

**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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*DHS funding information is available at [www.alleghenycounty.us/dhs/funding.aspx](http://www.alleghenycounty.us/dhs/funding.aspx)  
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**Caregiver Support Programs for Adult Caregivers**



**Area Agency on Aging**



**Helping the adults who care for their loved ones**

**ALLEGHENY COUNTY DEPARTMENT OF HUMAN SERVICES**

**[alleghenycounty.us/dhs](http://alleghenycounty.us/dhs)**



You have taken on a big and important responsibility – to provide care for a loved one so they can continue living in a home setting.

You may, or may not be related, but you care about their well-being and their wish to avoid moving to a care facility.

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, 18 years of age and older, who voluntarily take on a caregiving role for a qualifying loved one.

### **Caring for Either an Older Loved One (60 years of age or older) or an Adult (up to 59 years of age) with Dementia**

This program is for you if you care for a loved one

- › who is a resident of Allegheny County
- › who exhibits an inability to perform at least one activity of daily living (ADL)
- › who is over 60 years of age OR
- › who has dementia and is between 18 and 59 years of age

### **Caring for Either an Older Loved One (60 years of age or older) or a Child (under 18 years of age) with Dementia**

This program is for you if you care for a loved one

- › who is a resident of Allegheny County
- › who exhibits an inability to perform at least two activities of daily living (ADL)
- › who is 60 years of age or older OR
- › who is under 18 years of age and has dementia

#### **Activities of Daily Living**

- › Eating
- › Bathing
- › Dressing
- › Grooming
- › Toileting (being able to get on and off the toilet and perform personal hygiene functions)
- › Transferring (being able to get in and out of bed or a chair without assistance)
- › Maintaining continence (being able to control bladder and bowel functions)

#### **How the Caregiver Support Program Works**

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 the income of the household where your loved one lives, 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.