

SUPPORTING FAMILY CAREGIVERS



Who are family caregivers?

A family caregiver is anyone who provides regular care for a spouse, relative, partner or friend.

The amount of care you provide may have increased over time, or you may have found yourself in that role suddenly, without notice.

For many it is a labor of love, but it can also be physically and emotionally demanding.

It is important to keep a balance between caring for another individual while caring for yourself.

Contact your local Servicelink to find out what assistance is available in your community. Call toll free 1-866-634-9412.

Other Resources

The Alzheimer's Association

New Hampshire Office
5 Bedford Farms Drive, Suite 201
Bedford, New Hampshire 03110
www.alz.org/MAANH
(603) 606-6590
Helpline: 1(800) 272-3900
(toll free, 24 hours, 7 days a week)

Family Caregivers Services

Information on local resources, support groups, in-home care, adult day services and other programs that can help make your situation easier.

Assistance in gaining access to services or completing forms.

Assessments of the caregiver's and the care recipient's situation and needs.

One on One Support and Counseling is available with a Caregiver Specialist or Long Term Support Counselor who can assist you in looking at options available to you.

Education and Training for family caregivers who feel unprepared and/or increase the skills they need in order to provide day to day care.

Family caregivers who meet eligibility requirements may be able to access, through Servicelink, Federal or State funded supports such as:

- **Respite services*** (such as: in-home respite care, adult day programs or short term stay in a facility) and/or
- **Other services*** that may complement in caring for someone (such as: emergency response systems, assistive or adaptive equipment, home modifications, transportation services, yard work and other chore services).

* Note: These services may be based on income or other criteria.

National Family Caregiver's Association (DBA Caregiver Action Network)

The National Family Caregiver's Association supports, empowers, educates, and speaks up for the more than 50 million Americans who care for a chronically ill, aging or disabled loved one. Visit their website at <https://caregiveraction.org/> or call their HelpDesk toll free (855) 227-03640

Family Caregiver Alliance

For internet resources for caregivers, visit their website at www.caregiver.org, or call their toll free number 1(800)445-8106

JUST A PHONE CALL AWAY

The staff at the ServiceLink Resource Centers can help you find answers, solve problems and understand the available options as you care for your family member, partner or friend.

Many of the family caregivers we serve are caring for an older adult or an adult with disabilities, are long-distance caregivers, or are grandparents/relative caregivers raising young children.

No matter whether you have been providing care for a long time or are new to the role, we are here to help.



NOTES



Call your local Servicelink

1-866-634-9412 (Toll Free)

or

www.servicelink.nh.gov

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