 Years of Age

This program is for you if you are raising a child

- › who resides in your home
- › who is a resident of Allegheny County
- › who is under 18 years of age
- › whose parent is related to you by blood, marriage or adoption and
- › whose parent is unable to care for the child and does not live with you

Caring for a Relative with a Disability from 18 through 59 Years of Age

This program is for you if you care for a relative

- › who resides in your home
- › who is a resident of Allegheny County
- › who is 18 through 59 years of age
- › who is related to you by blood, marriage or adoption and
- › who has a disability

Your relative with a disability must have at least one limitation in one of the following categories

- › activities of daily living (ADL)
- › cognitive functioning
- › economic self-sufficiency
- › emotional adjustment
- › independent living
- › language
- › learning
- › mobility

How the Caregiver Support Programs Work

1. You call the Allegheny County DHS Area Agency on Aging SeniorLine at 412-350-5460 or 1-800-344-4319.
2. You are assigned a care manager.
3. Your care manager arranges for a home visit to discuss your situation, your needs and the needs of the relative you are caring for.

4. Based on what is learned in the conversation, your care manager creates a care plan to meet your needs and those of your relative.
5. Your care manager follows up periodically to make sure your supports are meeting your needs.

Typical Benefits of the Caregiver Support Programs

The total value of the benefits available to you depends on your household income but the range of benefits is wide and varied.

- › A professional assesses your needs and manages your supports.
- › Your relative can get day care (respite care) so you can have a break from your routine of caregiving.
- › Your relative can get in-home personal care assistance.
- › You can be reimbursed for qualifying caregiving expenses.
- › You can be reimbursed for home modifications and adaptive equipment.
- › You can be taught some tried-and-true caregiving skills.
- › You will be given information about other benefits and resources.
- › You can get help completing applications and forms for other benefits including SNAP, childcare subsidies or rent rebates.
- › You will be introduced to related support groups.