



10TH
EDITION

Caregiving Smarts™

Resource Guide



Providing quality
resources for
Caregivers and
those age 60+

A R E A O F F I C E O N A G I N G O F N O R T H W E S T E R N O H I O

**If You Are Caring For A Loved One Age 60+,
We Can Help You Do It**

BETTER & LONGER

Older Adults Complete Wellness Source

To find out how AOoA can help, call
(419) 382-0624

www.AreaOfficeOnAging.com

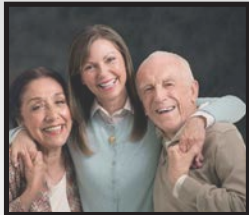
Search for ToledoAging on



Caregiver Support Program

For Families and Persons Caring for Older Adults.

When you're caring for a loved one, we will be with you all the way.



DID YOU KNOW THAT ON AVERAGE...

Family caregivers spend **23.7 hours** per week providing care.

Nearly **1 in 4** caregivers spends **41 hours or more** per week providing care.

1 National Alliance for Caregiving and AARP. (2020). Caregiving in the U.S.

Caregiver Support Program works to:

- Reduce caregiver stress, burden, and injuries
- Increase caregiver confidence and knowledge
- Improve the quality of care
- Help caregivers balance their lives and caregiving responsibilities

Eligible Populations

- Caregivers of any age who are providing care for a person age 60+ who is frail.
- Caregivers caring for an individual with Alzheimer's Disease or related disorder regardless of their age.

Services Available

NOTE: Services are only Temporary and Dependent upon Location

**Information
Assistance
Counseling
Respite Care
Supplemental Services**

**Visit our website for upcoming caregiver programs and events and to sign up to receive our bi-monthly emailed newsletter.*

Let Us Help. Contact Us HERE:

Area Office on Aging of NW Ohio
2155 Arlington Ave
Toledo, Ohio 43609
Phone (419) 382-0624 OR
800-472-7277

www.areaofficeonaging.com



☼ THIS IS YOUR GUIDE!

Caregiving Smarts™ is a comprehensive listing and explanation of providers and services to assist family caregivers. It is designed to work for YOU! Information contained herein has been supplied by the organizations and facilities. While the information has been thoroughly cross-referenced and phone numbers verified as of June, 2024, the Area Office on Aging of Northwestern Ohio, Inc, and Senior Impact Publications, LLC assume no responsibility for omissions or errors. We welcome all updates and corrections.

**Caregiving Smarts: A Resource Guide
for Families and Persons Caring for
Older Adults™**

10th Edition, July, 2024

SENIOR IMPACT PUBLICATIONS, LLC

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Dear Friends,

Taking care of a loved one can be challenging emotionally, physically, and financially. AARP's 2023 Family Caregivers Update cites that 61 percent of caregivers work to defray care costs. The report cites that 40 percent of caregivers are afflicted with the emotional stress of balancing caregiving with work, noted as their greatest challenge.

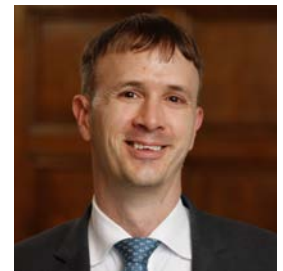
As noted by AARP, 30 percent of all caregivers are caring for two generations. For example, sandwich generation caregivers face dual-generation care demands. Caring for both an older family member, and children (or grandchildren), can result in greater levels of emotional and financial burden. Importantly, the report notes that care provided by unpaid family caregivers is valued at more than 30 billion hours annually, with an estimated economic value of \$600 billion — primarily in the form of lost wages.

The good news is that caregivers do not need to do it all themselves. There are community resources available to supplement the care you provide. Our Caregiving Smarts Resource Guide provides valuable information about services to help caregivers. Please utilize this guide and contact our staff in the Caregiver Support Program to advise you on available resources. We thank all family caregivers for your service and look forward to being a partner in your journey.

Sincerely,



**Arcelia Armstrong, LSW
Director, Caregiver
Support & Kinship
Navigator Programs
Area Office on Aging
of NW Ohio, Inc.**



**Justin Moor,
President/CEO
Area Office on
Aging of NW
Ohio, Inc.**

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Are You A Family Caregiver?

Family caregivers are individuals who provide unpaid health care and assistance for a family member, friend, or neighbor on their own time while still managing their own priorities in their life at home, at work, at school, and in their personal life.

Caregiving Facts

“I am a family caregiver” if you say yes to any of the following:

- I drive my elderly neighbor or family member to his or her doctor appointment.
- I cook and clean at my parents’ home.
- I have insisted that my family member move in with my family, so that we can better help him or her with their medication and ensure their safety.
- I assist with bathing and dressing my spouse, parent, or family member.
- I live far away, but I call daily and arrange for his or her care.

53 million Americans provide unpaid care to a loved one.

23% of Americans said caregiving made their health worse.

45% had at least one financial impact.

26% of Americans are caring for someone with Alzheimer’s disease or dementia.

URL: www.aarp.org/uscaregiving

If you are a Family Caregiver needing support and/or assistance, please contact us:

The Area Office on Aging of Northwestern Ohio, Inc. - Caregiver Support Program

1-800-472-7277 OR 419-382-0624 or www.areaofficeonaging.com

COPING WITH CAREGIVER STRESS AND BURNOUT

What leads to stress and burnout?

- Putting needs and interests of loved one before your own
- Unrealistic expectations
- Lack of family support
- Juggling multiple commitments

Signs of burnout

- Anxiety
- Depression
- Constantly feeling exhausted
- Falling sick more often
- Changes in sleep patterns
- Changes in appetite / weight

How can you avoid burning out?

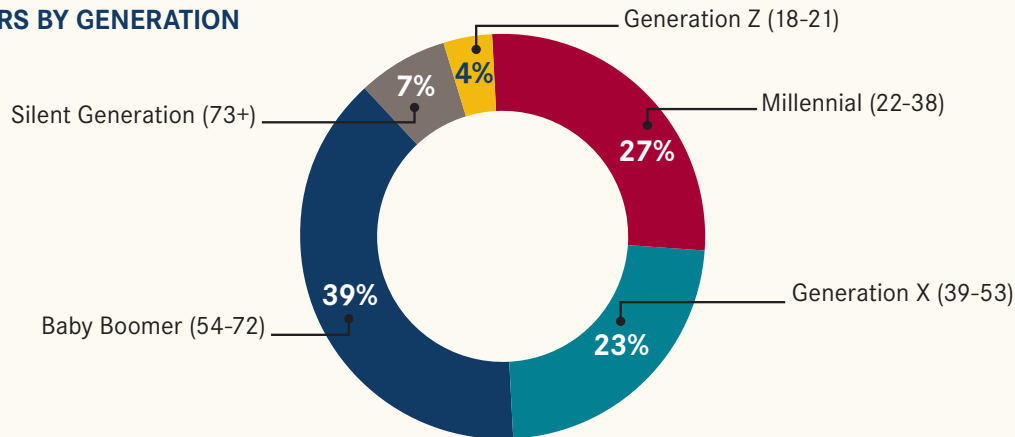
- ✓ Set realistic expectations
- ✓ Embrace your role as a caregiver
- ✓ Practise self-care
- ✓ Join a caregiver support group
- ✓ Take regular breaks
- ✓ Relax and meditate



Family caregivers providing complex medical/nursing care

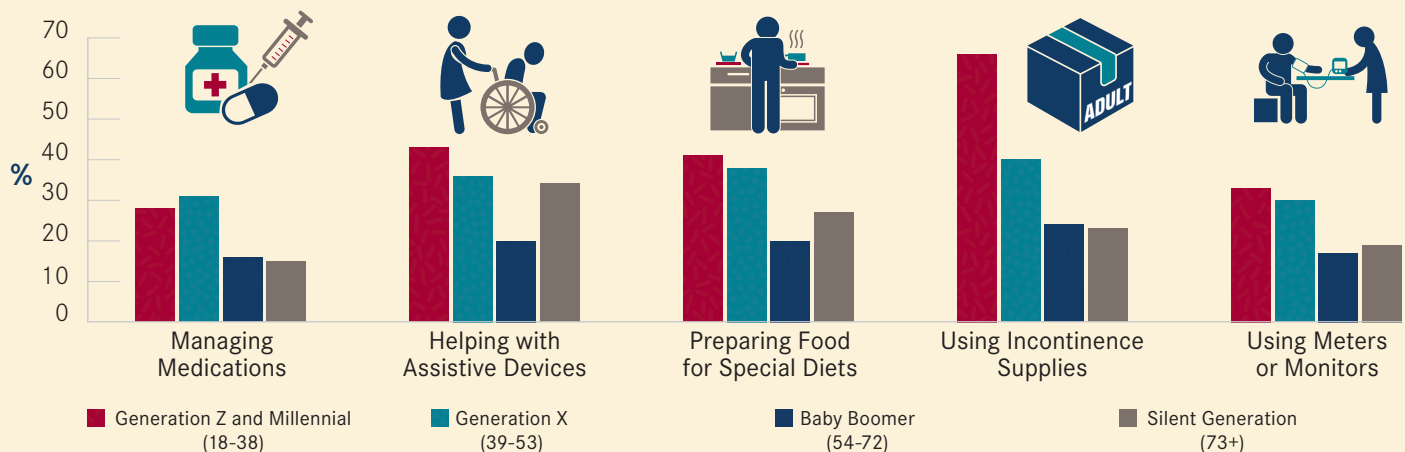
GENERATIONAL DIFFERENCES

% OF CAREGIVERS BY GENERATION



40 percent of millennials and younger caregivers are supporting someone with a behavioral health (e.g., mental health) condition.

CAREGIVING TASK DIFFICULTY BY GENERATION



MILLENNIALS AND GENERATION X



- More likely than older generations to worry about making a mistake and paying for care
- Feel stress from having to talk to so many health care professionals or suppliers
- Feel their role causes problems in their relationship with the family member
- Feel their medical/nursing tasks make the home feel less safe because of the equipment and supplies
- Feel that performing these tasks offers new skills they can apply to other areas of life

BABY BOOMERS



- Most likely to feel that performing medical and nursing tasks eases worries about their family member's condition
- More commonly care for spouses (vs. aging parents)
- More likely than other generations to spend larger amounts of time performing M/N tasks (28 hours/week compared to 19 hours for generation X and 18 hours for millennials)
- Perform more tasks at multiple times per day, such as managing medications and preparing special diets
- Baby boomers and silent generation are more satisfied with the quality of their social relationships

EXTRACTED FROM THE 2019 *HOME ALONE REVISITED* STUDY

THROUGH FUNDING BY:



The John A. Hartford

TO THE

AARP Foundation®

KINSHIP NAVIGATOR PROGRAM

2155 Arlington Ave, Toledo, 43609 Phone: 419-382-0624 www.areaofficeonaging.com

QUICK FACTS



OUR MISSION:

TO GUIDE GRANDPARENTS AND OTHER RELATIVES WHO ARE REARING CHILDREN IN THEIR EXTENDED FAMILIES TO SERVICES IN THE COMMUNITY; SPECIFICALLY THROUGH INFORMATION, ONGOING SUPPORT, EDUCATION AND LINKAGE TO COMMUNITY AGENCIES.

THE CHILDREN:

238,921 CHILDREN IN OHIO LIVE IN HOMES WHERE THE HOUSEHOLDERS ARE GRANDPARENTS OR OTHER RELATIVES (9.3% OF THE CHILDREN IN THE STATE).



Programs & Services



- Information & Referral
- Ongoing Assistance



- Monthly Well-Checks
- Summer Series



- Support Groups
- Evidence-Based Workshops



- Wellness Initiative for Senior Education (WISE)



- Child Traumatic Stress Workshop



- Bi-Weekly E-Blasts
- Quarterly Newsletters
- Parenting Smarts Resource Guide



- Special Events



- Holiday Meal Assistance

The Grandparents & Other Relatives:

\$4 BILLION - THE AMOUNT GRANDPARENTS AND OTHER RELATIVES SAVE TAXPAYERS EACH YEAR BY RAISING CHILDREN AND KEEPING THEM OUT OF FOSTER CARE. 46% OF GRANDPARENTS OR OTHER RELATIVES CARING FOR THEIR KIN HAVE PROVIDED CARE FOR 5 YEARS OR MORE.

Above data taken from: GrandFacts Sheets - State Fact Sheets for Grandfamilies (Ohio 2023) www.grandfamilies.org, and Generations United - State of Grandfamilies 2023 - Supporting Grandfamilies' Mental Health and Wellness www.gu.org.

The Kinship Navigator Program is supported by the Area Office on Aging of Northwestern Ohio, Inc., Lucas County Children Services, and Lucas County Department of Job and Family Services.



Guided journaling prompts + habit tracker for caregivers



Taking care of others begins with taking care of yourself.

When caring for someone else, it's important to focus on your own physical and mental well-being. A good way to take care of your mental health is by setting aside time to check in with yourself. It can be as simple as spending five to ten minutes a day answering these questions:

1. How am I really feeling today? In a physical, mental, and emotional sense?
2. What am I grateful for today?
3. What happened today that made me feel good?
4. What's been occupying my mind the most lately?
5. Did I put too much on my plate today?

Don't forget about these other valuable steps with this healthy habits checklist:

- Take any sort of break by myself.
- Perform any sort of movement activity (e.g., walking, stretching, lifting weights).
- Talk to a loved one.
- Eat a healthy meal.
- Drink six to eight glasses of water.
- Sleep for at least six hours.
- Write down thoughts and emotions.



9 BENEFITS OF VOLUNTEERING

(backed by science)

- 1 ENJOY A "HELPER'S HIGH"**
volunteering creates a similar physical experience to vigorous exercise or meditation
- REDUCE STRESS & LONELINESS**
volunteer with others, you'll help yourself feel less lonely and less stressed while you're helping people in need
- 3 LESSEN FEELINGS OF DEPRESSION**
research shows that volunteering lowers depression levels especially for those over 65
- BOOST YOUR HAPPINESS**
those who volunteer regularly (at least once a month), report better mental health than those who volunteered rarely or not at all
- 5 BUILD FRIENDSHIPS**
expand your social network and improve social skills while helping other people
- LOWER YOUR BLOOD PRESSURE**
it might be linked to an increase in physical activity as well as lowered stress levels
- 7 LIVE A LONGER LIFE**
those who volunteered regularly tended to live longer than those who didn't
- GET BETTER SLEEP**
"Volunteers have less trouble sleeping, less anxiety, and better friendships and social networks"
-Dr Stephen Post
- 9 WIN A JOB**
volunteering gives you the chance to practice skills, gain experience, and meet people in the field



One of the best productivity techniques

TRICK YOUR BRAIN & BECOME PRODUCTIVE

WITH SPENDING ONLY 5 MINUTES

If You Feel That You Need To...

Declutter

- TAKE OUT THE TRASH AND RECYCLE
- MOP/ SWEEP THE FLOOR
- SHAKE RUGS
- CLEAN THE DUST
- ORGANIZE 3 KITCHEN CABINETS
- DO DISHES
- DO LAUNDRY
- VACUUM
- CLEAN SINKS, SHOWER, TOILET, TUB

Reset

- WASH YOUR FACE
- MEDITATE
- WRITE YOUR THOUGHTS DOWN
- STAND UP AND STRETCH
- GO FOR A WALK
- DRINK SOME WATER
- LISTEN TO YOUR FAVORITE SONG
- START CREATING A VISION BOARD
- PRACTICE AROMATHERAPY

Save Money

- CREATE A REALISTIC BUDGET
- DOWNLOAD COUPON APPS
- PACK YOUR LUNCH
- ANALYZE YOUR RECEIPTS
- WRITE DOWN YOUR DAILY SAVE UP PLAN
- BUY A WATER FILTER (INSTEAD OF BUYING BOTTLE PACKS)
- DOWNLOAD FETCH REWARDS

Declutter

- MAKE A LIST OF WHAT YOU NEED TO DO
- PRIORITIZE YOUR TASKS
- APPLY "A-B-C-D-E METHOD"
- MAKE MORE TIME IN YOUR SCHEDULE
- ORGANIZE YOUR EMAILS
- RETURN A PHONE CALL OR EMAIL
- ORGANIZE YOUR WORKING DESK

Get emotional balance

- WRITE A GRATITUDE LIST AND SEE HOW LUCKY YOU ARE!
- GRAB SOME COFFEE OR TEA
- TAKE A WALK
- PAY SOMEONE A COMPLIMENT
- WRITE DOWN WHY YOU'RE PROUD OF YOURSELF
- SEND A THANK-YOU NOTE

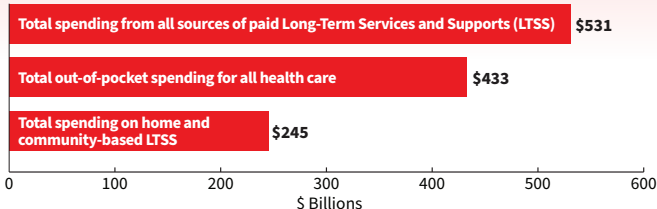
Health & Beauty routines

- STRETCH
- TRIM YOUR NAILS
- FLOSS YOUR TEETH
- BUILD A HEALTHY MEAL
- MAKE HEALTHY SNACKS
- PUT ON CLOTHES THAT MAKE YOU FEEL GOOD
- MAKE A GREEN SMOOTHIE
- WRITE DOWN YOUR HEALTHY SKIN ROUTINE
- IRON YOUR CLOTHES

GET A '5-MINUTE TASK SHEET' TO WRITE DOWN YOUR OWN IDEAS AT MYMINDTALKS.COM

In 2021, about 38 million Americans spent 36 billion hours caring for adults with chronic, disabling, or serious health conditions. The estimated economic value of this care is **\$600 billion**.

Estimated value of caregiving relative to other spending.

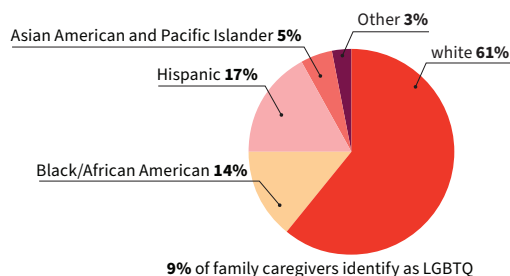


60% of caregivers juggle work and care.

- ▶ **60%** of caregivers worked a full-time or part-time job.
- ▶ **40%** of caregivers cite the emotional stress of juggling caregiving with paid work as biggest challenge.
- ▶ Career disruptions and breaks due to caregiving can lead to substantial economic risk and even long-term financial struggles for caregivers.



Today's family caregivers are diverse.



Sandwich Generation Caregivers face dual-generation care demands.

- ▶ Caring for *both* an older family member or friend and children or grandchildren results in a higher level of **emotional & financial strain**.
- ▶ **30%** of all caregivers are caring for two generations.
- ▶ They increasingly include Gen Z and millennial caregivers.
- ▶ They are often balancing work with caregiving.



Diverse caregivers have distinct care experiences.

- ▶ Black/African American and Hispanic/Latino caregivers are more often involved in **high-intensity caregiving**.
- ▶ Black/African American caregivers often receive **no paid or unpaid caregiving help**.



- ▶ Hispanic/Latino caregivers are more often younger and **caring for children, too**.
- ▶ Asian American caregivers report feelings of having **no choice** in providing care.
- ▶ LGBTQ caregivers more often experience **high financial strain**, feelings of isolation, & high emotional stress tied to their role.

Six recommendations to support unpaid family caregivers:

Implement the National Strategy to Support Family Caregivers.



Support family caregivers when caring for someone in the hospital and as they transition home through the CARE Act.



Offer caregiver tax credits or other reimbursement programs to offset the costs of family caregiving.



Strengthen paid family leave and paid sick leave to help family caregivers balance care and work responsibilities.



Expand respite care services that give family caregivers a hard-earned break.



Include family caregivers in care through caregiver training & education and caregiver assessments that connect them to supports and services.



ARE YOU PREPARED?



Act now to gather supplies and learn the skills you need to prepare and protect yourself and others in an emergency.



Gather enough **personal needs**, like food, water, and medical supplies, to last your family, including pets, at least 3 days.

Make a **first-aid kit** that includes gloves, a thermometer, waterproof bandages, and antibiotic cream.

Talk to your doctor and your pet's veterinarian about creating an emergency supply of **prescription medicines**.

Collect and protect important **paperwork**, such as insurance cards and personal identification.

Prepare for power outages with backup and alternative **lighting and power sources**, such as flashlights and a power bank for your cellphone.

Learn, practice, and teach others important **practical skills**, such as frequent handwashing, that can protect your health in an emergency.

Have **multiple, well-fitting masks for everyone ages 2 and older**. Know and follow the masking recommendations and requirements of your state and local health departments.

When soap and water are not available, use **hand sanitizer with at least 60% alcohol** to keep hands clean.

Carry household **disinfecting wipes** to kill germs on frequently touched surfaces.



Prepare for everywhere—your home, work, and vehicles—because emergencies can happen anywhere.

For more information visit:
www.cdc.gov/prepyourhealth

CS325779-A August 2021

Virtual Resources

Area Office on Aging – Family Caregiver Support Program provides virtual caregiver education including monthly educational series, evidenced-based programming like Powerful Tools for Caregivers.

To RSVP and obtain access instructions, E-mail or call:
Jennifer Forshey, LSW at
jforshey@areaofficeonaging.com or (419) 725-6983
or Tracie Fountain, BSN, RN at
tfountain@areaofficeonaging.com or (419) 725-6984

Powerful Tools for Caregivers

- A self-care education program for family caregivers to improve: self-care behaviors, management of emotions, self-efficacy, and use of community resources
- Target Audience: Family caregivers of adults with chronic conditions

MemoryLane Care Services:

(Virtual) and in-person Caregiver Coffee with MemoryLane Care Services Staff. Would you like to talk to other caregivers about their experiences? Join us for a chat every Wednesday at 2 p.m. This is your chance to learn from others who face the same challenges and to share insights, advice, and encouragement. The staff will discuss practical tips and resources that provide support and assistance.
Call Cheryl Conley at 419-720-4940 or email cconley@memorylanecare.org for information about how to dial in. Bring your own coffee!

Alzheimer's Association

Virtual Support Groups: Visit alz.org/CRF or call 800-272-3900 to find out more about support groups in your area. Education Programs: Some programs are virtual. To register, call 800-272-3900. Visit alz.org/CRF to explore additional education programs in your area.

AARP Public Policy Institute/Initiatives/Home Alone Alliance - Family Caregiving How-To Video Series

Medical and Nursing Task Tutorials for Family Caregivers
The "How-To" videos and resource guides for family caregivers are on specific medical/nursing tasks – including preparing special diets, managing incontinence, wound care, mobility, and managing medications. The videos are resource guides, many of which are available in both English and Spanish, are free of charge.

To access videos go to:
<https://www.aarp.org/ppi/initiatives/home-alone-alliance/family-caregiving-videos/>

Inspirational Caregiver Quote

*Nothing is impossible, the word itself says
"I'm possible!"*
- Audrey Hepburn

Online training videos provide coping skills for caregivers of people with dementia

Excerpt from Article By Enrique Rivero • June 6, 2018

Dementia also has a profound effect on caregivers, often family members whose lives are disrupted and who are challenged on how to best to care for their loved ones. Most caregivers do not receive education and training about how to provide competent and compassionate care.

To address this need, the UCLA Alzheimer's and Dementia Care Program has developed a series of online videos to help caregivers understand how to care for persons with dementia. The videos, in which actors portray dementia patients and their caregivers, cover a range of issues and provide practical tools and techniques for managing challenging issues that caregivers will face.

To access videos listed below go to:
<https://connect.uclahealth.org/2018/06/06/online-training-videos-provide-coping-skills-for-caregivers-of-people-with-dementia/>

The program has produced 18 training videos on the following topics:

- Aggressive Language/Behavior
- Agitation and Anxiety
- Depression/Apathy
- Hallucinations
- Home Safety
- Refusal to Bathe
- Refusal to Take Medications
- Repetitive Behaviors
- Repetitive Phone Calls
- Repetitive Questions
- Sexually Inappropriate Behaviors
- Sleep Disturbances
- Sundowning
- Wandering

Videos covering common challenges are:

- Alcohol Abuse
- Driving
- Lack of Eating
- Paranoid Thoughts

The program also offers free educational webinars ranging from "What is dementia?" to protecting loved ones who have dementia from falling prey to scammers.

HomeStrong was created to help older people improve their strength and balance—especially during the COVID-19 pandemic when many people are unable to leave their homes.

When people can't do their regular activities, muscle strength and balance decrease quickly. This raises the risk of falls that cause fractures and other injuries. The good news is that anyone—regardless of age—

can get stronger with exercise. Even people in their 80s and 90s can improve their strength and balance. To access videos visit: www.homestrong.net

YMCA 360 On-Demand Classes Now Available

If you are unable to join us at one their facilities, there are a variety of at-home exercise options for members to use called YMCA 360. You can take group exercise classes for all ages right in your own home at no charge for a limited time! To access videos: <https://ymca360.org/>

Arthritis Foundation Exercises <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease/wwe-exercises>

Nike Training Club Programs Designed Just For You
Take your pick from a series of workouts, nutrition tips, and wellness guidance to help you build healthy habits and see results that last. Each program is led by a Nike Master Trainer and designed to fit into any routine. To access videos: <https://www.nike.com/ntc-app>

Walk at Home by Leslie Sansone <https://walkathome.com/>
SPECIFICALLY DEVELOPED TO GET YOU MOVING!
Our “Walking” burns more calories than a stroll around the park because:

- It's a series of multi-muscle moves
- Movement set to the beats per minute in workout (and popular) music.
- A higher muscle engagement leads to higher calorie burn and of course more muscle tone!... and all while being easy on the joints! Walking is the most natural and effective way to health and wellness, and works for anyone, any age, any size and anywhere... because we're Walk AT HOME®!

MINDFULNESS APPS

Headspace Inc. www.headspace.com
This app, designed to teach you how to meditate, is available in both free and premium versions which have a monthly subscription cost. Free access includes the Take10 10-minute meditation program, while subscribers get access to Headspace's full content collection on a variety of wellness topics. You can also connect with friends for motivation. Compatible with Android devices and iPhone.

Calm www.calm.com
This app is a well regarded tool to help reduce anxiety and stress. The website readily allows you to access the interface, and plays soothing music as soon as you click on it. You can also sign up for newsletters on the website. Although the app itself is free, there are various subscriptions with additional resources that can be purchased for as low as \$4.99 per month. The app comes with great resources such as 7 guided meditation sessions from 2 to 30 minutes, 10 expansive nature scenes, and 16 different music tracks by meditation music mastered plus new content added each month!

Guided Mind www.guidedmind.com

This is a great app that has multiple 3 minute voice-guided meditation exercises for people on the go. The exercises are easy to use, and can be stored on your mobile device for use at a later time. There are about 8 different speakers, and 14 sound landscapes to chose from making it a great, diverse fit for caregivers. It is free, and available for use on itunes.

Smiling Mind

An Australian not-for-profit organization that's making mindfulness meditation simple and accessible to everyone. Their meditations are free with varying lengths of time.

Insight Timer

It has almost 7,000 free guided meditations at different lengths of time. The home screen allows for a community atmosphere. You can share with community or keep private.

UTube Meditation and Guided Imagery

Tracy C Saunders Inner Journey
<https://www.youtube.com/channel/UCVWGpJfMAFYk71mVml4R-uQ>

Kelly Howell Guided Meditation

<https://www.youtube.com/watch?v=uvUBoHX7IfY>

EFT Emotional Freedom Technique – Tapping

<https://www.youtube.com/watch?v=pAclBdj20ZU>

www.carollook.com/welcome-to-eft-tapping

Why Zebras Don't Get Ulcers by Robert Sapolsky

<https://www.youtube.com/watch?v=D9H9qTdserM>

Kristin Neff, Ph.D. <https://self-compassion.org/>

<https://www.heartmath.com/>

<https://self-compassion.org/self-compassion-test/>

Courage to Caregivers Breathing Meditations

<https://www.youtube.com/playlist?list=PLGcPrH8JauaCEQkMI62C913DYIFMdgrXQ>

CRISIS SUPPORT FOR CAREGIVERS AND OLDER ADULTS

Institute on Aging - Friendship Line 1-800-971-0016

This 24-hour, toll-free Friendship Line provides support for older adults and adults with disability who are experiencing loneliness, and operates as both a crisis intervention hotline and a warmline for nonemergency emotional support calls. The Friendship line also offers outreach calls to help monitor physical and mental health concerns. For more information go to <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

SAMHSA Disaster Distress Helpline 1-800-985-5990

This helpline provides 24/7, 365 days-a-year crisis counseling and support for caregivers and other people experiencing emotional distress related to disasters, including the COVID-19 pandemic.

HOW TO USE TECHNOLOGY (SMART PHONE, TABLET, COMPUTER, TECH)

Keeping up with the Times.

If you find yourself struggling to use computers, tablets, or smart phones but want to learn, the Caregiver Support Program has put together some resources below that may be helpful.

Access Information on How to Use Technology

Where Older Adults Come to Learn, Explore and Share Smart Technology

The Senior Tech Club Wants to Help

<https://www.seniortechclub.com>

We believe your device and technology can serve you well beyond making phone calls and sending text messages. It can be a platform for health, fitness, safety, learning and entertainment. We cover topics like using your device to support life-long learning, staying fit, improving your sleep and even meditation. Your device can be your partner in thriving at this point in your life.

Join a community of life long learners. Unlike a class, Club membership is ongoing. With our programs, we like to explore a broad range of learning topics. Learning is good for you.

Access Information on How to Use Technology 10

Tips to Help Seniors Learn How to Use Tablets

<https://www.sunshinereirementliving.com/sunshine-stories/10-tips-to-help-seniors-learn-how-to-use-tablets/>

“Hands-On” Tablet Training for Seniors <https://tricityliteracycouncil.files.wordpress.com/2019/02/hands-on-tablet-curriculum.pdf>

Tech Boomers

www.techboomers.com

Access 100 + Free courses Learn How to use Zoom, Facebook Live, and other Useful Apps and Articles

Connect Safely

www.connectsafely.org/seniors

Organization dedicated to educating users of connected technology about safety, privacy and security. Here you'll find research-based safety tips, parents' guidebooks, advice, news and commentary on all aspects of tech use and policy.

FCC's Affordable Connectivity Program

www.fcc.gov/acp or

www.acpbenefit.org

Support Center: (877) 384-2575

Inspirational Caregiver Quote

I can't change the direction of the wind, but I can adjust my sails to always reach my destination."

-Jimmy Dean

EveryoneOn

www.everyoneon.org

Find low-cost internet and affordable computers in your area.

Senior Planet

(888) 719-3495

Monday – Friday, 9 a.m. – 8 p.m., Eastern time

www.seniorplanet.org

Have a technology question? Call for in-person and online programs to learn and connect with other seniors.

GROCERY DELIVERY SERVICE

Walmart Grocery Delivery

How it works: The process is pretty straightforward; you have two options for ordering groceries. The first option is to select your desired items directly from the Walmart Grocery website. The second option requires you to download the Walmart Grocery app. We prefer the app, but either way, you'll find a wide selection of groceries that is almost as bountiful as shopping in person. You are not limited to only selecting food, so you can add useful items like toiletries and over-the-counter medicines. I've even used Walmart Grocery Delivery to purchase pots and pans. Once you've selected all of your items, the last step is to choose a time for delivery or pickup.

Shipt

How it works: Once you sign up for a membership and download the iOS or Android app, all you have to do is select your groceries, choose your delivery option, and check out. Then, in as little as one hour, your Shipt shopper will knock on your door. Shipt currently offers products from major grocery chains, such as Publix, Kroger, Fry's, and H-E-B, and uses teams of local shoppers to handpick your items, ensuring that your order of fresh produce is actually fresh. Customers can use this app during store hours, which in some cases means 24-hour availability.

Instacart

How it works: Instacart uses a team of local shoppers to procure grocery items from a variety of stores in your area. While you can shop at a number of major grocery chains, such as Mariano's and Whole Foods, Instacart also has a feature that allows you to shop by recipe. You can schedule your deliveries in advance or order on-demand.

Amazon Prime Now

How it works: Amazon Prime Now is one of the many benefits of an Amazon Prime membership. While this delivery service relies heavily on items stored at one of Amazon's many warehouses, you can also get items from local markets such as Whole Foods. Prime Now also delivers much more than food. Everything from batteries and cleaning supplies can be delivered to your door in less than two hours with Prime Now

Source: <https://www.digitaltrends.com/home/best-grocery-shopping-delivery-apps/>



9 WAYS TO REDUCE STRESS FOR CAREGIVERS



STAY CONNECTED TO OTHERS



Sharing experiences with others can help caregivers manage stress, reduce feelings of isolation, and recognize that they are not alone. Caregivers should find someone they can talk to about their feelings like a therapist, a fellow caregiver, clergy, friend or family member.

SEEK AND ACCEPT HELP

Speak up when you need support or assistance. Join a support network. Help can come from community resources, online support forums, local groups and professionals. Consider getting help to manage meals, transportation, social activities, and services to assist with other daily needs.



GET EDUCATED



It can help to talk to medical staff about options that are available for every stage of aging or disease. Area Agencies on Aging, Aging Disability Resources Centers, Aging Info and Referral services and other programs are trusted community links to information and services for older adults and their caregivers.

FIND RESPITE SOLUTIONS

Get a break for a few hours, a few days or even longer. Respite is offered in or outside the home, in a community or faith-based agency or organization, at an adult day care program, in a hospital or healthcare facility, a nursing home, an assisted living facility, or adult foster home. Family members, friends, or neighbors may also be available to act as a respite provider.



PRACTICE SELF-CARE



Don't forget to participate in enjoyable or relaxing activities. Partake in a social outing or a hobby such as art or another creative endeavor. Read a good book, listen to music, watch a movie or relax in a warm bath. Regular self-care is must for caregivers!

EXERCISE REGULARLY

A quick 10-minute walk outside can help improve mood, offer fresh air and a change of scenery. Daily exercise breaks can change a hectic pace & mindset. Yoga and stretching can also relax the mind and reduce the feeling of overwhelm and stress.



STAY HEALTHY

Reactions to stress can include a lack of sleep, overeating, undereating, increased alcohol consumption and smoking. Be aware of these detrimental responses and receive regular health check-ups to ensure good health practices.



KEEP A POSITIVE PERSPECTIVE



Striving to maintain a positive outlook can make a real difference. Writing in a gratitude journal or simply choosing to focus on the good in daily situations can help to reduce negative thoughts and feelings resulting from stress or overwhelm.

MEDITATION & BREATHING PRACTICES



There is increasing evidence that mindful meditation can help ease psychological stresses like anxiety, depression, and pain. An effective relaxation method developed at Harvard Medical school involves deep breathing exercises.

RAISE ACT FAMILY CAREGIVERS ACT

On September 22, 2021, the Recognize, Assist, Include, Support, and Engage (RAISE) Act Family Caregiving Advisory Council delivered its initial report to Congress. It includes a comprehensive review of the current state of family caregiving and 26 recommendations for how the federal government, states, tribes, territories, and communities—in partnership with the private sector—can better Recognize, Assist, Include, Support, and Engage family caregivers.

Download the RAISE Family Caregivers Act Initial Report to Congress.

To learn more about how the council developed this report, check out the Implementing the RAISE Family Caregivers Act factsheet.

Read the press release.

Help us spread the word about how to #RAISEcaregivers with this social media toolkit.
<https://acl.gov/RAISE/report>

5 Priority Areas of the Recommendations

- Increased awareness of family caregiving.
- Increased emphasis on integrating the caregiver into processes and systems from which they have been traditionally excluded.
- Increased access to services and supports to assist family caregivers.
- Increased financial and workplace protections for caregivers.
- Better and more consistent research and data collection.

What Help is Available for Informal Caregivers in Ohio?

Established in 2000, The National Family Caregiver Support Program helps individuals rise to the challenges of informal caregiving. (*Note: Authorizing legislation is Section 371 of the Older Americans Act of 1965, as amended, Title III E*)

- Area Agencies on Aging and service providers help caregivers access supportive services, provide counseling, facilitate support groups and caregiver training, organize respite care (temporary relief from caregiving responsibilities) and more.
- Information and some supportive services are available to all caregivers. However, to be eligible for respite and supplemental services, the caregiver must be caring for an individual who is age 60 + and frail or a person caring for a person with Alzheimer's disease

or a related disorder. Services are also available for grandparents or other relatives age 55+ (not including natural or adoptive parents) who are caring for children under 18 or an adult child age 19-59 with a disability.

How can I get help with caregiving?

- Call toll-free 1.800.472.7277 or 419.382.0624 to contact the Area Office on Aging of Northwestern Ohio, Inc. for details.

Where can I learn more about caregiver support programs?

Visit the following Ohio Department of Aging web page for more information about caregiver support.
<https://aging.ohio.gov/caregiversupport>

THE CONTACT POINT

- When you're caring for a loved one, we'll be with you all the way.
 - When you take your husband or wife to the doctor.
 - When you fix your older parent's lunch in the morning before you go to work.
 - When you make sure they take their medicine properly.
- ...You're a caregiver and the **Area Office on Aging** has help for you.

The place to start is:
Caregiver Support Program
(419) 382-0624 or 1-800-472-7277

Help might be a break for you – grocery shopping, a home-delivered meal or a reassuring phone call. If you need it, it can't hurt to call. Regardless of how you arrived at being a caregiver, or how much help you provide, you may need assistance, information, and guidance.

**Area Office on Aging
of Northwestern Ohio, Inc.**
2155 Arlington Avenue
Toledo, Ohio 43609–1997
www.areaofficeonaging.com

Jennifer O'Brien decided it would be helpful to see what the Family Caregiver position would look like as a real Job Description. A Position Description that would help families and healthcare professionals alike understand what a Family Caregiver really does. If you would like to find out what your Position Description would be, visit

<https://mailchi.mp/68c81a8b78db/family-caregiver-position>

to sign up to receive the Position Description from her!

Jennifer A. O'Brien, MSOD
HOSPICE DOCTOR'S WIDOW



**Family
Caregiver
Position
Description**

**So, if you had to actually
hire for a Family Caregiver
position, find out what the
Position Description
would be with this free
download.**

**SIGN UP BELOW TO RECEIVE
THE POSITION DESCRIPTION**

Email Address

Receive Position Description

Family caregivers providing complex medical/nursing care

PREPARING SPECIAL DIETS

When family caregivers **manage special diets**, it often involves precise measurements, specific guidelines, constant monitoring, and special equipment for preparation or feeding.



Almost **70%** of family caregivers prepare special diets at least daily.



More than **50%** do it multiple times per day.

CHALLENGES:

Special diets pose particular challenges for caregivers:



- Adjustments to the household routine
- Implications for costs of food
- Extra effort
- Complex guidelines
- Regular attention



- More than **1 in 5** feel it demands constant attention.
- Almost **1 in 5** have difficulty finding time to do this work.



- More than **1 in 10** fear making a mistake.

DIFFICULTY:



More than **30%** find preparing special diets hard to manage.



Special diets pose specific challenges for men. **12%** of men report that preparing food for special diets is difficult compared with **1%** of women.



Younger caregivers found it more difficult than older caregivers.

ASSISTANCE:



71% learn to prepare special diets their own.



More than **1 in 4** caregivers report that help would make it easier.

TRAINING:



Fewer than **1 in 5** receive instruction from health care professionals.

Would receiving more instruction at home make this task easier to perform?



- **15%** of men said yes
- **10%** percent of women said yes

EXTRACTED FROM THE 2019 HOME ALONE REVISITED STUDY

THROUGH FUNDING BY:



The John A. Hartford
Foundation

TO THE

AARP Foundation®

Family caregivers providing complex medical/nursing care

PAIN MANAGEMENT

Today's family caregivers provide ***intense and complex care***, including medical/nursing (M/N) tasks and managing multiple health conditions that are often accompanied by pain.



Nearly **7 in 10** who perform M/N tasks help their family member manage pain and/or discomfort.

WHEN PERFORMING PAIN MANAGEMENT



- **8 in 10** caregivers rate pain management as stressful

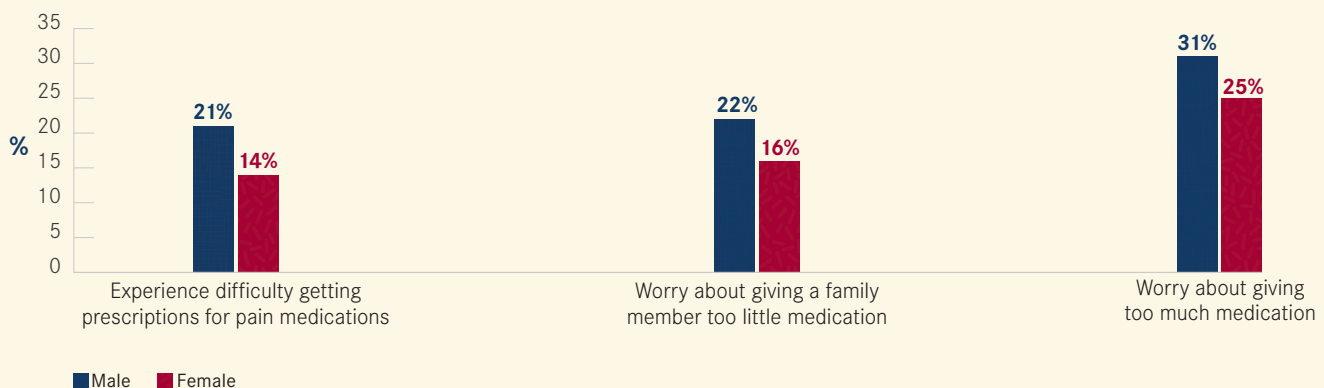


- About **4 in 10** face difficulties with controlling pain

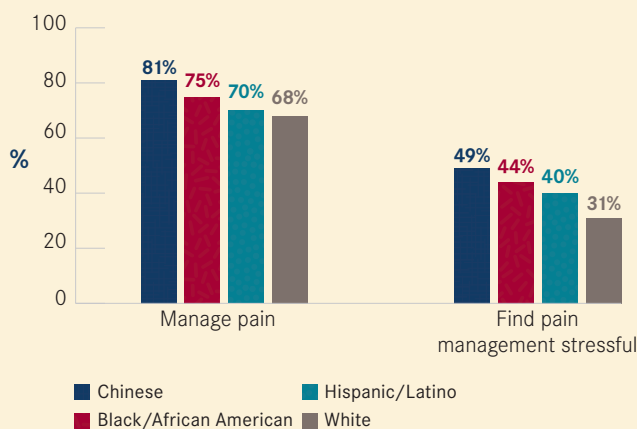


- More than **4 in 10** express concerns about giving the optimal dose

DIFFERENCES BETWEEN MALE AND FEMALE FAMILY CAREGIVERS



DIFFERENCES BETWEEN CAREGIVER RACIAL AND ETHNIC GROUPS



DIFFERENCES BETWEEN GENERATIONS



Find managing their family member's pain very stressful:

- **Nearly 50%** of millennial, younger adult, and generation X caregivers (combined)
- **About 33%** of baby boomers
- **About 25%** of silent generation



Experience difficulty getting prescriptions for pain medications:

- **More than 20%** of millennials and younger adults
- **Almost 20%** of generation X
- **Less than 10%** of silent generation

EXTRACTED FROM THE 2019 *HOME ALONE REVISITED* STUDY

THROUGH FUNDING BY:



The John A. Hartford Foundation

TO THE

AARP Foundation®

Caregiver Support

Support Groups offer you the opportunity to learn from others, share ideas, and connect you with people with common interest and experiences. You discuss topics, receive help, advice, friendship, and emotional support from each other. Groups vary in how often they meet their area of focus and leadership.

Community Centers serve as focal points in the neighborhoods throughout the Toledo area. Each center offers unique mix of services to enhance the quality of life for its members. In addition to offering a variety of support activities, some provide:

- Activity Centers
- Adult Health Education
- Adult Day Care
- Programs, Activities and Trips
- Telephone monitoring of homebound
- Outreach
- Transportation

TELEPHONE SUPPORT

Alzheimer's Association **1-800-272-3900**
Helpline 24 hrs, 7 days/wk. Info and supportive services. Access information or submit questions by calling. You will speak directly with a licensed social worker. Toll-free from anywhere in the U.S.

Alzheimer's Foundation of America

Our premier caregiving resource is our National Toll-Free Helpline: **1-866-232-8484**. Staffed by compassionate licensed social workers who are specifically trained in dementia care, AFA's national toll-free helpline provides support, counsel, educational materials and referrals to local resources.

No question is too big or small.

AFA's licensed social workers are also available via web chat and text message. Our National Toll-Free Helpline is open 9 am-9 pm ET Monday-Friday, and 9 am-1 pm ET on Saturday and Sunday.

Web chat: Clicking the blue and white icon in the lower corner of the page <https://alzfdn.org/afahelpline/>

Text message: 646-586-5283

The web chat and text message features can serve individuals in over 90 different languages.

In addition, AFA offers a variety of educational materials and events to help arm caregivers with tips and strategies to help facilitate meaningful living for both the caregiver and the individual living with dementia throughout their journey.

What is Caregiving?

- Caregiving describes any situation in which one individual helps another with essential activities of daily living. Caregiving activities may include help with dressing and bathing, grocery shopping, managing money, providing transportation, dressing wounds and administering medication.

"Informal" caregiving?

- Care provided by an employee of an agency or organization, or a trained individual (usually for a fee), is considered "formal caregiving."
- Care provided by family members and friends, most often unpaid, is considered "informal caregiving" or "family caregiving."

Who is an informal caregiver?

- Relatives and non-relatives can be informal caregivers. If you aren't currently affected by caregiving issues, chances are you will be at some point in your life.
- Relative caregivers are most often adult children or spouses.

- 57% of Ohio caregivers are female, 40% are at least 50 years old, and 62% are employed.
- 80% of care receivers in Ohio are at least age 50, and 70% are female. Care receivers live in a variety of settings, from nursing homes to private residences.

Does informal caregiving impact communities?

- Caregiving often negatively impacts the health and wellness of the caregiver as well as his or her relationships with friends and neighbors.
- Working caregivers often use more vacation and sick leave than non-caregiving employees. Estimated \$33.6 billion yearly lost in U.S. businesses productivity from full time working caregivers.
- On average, a person in Ohio may be in a caregiving role for 4.2 years. However, caregivers of parents and spouses are likely to provide care for 10 years or more. The longer a caregiving relationship exists, the higher toll it is likely to place on the caregiver physically, emotionally, and financially.

The Plight of Informal Caregivers

Caring for a loved one can be hard work. However, the National Family Caregivers Association says that people who recognize themselves as caregivers are more proactive, engaged and confident. As a result, they provide better care and are able to do so longer, even as their loved one's care needs increase. Caregivers who access and use support services also report fewer negative emotions, such as depression, anxiety and anger. By seeking and accepting help, along with planning for the future, you can provide the care your loved one deserves while also making sure your needs are taken care of.

*Excerpt from the Ohio Department of Aging website.
<https://aging.ohio.gov/caregiversupport>*

Surveys and studies consistently show that depression is a major problem with full-time informal caregivers. This is typically brought on by stress and fatigue as well as social isolation from family and friends. If allowed to go on too long, the caregiver can sometimes break down and may end up needing long-term care as well.

A typical pattern may unfold as follows:

- 1-18 months – the caregiver is confident, has everything under control and is coping well. Other friends and family are lending support.
- 20-36 months – the caregiver is taking medication to sleep and control mood swings. Outside help dwindles away and except for trips to the store or doctor, the caregiver has severed most social contacts. The caregiver feels alone and helpless.
- 38-50 months – besides needing tranquilizers or antidepressants, the caregiver's physical health is beginning to deteriorate. Lack of focus and sheer fatigue cloud judgement and the caregiver is often unable to make rational decisions or ask for help. It is often at this stage that family or friends intercede and find other solutions for care. This may include respite care, hiring home health aides or putting the disabled in a facility. Without intervention, the caregiver may become a candidate for long-term care as well.

Adult Day Care for Alzheimer's: The First Day

The quiet stillness of morning had always been a soothing part of the routine Pat shared with her husband Tom. It was a private time for her to have her coffee, read the newspaper, and check emails. Tom rose a little later, made his own breakfast, and began to work at his desk. But now, with the progression of Tom's Alzheimer's disease, Pat counts her personal time among the many things which have slipped away.

On this morning, however, Pat is taking a step to regain some of that nourishing quiet. Today is Tom's first day at an Alzheimer's day center—just one of the different types of day programs available to offer respite to caregivers.

Pat's morning ritual had changed in response to her husband's gradual decline in function, and Pat had to devote increasing amounts of her attention to Tom's needs. Though she did her best, Pat says, "I know I was not able to occupy him all the time."

For Pat, most days used to be filled with getting out and about, running errands, going to the gym. But that's changed. "I don't go out nearly as much as I used to. I can't go out because I don't know when he might decide to use the stove or go hunting for me and get lost," Pat explains. Many caregivers find that their own isolation increases as their loved one withdraws from social situations that become difficult to cope with because of memory loss.

Last week Pat, Tom and their daughter visited an Alzheimer's day center. "They are such wonderful people," Pat says of the staff, "they have such a calling to these people . . . they know all the clients that come and know their families." While Pat and her daughter were given a tour, Tom was shown the program. Pat reports that, "I kept watching him, but he never turned around and looked for us."

Adult day centers for people with dementia and memory loss can provide a necessary—and very welcome—respite to the day-in and day-out tasks of caregiving. Caregivers can become overwhelmed by the additional responsibilities of managing the household and finances. Behavior issues such as repeating questions, "shadowing" the caregiver, and agitation can cause frustration and anger for any caregiver. Alzheimer's day centers provide a break for the caregivers and afford them time alone in their own homes.

Day programs provide a safe setting and needed stimulation for the person with dementia, encouraging them to be more engaged and alert. Day program schedules usually run four to six hours, during which time the participant can be involved in activities, enjoy entertainment, have a hot lunch, and receive personal care. Most centers provide services from two to five days a week. Caregivers are free to run errands, attend to their own health needs, work, socialize, or simply relax.

(Continued on Page 20)

Communicating with Tom about the day center was not easy. When Pat spoke with him about attending “The Club,” as she was advised to call it, she had to drop the subject when he became agitated. With repeated encouragement, Tom agreed to give it a try. “I think deep inside he knows some of it is for me,” Pat suggests.

Pat says she is confident this is the right step, “I thought about if he would feel I was abandoning him, but the dementia caregiver support group they said, ‘Don’t wait until it is absolutely necessary; it is better to go when the patient has more cognitive abilities, then they make the transition better.’”

While Tom was at the day center, Pat was able to buy some birthday presents without having to rush home to check on him. She also returned to researching her family genealogy, one of her favorite activities. With all of the tasks and demands of caregiving, hobbies and interests have a way of falling to the very bottom of a caregiver’s list of things which need to be done. Pat plans for Tom to attend the center two days a week. “One day I will do something for myself, and the other I will do chores,” she says.

Unfortunately, Tom’s first day did not go smoothly. After lunch was finished he was quite adamant about wanting to go home. “I guess it’s a process; I did not realize that,” Pat explains. The staff has suggested that Tom be picked up after lunch, until he adjusts to the program.

Many people with dementia fixate on the caregiver for security. It can be difficult for them, at first, to be separated from their family member. Although a loved one may have difficulty adjusting, many caregivers come to see that the day center is as much a benefit for themselves as for their loved ones. Pat points out, “It’s good for both parties; you’re not just leaving your spouse, the staff has lots of activities for them.”

Should the day center not work out, Pat already has the information needed to find help in the home through a home care agency. She has taken advantage of the free family consultation available through Family Caregiver Alliance to discuss care planning and resources for caregivers in her area. Families throughout California can contact their local Caregiver Resource Center to locate a day center near them. Adult day centers are sponsored by a wide variety of programs and organizations.

Next Tuesday Tom will try the day center again. “It’s a lot, at first, for him to be with strangers and not know where I am,” Pat declares. “But we’re not going to give up.”

Family Caregiver Alliance®
235 Montgomery Street | Suite 930 |
San Francisco, CA 94104
800.445.8106 toll-free | 415.434.3388 local
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A Caregiver’s Bill of Rights

I have the right . . .

- To take care of myself. This is not an act of selfishness. It will give me the capacity to take better care of my relative.
- To seek help from others even though my relative may object. I recognize the limits of my own endurance and strength.
- To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do somethings for myself.
- To get angry, be depressed, and express other difficult feelings occasionally.
- To reject any attempt by my relative (either conscious or unconscious) to manipulate me through guilt, anger, or depression.
- To receive consideration, affection, forgiveness, and acceptance for what I do for my loved one for as long as I offer these qualities in return.
- To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my relative.
- To protect my individuality and my right to make a life for myself that will sustain me in the time when my relative no longer needs my full-time help.
- To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired older persons in our country, similar strides will be made toward aiding and supporting caregivers.
- To _____
(Add you own statement of rights to this list. Read the list to yourself every day.)

— Jo Horne, author of *Caregiving: Helping an Aging Loved One*

Caregiving by the Numbers

Why it is vital for those giving care to take care of themselves too.

43 million: Nearly 1 in 5 Americans serves as an unpaid caregiver

24 hours: Average time caregivers help family members and friends each week

2 in 5: Caregivers consider their roles to be highly stressful

17: Percentage of caregivers who describe their health as fair or poor

Source: Caregiving in the U.S. 2015, AARP

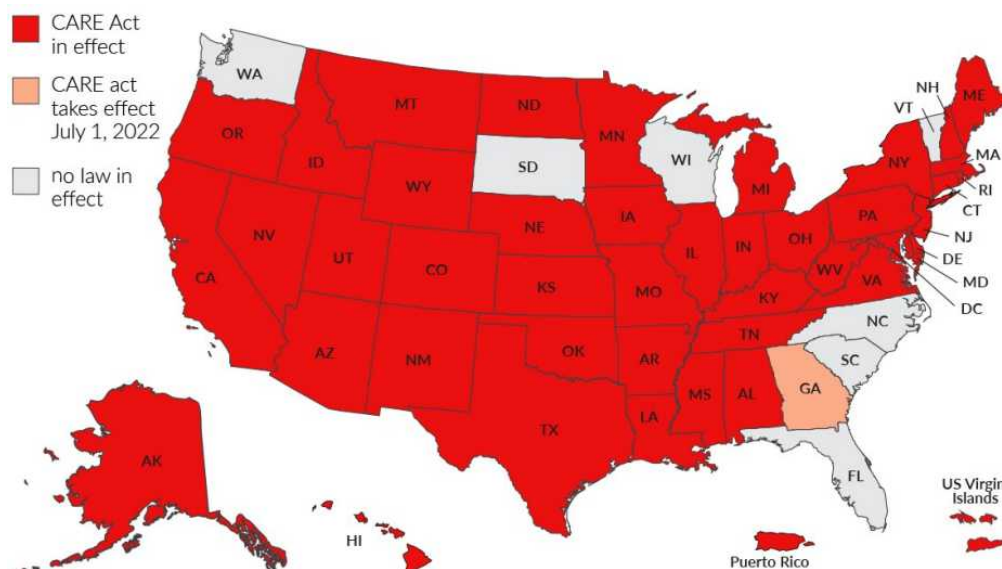
State Law to Help Family Caregivers

Millions of Americans are caring for a parent, spouse or other loved one, helping them to live independently at home. For many, family caregiving is more than helping with household chores or providing transportation. It includes complex care responsibilities that were once provided only by medical professionals. In fact, 58 percent of the 53 million family caregivers in America have performed medical or nursing tasks for their loved ones, according to the 2020 Caregiving in the U.S. report

from AARP and the National Alliance of Caregivers.

These tasks include:

- Managing multiple medications.
- Providing wound care.
- Managing special diets.
- Giving injections.
- Operating monitors or other specialized medical equipment.



By providing this care, family caregivers serve a critical role in helping their loved ones live independently at home, opposed to costly institutions, such as a nursing home. Most do so with no medical training. These family caregivers have a big job but we can help with some basic support — and commonsense solutions — to make their big responsibilities a little bit easier. That's why AARP urges state lawmakers to pass the Caregiver Advise, Record, Enable (CARE) Act and help family caregivers as their loved ones go into the hospital and as they transition home. The CARE Act requires hospitals to:

- Record the name of the family caregiver on the medical record of your loved one.
- Inform the family caregivers when their loved one is to be discharged.

- Provide the family caregiver with education and instruction of the medical tasks he or she will need to perform for the patient at home.

AARP is fighting for the CARE Act in states across the country because supporting family caregivers is a top priority for all of us. In 42 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands, the CARE Act has been signed into law and is either in effect or will be soon.

If the CARE Act has passed in your state, click here to download a CAREAct wallet card to place in your and your loved one's wallets—next to your insurance cards. That way, you'll both have important information about this new law available when you need it most. If you are a family caregiver, you're not alone.

Family Caregiving

SUPPORT GROUPS

Decades of research and anecdotal evidence show that there are clear benefits to participating in caregiver support groups.

Here are 8 top benefits:

1. Feeling less lonely, isolated or judged
2. Reducing depression, anxiety or distress
3. Gaining a sense of empowerment and control
4. Getting advice or information about practical solutions or treatment options.
5. Improving or learning healthy coping skills.
6. Gaining a better understanding of what to expect in the future.
7. Improving caregiving skills and giving better quality of life to your older adult.
8. Learning ways to keep your older adult at home longer.

**** Please contact the support group before you attend as dates, times, and places can change frequently**

**** For Multiple Sclerosis Local Support Groups**

please contact The Multiple Sclerosis Society
1-800-FIGHT-MS or 1-800-344-4867

**** For Current list of Parkinson's Local Support Groups** can be found at www.pfnwo.org

**** Support for Caregivers in Wood County** contact Wood County Committee on Aging 1-800-367-4935
www.wccoa.net

**** Support for Caregivers in Henry County** contact Henry County Senior Center, (419) 599-5515



■ ELMORE

Grief Support Group

CONTACT: MARY LOU KOHLI

(419) 862-3630

■ MAUMEE

Maumee Senior Center

(419) 893-1994

Caregiver Support Group held monthly. Register by calling or email mscoutreachcoordinator@gmail.com.

■ STROKE GROUPS

Stroke Support Group

CONTACT: MELINDA HENDRICKS-JONES

(419) 291-7575

Time: 4th Thursday of the month at 4:00 p.m.

Place: Flower Hospital Conference Center

Stroke Support Group

<https://www.strokelifecenter.org>

Time: 1:00 - 2:30 p.m. on Wednesdays

Place: Stroke Life Center, 2200 Jefferson Ave. 4-A OMOM Wing, Toledo 43604

■ TOLEDO

Caregiver Support Group

CONTACT: KRISTEN SCHUCHMANN

(419) 383-6737

Time: 1st Monday of the month at 6:30 p.m.

Place: Please call for location.

Family Support Group and Cancer Support Groups

CONTACT:

(419) 531-7600

Place: Victory Center; 5532 W. Central Ave. Ste B, Toledo, 43615

Frogtown Low Vision Support Group

www.frogtownvision.org

CONTACT: PAUL OR JAN RACHOW

(419) 867-1940

Time: 1st Wednesday of each month at 10:00 a.m.

Place: Heatherdowns Library, Toledo

■ FULTON COUNTY

Caregiver Support Group

CONTACT: BONNIE LAUBER

(419) 445-6516

Time: 3rd Wednesday of each month at 10:00 a.m.

Place: St. Martins Lutheran Church.

■ HENRY COUNTY

Caregiver Support Group

CONTACT:

(419) 599-5515

Time: 2nd Tuesday of each month at 10:00 a.m.

Place: Henry Co. Senior Ctr. 203 Rorhs St., Napoleon 43545

■ BEREAVEMENT GROUPS

Defiance County

(419) 782-4131

Time: Meets second Thursday at 10 a.m.

Place: Defiance Area Inpatient Hospice Center
6817 N. St. Rte. 66, Defiance

Defiance County

CONTACT: DAWN LUDWIG

(419) 893-5919

Time: 1st Thursday of the month at 12:00 p.m.

Place: Defiance Senior Ctr., 140 E. Broadway, Defiance

Williams County

(419) 782-4131

Time: Meets second Thursday at 10 a.m.

Place: CHP Home Care & Hospice,
1215 S. Portland St., Bryan

Henry County

CONTACT: ANN LIKE

(419) 599-5515

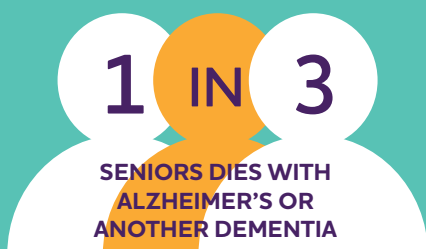
Time: Meets first Friday at 11 a.m.

Place: Henry County Senior Center

2024 ALZHEIMER'S DISEASE FACTS AND FIGURES



NEARLY
7 MILLION
AMERICANS ARE LIVING
WITH ALZHEIMER'S



IT KILLS MORE THAN
BREAST CANCER AND
PROSTATE CANCER
+
COMBINED

OVER **11 MILLION**
AMERICANS PROVIDE
UNPAID CARE
FOR PEOPLE WITH ALZHEIMER'S
OR OTHER DEMENTIAS

BETWEEN 2000 AND 2021, DEATHS
FROM HEART DISEASE HAVE
DECREASED 2.1%



WHILE DEATHS FROM
ALZHEIMER'S DISEASE HAVE
INCREASED 141%

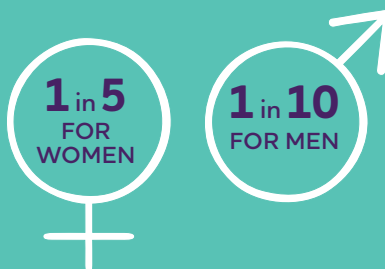
IN 2024, ALZHEIMER'S
AND OTHER DEMENTIAS WILL
COST THE NATION
\$360 BILLION
———— \$\$\$\$\$ ————

BY 2050, THESE COSTS
COULD RISE TO NEARLY
\$1 TRILLION



THESE CAREGIVERS
PROVIDED MORE THAN
18 BILLION HOURS
VALUED AT NEARLY
\$347 BILLION

THE LIFETIME RISK FOR
ALZHEIMER'S AT AGE 45 IS



70% OF DEMENTIA
CAREGIVERS
FEEL STRESSED WHEN
COORDINATING CARE

**AND MORE
THAN HALF**
OF CAREGIVERS
SAID NAVIGATING
HEALTH CARE IS
DIFFICULT



3 in 5 DEMENTIA
CAREGIVERS
SAY LESS STRESS AND MORE PEACE OF
MIND ARE POTENTIAL BENEFITS OF
HAVING A **CARE NAVIGATOR**

56% SAY IT COULD
HELP THEM BE
BETTER CAREGIVERS

For more information, visit alz.org/facts

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Alzheimer's Association is a not-for-profit 501(c)(3) organization

ALZHEIMER'S  ASSOCIATION®

■ CANCER GROUP

Cancer Support Group

CONTACT: ANN LIKE

(419) 599-5515

Time: Meets third Wednesday at 11 a.m.

Place: Henry County Senior Center

■ ALZHEIMER'S ASSOCIATION SUPPORT GROUPS

Please Call 1-800-272-3900 to register

Virtual Support Group

3rd Thursday of each month from 10-11:30am

Defiance County

Defiance

Defiance Senior Center, 140 E. Broadway

1st Thursday of each month at 1:00pm

Erie County

Sandusky

St. Stephen United Church of Christ, 905 E. Perkins

1st Tuesday of each month at 9:30 a.m.

Sandusky

Erie County Senior Center, 620 E Water St

3rd Wednesday of each month at 2:30 p. m.

Lucas County

Maumee

Maumee United Methodist Church

1st Thursday of each month at 10:00 a. m.

Oregon

Oregon Senior Center, 4350 Navarre Ave

2nd Thursday of each month at 1:00 p.m.

Sylvania

Sylvania United Church of Christ, 7240 Erie St.

1st Tuesday of each month at 6:00 p.m.

Ottawa County

Port Clinton

205 SE Catawba Rd, Suite J

(Behind Goodwill and Home Instead)

3rd Tuesday of each month at 4:00 p.m.

Wood County

Perrysburg

Perrysburg First Church, 200 W.2nd St.

1st Friday of each month at 12:00 p.m.

Build a support system with people who understand.

Alzheimer's Association® support groups, conducted by trained facilitators, are a safe place for care partners/caregivers to:

- Develop a support system.
- Exchange practical information on challenges and

possible solutions.

- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.

Excerpt from Alzheimer's Association flyer.

FAMILY CAREGIVER ALLIANCE

Family Caregiver Alliance has an unmoderated EMAIL BASED group for families, partners, and other caregivers of adults with disorders such as Alzheimer's, stroke, brain injury, and other chronic debilitating health conditions. The group offers a safe place to discuss the stresses, challenges, and rewards of providing care for a loved one.

You can subscribe and unsubscribe here: http://lists.caregiver.org/mailman/listinfo/caregiver-online_lists.caregiver.org

Family Caregiver Alliance also offers email based support specific to the caregiving needs of members of the LGBT community. You can subscribe and unsubscribe here: http://lists.caregiver.org/mailman/listinfo/lgbt-caregiver_lists.caregiver.org

To contact the list administrator regarding technical problems, send an email to: listadmin@caregiver.org.

Subscribe to LGBT Community Support: Caregiving for our Families and Friends here: lists.caregiver.org/mailman/listinfo/lgbt-caregiver_lists.caregiver.org

PLEASE NOTE: The LGBT Community Support: Caregiving for our Families and Friends support group offers excellent support from other caregivers, but cannot take the place of your doctor, therapist, or local crisis center. If you feel you are in danger of doing harm to yourself or another person, please call (800) 273-TALK (8255) or 911.

Solicitations and advertisements of ANY kind; academic, commercial, journalistic, or any other reason, are STRICTLY PROHIBITED.

(Continued on Page 26)

alzheimer's association®
Northwest Ohio Chapter
Caring for someone with memory loss?
WE are the FIRST call you should make!
Call 419•537•1999 or
our 24/7 Helpline 1•800•272•3900
www.alz.org/nw ohio
480 W. Dussel Dr., Suite 140 Maumee, OH 43537

Family Caregiver Alliance maintains this listserv but does not censor materials posted to the list. We do not sell, rent, or loan subscriber lists to any other organization or commercial entity. Family Caregiver Alliance does not endorse recommendations for care, treatment, or advice posted to the list. FCA encourages those seeking clinical and technical information to consult with the appropriate professional entity before taking action. This list is to facilitate mutual support for friends and family members caring for an adult with chronic life-impairing conditions. Individuals are prohibited from posting on behalf of commercial concerns.



For Graduate or Professional Research Studies, please visit FCA's Research Registry.
Source URL: <https://www.caregiver.org/lgbt-community-support-faq>

ALZHEIMER'S RESOURCES

Alzheimer's Association - Northwest Ohio Chapter (419) 537-1999
480 W. DUSSEL DR. SUITE 140, MAUMEE 43537
www.alz.org/nw ohio

Information and resources on Alzheimer's disease and related dementias from the local Alzheimer's and Related Dementia's Association –Northwest Ohio Chapter.

Alzheimer's Association Care Consultation Program (419) 537-1999
Free, personalized service addressing the issues that arise from Alzheimer's disease or other related dementias providing coaching and support, health and care-related information and referrals to community resources. Call to schedule an appointment.

Alzheimer's Association National Site
www.alz.org

Information on Alzheimer's disease and dementia symptoms, diagnosis, stages, treatment, care and support resources.

MemoryLane Care Services (419) 720-4940
2500 N. REYNOLDS RD., TOLEDO 43615
www.memorylanecareservices.org

Provides care, services, advice, and support to persons living with Alzheimer's Disease and related disorders, and their families and caregivers. Free personalized coaching program for persons with dementia and those who care for them.

INTERNET RESOURCES FOR CAREGIVERS

Area Office on Aging of NW Ohio, Inc. – access to information about programs and services that promote the health, well-being and safety of older adults, persons with disabilities and family caregivers to foster independence. www.areaofficeonaging.com

Ohio Department of Aging - <http://http://aging.ohio.gov/caregiversupport>
(Excerpt from Ohio Department of Aging website.)
As the federally designated State Unit on Aging, the Department of Aging serves as the sole state agency to coordinate Older Americans Act programs and services, as well as other services to meet the needs of Ohio's elders. We are a cabinet-level state agency with a director appointed by the governor. The structure of the Department is tied directly to its funding sources. We receive \$65 million in federal funding, primarily from the U.S. Department of Health and Human Services, which supports services for older Ohioans as well as the administration of Medicaid funded services. We also apply for and use grants from federal and state sources to support and expand our work.

Leading Age Ohio - http://www.leadingageohio.org/aws/LAO/pt/sp/advance_directives
For information about Ohio's Advance Directives, Living Will and Health Care Power of Attorney: Make YOUR Choices Known! LeadingAge, is an association of 6,000 not-for-profit organizations dedicated to expanding the world of possibilities for aging. Together, we advance policies, promote practices and conduct research that support, enable and empower people to live fully as they age.

CaringInfo, a program of the **National Hospice and Palliative Care Organization**, provides free resources to help people make decisions about end-of-life care and services before a crisis.
<http://www.caringinfo.org/i4a/pages/index.cfm?pageid=1>

The National Hospice and Palliative Care Organization (NHPCO) is the largest nonprofit membership organization representing hospice and palliative care programs and professionals in the United States. The organization is committed to improving end-of-life care and expanding access to hospice care with the goal of profoundly enhancing quality of life for people dying in America and their loved ones

The National Council on Aging was founded in 1950 as the first charitable organization in the U.S. that would provide a national voice for older Americans and act as their advocates in dealing with service providers and policymakers. Headquartered in Washington, DC, NCOA brings together various organizations, businesses, and governmental organizations to work toward securing jobs, benefits, health, independent living, and active living among older Americans <https://www.ncoa.org>

National Institute on Aging - Find science-based info. on health & aging & Alzheimer's. Get research news & funding opportunities from the National Institute on Aging at NIH. <https://www.nia.nih.gov/>

Ohio Department of Administrative Services – Caregiver Resources – Employees often are faced with addressing the need to care for an adult individual. If you are a state employee who provides care it is important to learn where you can turn for support and what benefits and resources are available to you. As an employer, the State of Ohio is committed to providing the support you need as you balance your role as a caregiver with your role in the workplace.
<http://www.das.ohio.gov/for-State-Employees/Total-Rewards/Benefits-Overview/Elder-Care>

Customer Service and Support - Ohio Employee Assistance Program (OEAP) is another resource open to all state employees. A representative from OEAP can help you find resources and put you in contact with people who can help. Contact OEAP by e-mail at oeap@das.ohio.gov or by phone at, 1.800.221.6327.

BENEFITS RESOURCES

Ohio Legal Services - Providing legal aid and assistance to low income Ohioans <http://www.ohiolegalservices.org/>

The Ohio Housing Locator is a free registry for landlords to enter information about their rental housing, including tenant eligibility, accessibility features and current vacancies. The properties are not licensed or certified by the State of Ohio.
www.Ohiohousinglocator.org

The **Ohio Senior Health Insurance Information Program (OSHIIP)**, funded by a federal grant, was founded in 1992 to provide Medicare beneficiaries with free, objective health insurance information and one-on-one counseling. If you need help understanding Medicare, please contact the OSHIIP division Monday - Friday, 7:30 a.m. - 5:00 p.m. www.insurance.ohio.gov or 1-800-686-1578.

Ohio State Bar Association - provides a great deal of general information about all aspects of the law for members of the public, including handbooks, pamphlets, newspaper columns, programs and information about attorneys. <https://www.ohiobar.org/ForPublic/Pages/ForPublic.aspx>

Ohio Department of Medicaid - Access benefits information via the following tabs: Get Coverage, Already Covered, Covered Services, Programs, Who Qualifies. <http://medicaid.ohio.gov/>

Ohio Department of Mental Health and Addiction Services - for information on mental health and addiction providers. <http://mha.ohio.gov/>

Office of the State Long-Term Care Ombudsman - <http://aging.ohio.gov/Ombudsman>

Ohio's Office of the State Long-term Care Ombudsman advocates for people receiving home care, assisted living and nursing home care. Paid and volunteer staff work to resolve complaints about services, help people select a provider and offer information about benefits and consumer rights. Ombudsmen do not regulate nursing homes and home health agencies, but do work with providers, residents, their families and other representatives to resolve problems and concerns.

In addition, ombudsmen:

- Advocate for person-centered approaches by providers to meet the needs and honor the preferences of residents;
- Link residents with services or agencies;
- Offer Resources for selecting long-term care providers: and
- Provide information and assistance with benefits and insurance.

Online Nursing Home Compare Tool has detailed information about every Medicare and Medicaid certified nursing home in the country. [Medicare.gov](http://www.Medicare.gov)

SAGE National LGBTQ+ Elder Hotline 877-360-LGBT(5428) – Talk and be heard at the SAGE LGBTQ+ Elder Hotline. We connect LGBTQ+ older people who want to talk with friendly responders who are ready to listen. If you are an LGBTQ+ elder or care for one, call the free SAGE Hotline. <https://www.sageusa.org/what-we-do/sage-national-lgbt-elder-hotline/>

Social Security – Access to information via the following tabs Retirement, Disability (SSDI), Online Services, New Medicare Cards, Social Security Number and Card, Your Social Security Payments, Taxes –Credits – Funding, Same-Sex Couples, Supplemental Security Income (SSI), my Social Security and Other Topics. www.ssa.gov

STABLE Accounts were created by the Ohio Treasurer's Office to offer savings and investment solutions for people with disabilities. The Ohio Treasurer's Office offers STABLE Accounts to all people with disabilities, regardless of their state of residence. www.stableaccount.com
Achieving a Better Life Experience (ABLE) Act

Substance and Abuse and Mental Health Services - The Substance Abuse and Mental Health Services Administration is a branch of the U.S. Department of Health and Human Services. It is charged with improving the quality and availability of treatment and rehabilitative services in order to reduce illness, death, disability, and the cost to society resulting from substance abuse and mental illnesses. The Administrator of SAMHSA reports directly to the Secretary of the U.S. Department of Health and Human Services. SAMHSA's headquarters building is located in Rockville, Maryland. <https://www.samhsa.gov>

The **Eldercare Locator** is the only national information and referral resource to provide support to consumers across the spectrum of issues affecting older Americans. The Locator was established and is funded by the U.S. Administration on Aging, part of the Administration for Community Living, and is administered by the National Association of Area Agencies on Aging.
www.eldercare.acl.gov

U.S. Department of Veterans Affairs – VA Caregiver Support 855-260-3274 Find information and resources for Caregivers, Care for Veterans, Tips by Diagnosis, Connect with Others, Tips & Tools, Publications & Resources. <https://www.caregiver.va.gov>

Understanding Your Benefits - From health care to long-term care, and spanning an array of legal issues, older Ohioans have a variety of benefits available to them. Understanding the benefits for which you may qualify can help you save money and be healthier. The Ohio Department of Aging works with many state and local partners to help elders identify and access valuable benefits. <http://aging.ohio.gov/BenefitsHelp#924157-legal-issues-and-assistance>

www.benefitscheckup.com

Benefits Check Up is a free service of the National Council on Aging. There are over 2,500 benefit programs available nationwide. Find out what benefits may be available in your area.

www.benefits.gov

Benefits.gov provides access to information on more than 1,200 Federal and state benefit and assistance programs. Benefits.gov can help you start your search by connecting you to benefits you may be eligible to receive. Our Benefit Finder, a confidential eligibility questionnaire, helps to see if you qualify for programs from across multiple Federal agencies. Benefits.gov exists to simplify the process for citizens searching for benefit and assistance information, to help determine potential eligibility, and to provide next steps for how to apply.

www.medicare.gov

For people with Medicare.

www.medicare.gov/care-compare/

Find and compare doctors, hospitals and other providers near you. Includes: Doctors & clinicians, Hospitals: Acute care, Children's, Critical access, and Psychiatric, Nursing homes, Home health services, Hospice care, Inpatient rehabilitation facilities, Long-term care hospitals, and Dialysis facilities.

www.mymedicare.gov

Medicare's free, secure online service for accessing your Medicare information. As a registered user you will have access to personalized information regarding your Medicare benefits and services.

■ CANCER RESOURCES

www.cancercare.org

Cancer Care – is a national nonprofit organization that provides free, professional support services for anyone affected by cancer. Both website and resources are available in Spanish.

www.cancer.org

Information and resources for people and families living with cancer, (800-227-2345)

www.cancer.gov

National Cancer Institute coordinates the National Cancer Program, which conducts and supports research, training and health information dissemination with other programs related to the cause, rehabilitation from cancer, and the continuing care of cancer patients and the families of cancer patients, 800-422-6237.

www.cancer.net

Knowledge conquers cancer.

■ INTERNET RESOURCES SPECIFIC TO STATE OF OHIO

Ohio's Service Regions

Ohio offers an array of services and resources to help older adults and their families continue to grow, thrive and contribute. These services and resources are coordinated on the community level by local organizations including area agencies on aging, long-term care ombudsman programs, senior centers, employment providers and others.

www.aging.ohio.gov/FindServices

www.aging.ohio.gov/wellbeyond60 - For more information about Older American Act and related programs.

www.steadyu.ohio.gov - STEADY U Ohio is a statewide collaborative falls prevention initiative, supported by Ohio government and state business partners to ensure that every county, every community and every Ohioan knows how they can prevent falls, one step at a time. This website is the source in Ohio for falls prevention information, tools and other resources.

You can also perform a **falls risk self-assessment**. This self-assessment is for general information purposes only and is not intended as, nor should it be considered a substitute for, professional medical advice. Do not use the information on this website for diagnosing or treating any medical or health condition. If you have or suspect you have a medical problem, promptly contact your physician or other professional healthcare provider.

This assessment is completely anonymous. You will not be asked for personal information and your responses will not be recorded or saved.

HEALTHY U - <http://aging.ohio.gov/healthyu>

HEALTHY U can help you live a healthy life with chronic conditions through resources on this page, as well as through chronic disease self-management workshops held in your community.

■ **HEALTH RELATED RESOURCES**

www.audiology.org

American Academy of Audiology

www.heart.org

Or (800-242-8721) American Heart Association: provides information on fighting heart disease and stroke. Features a section on heart related conditions such as heart failure and a support section for caregivers.

www.als.org

Or (800-782-4747) ALS Assoc. provides education, advocacy and information about amyotrophic lateral sclerosis (Lou Gehrig's disease) to patients, families, caregivers, researchers and health care professionals.

www.stroke.org

American Stroke Association provides educational materials related to stroke, including a question and answer section for consumers, information on many of the issues individuals face in a section called "life after a stroke" and a free subscription to Stroke CONNECTION Magazine. 888-4-STROKE or 1-888-478-7653.

www.alda.org

Association of Late Deafened Adults (ALDA)

www.aphasia.org

Information and resources for families and people living with aphasia. (1-800-922-4622)

www.jointcommission.org

Joint Commission - find information on "Know Your Rights," series to help Americans understand their rights when receiving medical care.

www.lupus.org

Lupus Foundation – Information/online support regarding lupus.

www.mayoclinic.org

Mayo Clinic provides information on a variety of diseases and treatments. As well as information on clinical research etc.

www.nafc.org

National Association for Continence

www.hispanichealth.org

National Alliance for Hispanic Health – Resources available in Spanish.

www.nlm.nih.gov

National Library of Medicine (Medline Plus) - Provides answers to health questions from Nat. Institutes of Health.

www.parkinson.org

National Parkinson Foundation

www.netwellness.org

NetWellness sponsored by three universities in Ohio, this site provides health information on "Senior Health" for topics related to aging. Each topic has an option to a health care professional.

ohio.preventblindness.org

Preventing Blindness Ohio.

www.hearingloss.org

Self Help for Hard of Hearing People (SHHH)



We Deliver Independence.

Mobile Meals delivers one or two meals per day to seniors in our community who require assistance with diet and meal preparation.

- Twice-Weekly or Weekly Deliveries
- Diabetic and Renal Menus Available
- Fees Determined By Income
- Trained Volunteer Wellness Checks
- Some Insurance/SNAP Accepted



mobilemeals

**Call Mobile Meals today
and establish service for
someone you care about.**

419-255-7806 • mobilemeals.org/service

Inspirational Caregiver Quote

*Someone is sitting in the shade today because
someone planted a tree a long time ago.*

- Warren Buffett

www.abilitycenter.org

"The Ability Center now serves seven Northwestern Ohio counties (Lucas, Ottawa, Wood, Fulton, Henry, Defiance and Williams) via its main office in Sylvania, and regional offices in Defiance and Port Clinton." Offer a wide range of services designed to assist people with disabilities in gaining, or maintaining, independence in everyday living.

www.lls.org

The Leukemia and Lymphoma Society. The mission: Cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Provides information and resources regarding the disease; and financial assistance programs.

www.healthywomen.org

The National Women's Health Information Center (NWHIC). Provides information to consumers through the dissemination of health information. 800-944-9662.

www.nationalmssociety.org

The National Multiple Sclerosis (MS) Society 800-Fight MS or 800-344-4867 Provides advocacy, research and info about living with MS and list of local resources.

www.movementdisorders.org

WE MOVE provides education and information about the latest clinical advances in, management of, and treatment options for neurological movement disorders to patients, professionals, and the public. Website links to a variety of movement disorders, as well as useful resources, discussion groups, Webinar presentations, and more. Visitors may also subscribe to a patient-friendly news service and search a directory of physicians who diagnose and treat adult and pediatric movement disorders or provide physical medicine and rehabilitation.

www.health.gov/myhealthfinder

Developed by the U. S. Dept. of Health and Human Services. Helps users locate selected online publications, clearinghouses, databases, websites and support and self-help groups, as well as governments agencies and nonprofit organizations that produce reliable information for the public. Consumers can also take online quizzes related to a variety of health topics.

■ HOME ADAPTIVE EQUIPMENT

www.dlf.org.uk

Provides information about adaptive equipment for individuals with disabilities.

Inspirational Caregiver Quote

Put your heart, mind, and soul, into even your smallest acts. This is the secret to success..

- Swami Sivananda

www.lighthouse.org

Is the recognized authority on low vision products and information.

www.nahb.org

Provides information on choosing a remodeler.

www.atohio.org

Assistive Technology of Ohio is Ohio's A.T. Act Program. 5Our Mission AT Ohio's mission is to help Ohioans with disabilities learn about or acquire assistive technology. Assistive Technology refers to devices, equipment or services that assist individuals with disabilities to function independently in the areas of work, home or school. We offer several programs and services to achieve that goal. We also keep up with current legislative activity that affects persons with disabilities, and educate legislators about the needs and concerns of citizens with disabilities.



www.parentgiving.com

Provides premium home medical equipment, including mobility solutions and incontinence and nutrition supplies.

www.toledo.oh.gov/departments/housing-community-development/housing

City of Toledo Housing and Community Development. We utilize federal funds for a myriad of programs. Eligible activities include the rehabilitation and/or new construction of housing, homeowner rehabilitation, homebuyer activities, and tenant-based rental assistance for residents at or below 80% of area median income.

www.Homemods.org

Provides a noble service to help increase the awareness, availability, and access of home modifications.

■ HOSPICE AND GRIEF RESOURCES

www.griefnet.org

Grief Net – A website that provides information and resources related to death, dying, bereavement, and major emotional and physical losses.

www.nhpco.org

National Hospice and Palliative care.

www.caringinfo.org

NHPCO works to expand access to a proven person-centered model for healthcare—one that provides patients and their loved ones with comfort, peace, and dignity during life's most intimate and vulnerable experiences.

■ MEDICATION RELATED RESOURCES

www.costplusdrugs.com

NeedyMeds is a 501(c)(3) national non-profit. At Mark Cuban Cost Plus Drug Company, we cut out the middlemen to offer hundreds of common (and often life saving) drugs at understandable prices. We are committed to offering the best prices we can.

www.dea.gov/takebackday#top

This website addresses the importance of disposing of discontinued medications in a safe manner. Includes a drug collection site locator by zip code.

www.phrma.org/patient-support or 1-800-762-4636

For directory of drug company assistance programs. PhRMA (Pharmaceutical Research Manufacturers Assoc.) has a website with a directory of prescription drug patient assistance programs. Note: Even though a pharmaceutical company is not listed in the PhRMA Directory, an individual should contact the company directly as some companies are not members of PhRMA and have their own patient assistance program.

www.bemedwise.org/

Promote the safe use, storage and disposal of medicines for better health. Provide vetted information on medication safety.

Family caregivers providing complex medical/nursing care

INCONTINENCE

Family caregivers are **largely on their own** in learning how to perform medical/nursing tasks they find difficult to perform, such as **managing incontinence**.



54% manage incontinence multiple times a day.

Caregivers reported that managing incontinence is **more difficult** than



37% of caregivers say that it is hard to perform.



Managing medications



Helping with assistive devices



Performing wound care

MANAGING INCONTINENCE WITH DISPOSABLE BRIEFS:



23% say it is **emotionally difficult** for the caregiver.

31% say it is **embarrassing** for their family member. This varies by the sex of the caregiver.



40% of men



Almost 25% of women

ASSISTANCE:



75% of family caregivers who manage incontinence tackle this task without help, and it's the **number one area** they learn on their own.

TRAINING:



76% learned how to do it **on their own**.



More than **1 in 4** would appreciate having another person to help.



More than **25%** would have found this task easier to perform after more or better instruction.

EXTRACTED FROM THE 2019 HOME ALONE REVISITED STUDY

THROUGH FUNDING BY:



The John A. Hartford Foundation

TO THE

AARP Foundation

AREA OFFICE ON AGING OF NORTHWESTERN OHIO

Home Energy Assistance Program is available for those who qualify.

Helping those Age 60+ Live Long, Quality, Independent Lives
Call: 1-800-472-7277 or Click: www.AreaOfficeOnAging.com

Are you in need of assistance with your Winter Heating or Summer Cooling Bill?

Assistance is available for Ohioans with a household income at or below 175% of the Federal Poverty Guidelines.

For more information and to see if you qualify, please contact the Area Office on Aging at (419) 382-0624.

www.NeedyMeds.org

Site offers resource for finding med cost assistance programs. Including Patient Assistance Program. Additional Programs (Disease-Based Assistance and Discount Cards); Government Programs (State sponsored programs, Medicare info, Medicaid sites, (SHIP-Senior Health Insurance Information Program sites); federal poverty guidelines, tax return request forms and programs for children and other resources.

www.SafeMedication.com

The American Society of Health System Pharmacies. Pharmacists help people make the best use of medicines.

www.accessdata.fda.gov/scripts/cder/daf/

U.S. Food and Drug Administration Center for Drug Evaluation and Research. Index to Drug Specific Information. Note: This index does not include all FDA approved drugs. It includes only those with Healthcare Professional, Patient and Consumer Information Sheets, Medication Guides, and Information Pages.

■ FALL PREVENTION AND SAFETY RESOURCES

<https://www.cdc.gov/steady/patient.html>

Centers for Disease Control (CDC) website that highlights their STEADI initiative. STEADI is an acronym for Stopping Elderly Accidents, Deaths and Injuries. Includes a checklist for home safety. Learn, connect and explore.

www.connect2affect.org

The AARP and United Health foundation have partnered to provide resources to help older adults stay healthy and connected, during the Coronavirus Pandemic. Questionnaires, articles, videos and other tools to help seniors and their families assess for isolation risk and combat the affects.

www.caregiveraction.org

Online community for caregivers. Includes forums, lives chats, videos and articles specific to caregiving.

■ MENTAL ILLNESS RESOURCES

www.couragetocaregivers.org

Provides hope, support, and courage to caregivers and loved ones of those living with mental illness.

www.dbsalliance.org

Depression and Bipolar Support Alliance – Information and resources for families living with depression and bipolar diagnosis and an on-line support group.

www.familyaware.org

Families for Depression Awareness helps families recognize and cope with depressive disorders to get people well and prevent suicides.

www.mhanational.org

Mental Health America remains focused on next generation prevention (Next Gen): on the health and well-being of future generations, on systemic reforms, and on embracing new frontiers of science. Our work remains guided by the voices and wisdom of lived experience and the needs of the next generation.

www.nami.org

National Alliance for the Mentally Ill- provides information and support to everyone touched by mental illness. Visit Shared Interest Communities to connect with others who share your common experiences.

<https://utmc.utoledo.edu/clinics/seniorbehavioralhealth/index.html>

KOBACKER CENTER 1400 EAST MEDICAL LOOP,
TOLEDO 43614 **(419) 383-5695 or 1-844-266-4889**

Our treatment team strives to effectively manage the unique emotional needs and health issues that occur during the aging process.

Early intervention may prevent your loved one from prolonged suffering. Senior Behavioral Health is a short-term inpatient treatment process for adults aged 55 and over who are experiencing behavioral and/or emotional problems. We are conveniently located in the Kobacker Center on the campus of The University of Toledo Medical Center and provide a comprehensive approach to physical and mental health concerns.

Our treatment team strives to effectively manage the unique emotional needs and health issues that occur during the aging process. Patients and their families benefit from a collaborative approach, including an individualized plan of care. Our team also develops appropriate aftercare plans with your needs - and your family's - firmly in mind. Our goal is to assist you in working toward recovery and a fuller enjoyment of life.

Inspirational Caregiver Quote

There are two ways of spreading light: to be the candle or the mirror that reflects it.

-Edith Wharton

THE PLACE TO START

Family Caregiver Support Program

Area Office on Aging of Northwestern Ohio, Inc.
2155 Arlington Avenue, Toledo, Ohio 43609–1997

419-382-0624 or 1-800-472-7277

WE TREAT MANY CONDITIONS:

Aggressive or combative behavior or agitation
Insomnia and/or changes in sleeping patterns
Crying spells
Delusions and/or hallucinations
Social withdrawal
Increased forgetfulness or confusion
Loss of interest in personal appearance/hygiene
Paranoia
Refusing to take medications
Recurrent thoughts of dying
Suicidal/homicidal thoughts
Post-Traumatic Stress Disorder (PTSD)

Admissions

Admissions are accepted 24 hours a day. Referrals from physicians, psychologists, mental health professionals, social workers, social service agencies, family members or friends are accepted.

■ WORKING AND CAREGIVING RESOURCES

www.eeoc.gov

Equal Employment Opportunity Commission.

www.worklifelaw.org

The Center for Work Life Law-- Information and resources for working caregivers .

www.dol.gov

U.S. Department of Labor - information on the Family Medical Leave Act.

10 WARNING SIGNS OF ALZHEIMER'S

1

MEMORY LOSS THAT DISRUPTS DAILY LIFE

2

CHALLENGES IN PLANNING OR SOLVING PROBLEMS

3

DIFFICULTY COMPLETING FAMILIAR TASKS

4

CONFUSION WITH TIME OR PLACE

5

TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS

6

NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING

7

MISPLACING THINGS AND LOSING THE ABILITY TO RETRACE STEPS

8

DECREASED OR POOR JUDGMENT

9

WITHDRAWAL FROM WORK OR SOCIAL ACTIVITIES

10

CHANGES IN MOOD OR PERSONALITY

Safe Ways to Dispose of Unwanted Drugs

Public Collection Site: This is the preferred way to dispose of unwanted medications. The DEA has National Take Back Days twice a year. These days there are even more locations that offer safe medication disposal. More information and a link to collection sites can be found at <https://takebackday.dea.gov/#top>

Some pharmacy's such as CVS, Meijer and Rite Aid offer drug take back throughout the year. Check with your local pharmacist to see if they participate.

You can also contact your local hospital, police station and fire department to inquire if they participate in year round collection of unwanted medications.

Mixing: If a take-back program is simply not feasible in your community, consumers can dispose of unwanted drugs through the following steps:

- Remove labeling from the pill bottle.
- Do not crush the pills or open capsules.
- Mix the drugs with an unpleasant substance, such as kitty litter or coffee grounds.
- Put the drugs and unpleasant substance in the garbage separate from the pill bottle.

Flushing: For most drugs, flushing is not recommended. Flushed drugs – especially controlled substances – can damage the environment when they hit the water supply. As with mixing, consumers should remove their personal information from pill bottles before they dispose of medications. Follow this link for information on drugs that are known to be safe to flush.

Source: <https://www.fda.gov/drugs/disposal-unused-medicines-what-you-should-know/drug-disposal-flush-potentially-dangerous-medicine#FlushList>

Getting Organized

Adapted from Parkinson's Foundation

How Do I Get Organized?

Caring for someone means keeping lots of medical records, medical and family contact lists, financial documents and other information organized and handy. To avoid getting overwhelmed, below are some tips on what information to gather and how to keep it all organized.

Consider creating a binder with the following main document categories: Medical, Family, Insurance/Property and Finance. Even though you can now manage nearly everything online, it can be useful to have a physical copy of everything in one place.

Wherever you choose to maintain your records, make sure that a close family member or friend knows where to find them in case they are needed.

And remember, it's not all about the person your caregiving for. Make sure to keep your records organized, too!

Medical Information

It is important to keep medical information up-to-date so first responders can access it in case of an emergency. Keep these records (for both you and your loved one) updated and in a location that is easily visible and accessible. Some people keep it near their medications, as emergency personnel will often seek these out if called to your home.

Date Last Updated		Date Last Appointment
Name:		
Date of Birth (DOB):		
Address:		
Phone Numbers:		
Email Address		
Medical Conditions:		
Current Medications		
Primary Care Provider:		
Primary Care Phone Number:		
Primary Care Address:		
Neurologist Provider:		
Neurologist Care Phone Number:		
Neurologist Address:		
Dentist Provider:		
Dentist Phone Number:		
Dentist Address:		
Eye Doctor Provider:		
Eye Doctor Phone Number:		
Eye Doctor Address:		
Other Provider:		
Other Provider Phone Number:		
Other Provider Address:		
Preferred Hospital:		Date of Last Hospitalization:
Hospital Phone Number:		
Hospital Address:		
Pharmacy Provider:		
Pharmacy Phone Number:		
Pharmacy Address:		
Allergies:		
Surgeries and Year:		
Blood Type:		
Advance Directives:	YES (Location)	NO
Emergency Contact #1:		
Emergency #1 Phone Number(s):		
Relationship:		
Emergency Contact #2:		
Emergency #2 Phone Number(s):		
Relationship:		
Medical Transportation Provider:		
Transportation Phone Number:		
Transportation Address:		

Veterans' Services

The Veterans Office can provide services to both Veterans, their Dependents, and Survivors.

Adapted from Defiance Co. Veterans Office Service Brochure.

These Services may include:

- Compensation & Pension
- Appeals for denied claims
- Education
- Home Loans
- Vocational Rehabilitation
- Life Insurance
- Survivor Benefits
- Applications for upgrading discharges
- Homeless Veterans Programs
- Applications to the Ohio Veterans Homes
- Transportation to VA medical centers
- Burial Memorial Benefits
- Headstones & Markers
- Emergency Relief
- Military medal requests
- DD214 military discharges and service records request
- Prescriptions and healthcare benefits
- Other federal benefits

The VA can also provide Financial Assistance for Hardship Cases. The assistance can include:

- Rent
- Utilities
- Food
- Gasoline Vouchers
- Other Needs

Important things to note regarding Financial Assistance.

- You must seek assistance in the County where you live.
- The Veteran must have qualifying military service and discharge.
- Dependents of the Veteran may be eligible for assistance.
- You must fill out an application in your county VA office.

Transportation to VA Medical Appointments

Note: Not every county provides Transportation. Check with your local VA office for specific benefit information.

If your county provides transportation to your VA medical appointments please contact your local VA office to schedule a ride in their vehicles. You may be picked up at your home. There is no charge for this services. A caregiver may ride with you to the appointment.



VA Caregiver Support Line

Fact Sheet



The Department of Veterans Affairs (VA) Caregiver Support Line (CSL) is a toll-free number for caregivers, family members, friends, Veterans, and community partners to contact for information related to caregiving and available supports and services. Our dedicated CSL team provides information on caregiver support services, counseling, educational services, and referrals (electronic notification) to local Caregiver Support Program (CSP) staff at VA medical centers (VAMC).



VA Caregiver Support Line
1-855-260-3274 (toll-free)

Monday – Friday, 8 a.m. – 10 p.m. ET
Saturday, 8 a.m. – 5 p.m. ET

How CSL Can Help

The CSL team can help assist you with understanding your options and the services available to you and the Veteran you care for. We can help you:



Learn

more about CSP, its various services, and program eligibility.



Navigate

barriers to accessing care.



Connect

with the CSP team at your local VAMC, who assist with referrals to local services and enrollment in CSP.



Discover

additional VA and community resources available to help care for a Veteran.



Receive

supportive counseling.

Updated June 2021

www.caregiver.va.gov



U.S. Department of Veterans Affairs



Caregiver Support Line

CSL Services



Counseling with a social worker

Need someone to talk to? Our social workers can provide you with emotional support and counseling during your call.



Monthly CSL Education Calls

We offer free, monthly one-hour telephone education calls for caregivers. These group sessions focus on topics important to caregivers, with a different topic presented each month. Caregivers learn about communication skills, building relationships and connections, self-care, and much more.

To learn more about our group sessions and to register, contact us at 1-855-260-3274. Caregivers who are unable to attend the calls can access presentations online at www.caregiver.va.gov/support-line/presentations.asp.



Program referrals

We can make a referral to your local VAMC CSP team, who will connect you with nearby resources and services as you care for a Veteran. You can find your CSP team using the following locator tool: www.caregiver.va.gov/support/New_CSC_Page.asp.



What to Expect When Calling the CSL

When calling the CSL, you will hear an initial greeting. Please listen carefully to the options to route your call to our dedicated team. We look forward to talking with you.

June 2021

www.caregiver.va.gov



U.S. Department of Veterans Affairs

NORTHWEST OHIO VETERAN SERVICES OFFICES

Defiance County	(419) 782-6861
1300 E 2ND ST SUITE 102, DEFIANCE, OH 43512	
Erie County	(419) 627-7650
2900 COLUMBUS AVE, SANDUSKY, OH 44870	
Fulton County	(419) 337-9266
604 S SHOOP AVE SUITE 270, WAUSEON, OH 43567	
Henry County	(419) 592-0956
1855 OAKWOOD AVE, NAPOLEON, OH 43545	
Lucas County	(419) 213-6090
2595 ARLINGTON AVE, TOLEDO, OH 43614	
Ottawa County	1-800-610-8872
8444 OH-163 SCENIC #102, OAK HARBOR, OH 43449	
Paulding County	(419) 399-8285
810 E PERRY ST, PAULDING, OH 45879	
Sandusky County	(419) 334-4421
2511 COUNTRYSIDE DR STE. B, FREMONT, OH 43420	
Williams County	(419) 636-8812
1425 E HIGH ST #106, BRYAN, OH 43506	
Wood County	(419) 354-9147
1616 E WOOSTER ST UNIT 22, BOWLING GREEN, OH 43402	

Ohio VA Regional Office is located in Cleveland. You can contact them by calling 1-800-827-1000.

■ AREA VA MEDICAL FACILITIES:

Toledo Ohio VA

Clinic: 1-800-949-1002 or (419) 259-2000

Fort Wayne Indiana VA

Hospital 1-800-360-8387 or (260) 426-5431

VA TERMINOLOGY

Are you seeking VA assistance for yourself or a loved one? It can be overwhelming to understand how, why, and what the Veteran Affairs needs. These are the common terms you will see and what they mean.

DD-214: Certificate of Release or Discharge from Active Duty

Note: Prior to January 1, 1950, several similar forms were used by the military services, including the WD AGO 53, WD AGO 55, WD AGO 53-55, NAVPERS 553, NAVMC 78PD and the NAVCG 553.

Survivor's Benefit: Death Pension, is a tax-free monetary benefit payable to a low-income, un-remarried surviving spouse and/or unmarried child(ren) of a deceased Veteran with wartime service.



Countable Income: Income from most sources as well as from any eligible dependents. It generally includes earnings, disability and retirement payments, interest and dividend payments from annuities, and net income from farming or a business. Some expenses, such as unreimbursed medical expenses, may reduce your countable income.

Net Worth: includes assets such as bank accounts, stocks, bonds, mutual funds, annuities, and any property other than your residence and a reasonable lot area. You should report all of your net worth. VA will determine whether your assets are of a sufficiently large amount that you could live off of them for a reasonable period of time.

VSO: Veteran Service Officer

POW: Prisoner of War

WHAT YOU NEED WHEN APPLYING FOR VA BENEFITS

Here is a general checklist to help you prepare for the application process.

- Original or Certified Copy of the Veteran's DD-214
- If you do not have this, complete a Standard Form SF-180 online or through your local VA office
- Veteran's Death Certificate, if applicable
- Veteran's Birth Certificate
- Spouse Birth Certificate, if applying for Spousal Benefits
- Marriage Certificate, if applying for Spousal Benefits
- Receipts of non-reimbursed medical care including equipment, medications, home care services, Assisted Living or Nursing facility rent, etc
- Veteran's complete name used while in service
- Veteran's Service number or Social security number
- Branch of service
- Dates of service.
- Date and place of birth

OHIO VETERANS HOMES

Adapted from Defiance VA Office brochure and <http://dvs.ohio.gov/main/ovh-sandusky-dom-home.html>

The Ohio Veterans Homes are established to serve those who served. They are exclusively made for Ohio wartime veterans. They include Independent Living, Supervised Care, Skilled Nursing Care, and Memory Care. The local Veterans Home in Northwest Ohio is located in Sandusky, Ohio at 3416 Columbus Ave, Sandusky, OH 44870.

For admission information, please call: 1-866-OHIOVET (1-866-644-6838) or 419-625-2454

The Ohio Veterans Home in Sandusky has a Domiciliary or “Dom” which is a 206 bed independent living facility with a dining facility and necessary medical care to eligible veterans. The Ohio Veterans Home in Sandusky is a 427-bed nursing home facility. The nursing home facility offers two levels of care: standard care for those veterans in need of any intermediate level of care, and special care for veterans with Alzheimer’s disease and other types of dementia.

The Sandusky Veterans Home offers...

- Family rooms with state of the art televisions
- Military museum onsite
- Military burial and cemetery
- Wheelchair repair onsite at no additional cost to veteran
- On-site pharmacy
- On-site treasury
- Barber and beautician services onsite (separate cost to resident)
- Fitness services available
- Dentist and podiatrist onsite (services separately billed to insurance)
- Scheduled transportation to medical appointments
- Rehabilitation services (physical, occupational, speech therapy) onsite (additional cost)
- Religious and spiritual care
- Walking paths
- Full dining available for three meals in addition to between-meal snacks
- Therapeutic and special diets available
- Guest Services include dining or staying in very, low cost, hotel-like guest rooms for a night, weekend, or longer (All For a nominal fee)

■ INDEPENDENT LIVING (DOMICILARY)

Eligible veterans who need medical care but are capable of living independently have the option of living in the “Dom” at the Ohio Veterans Home Sandusky. The residents each have their own room, with cable access, and a shared bath. The wing features two reading lounges, a computer lounge, recreational facilities, clubs and regular and special activities.

Services & Amenities

- 7 days a week activity program with frequent field trips, including sporting events
- Daily housekeeping and laundry services available
- Private rooms
- Wi-Fi and cable

Personal Care & Support

- Sick bay with physician and nursing services available
- Social services for psychological comfort
- Medication management

■ MEMORY CARE

Memory Care, which includes Alzheimer’s care and Dementia care, consists of specially designed living spaces and supporting environments for those who are living with cognitive challenges. The Sandusky home is designed to provide a safe, secure space where our veterans can thrive and enjoy a good quality of life. Areas of the Memory Care community are set up for safe engagement in activities such as arts and crafts, music therapy, and other activities that provide purposeful and meaningful successful moments. Residents structured activities delivered by staff members trained specifically in caring for those with memory impairment.

Services & Amenities

- 7 days a week activity program
- Daily housekeeping and laundry services available
- Private rooms and semi-private rooms
- Wi-Fi and cable

Personal Care & Support

- 24-hour patient-centered nursing care
- Social services for psychological comfort
- Medication management

■ INTERMEDIATE NURSING CARE

Intermediate, or non-skilled care, includes helping the resident with activities of daily living (which includes bathing, eating, dressing, toileting, transferring from bed to wheelchair or wheelchair to bed and moving around).

Ohio Veterans Home
Treasury Department
3416 Columbus Avenue
Sandusky, OH 44870
567-998-3941

Ohio Veterans Home
Treasury Department
2003 Veterans Boulevard
Georgetown, OH 45121
937-378-2900 ext. 2715

Schedule of Services

The Ohio Veterans Homes assesses a fee for the cost of care in accordance with Ohio Revised Code 5907.13 and Rule 5907-5-01 of the Ohio Administrative Code. Each resident is assessed a fee based on their ability to pay and the level of care to which they will be admitted as determined by the Home, not to exceed the maximum rates as established by the Director of the Ohio Department of Veterans Services.

The table below provides the current maximum rates for each level of care.

In order to determine whether, based on your verified income and assets, you qualify for a lower assessment, please contact the Ohio Veterans Home Treasury Department. Call the Financial Office, in Sandusky: 567-998-3941; in Georgetown: 937-378-2900, ext. 2715, to obtain an estimate of your projected monthly assessment.

ASSESSMENT RATES - Effective 07/01/22

Level-of-Care	Maximum Rate per Month* (Eligible for VA per diem)	Maximum Rate per Day* (Eligible for VA per diem)	Maximum Rate per Month* (Not eligible for VA per diem)	Maximum Rate per Day* (Not eligible for VA per diem)
Domiciliary (Independent Living)	\$687.00	\$22.59	\$2,235.52	\$73.50
Domiciliary + (Supervised Living)	\$1,751.00	\$57.57	\$3,299.52	\$108.48
Nursing Home Regular Care Units	\$2,762.00	\$90.81		
Nursing Home Special Care Units	\$3,444.00	\$113.23		

*Eligibility/ineligibility as determined by the U.S. Department of Veterans Affairs.
All rates subject to change; notification of any changes will be provided at least 60 days in advance of such change.

Residents in this care level often require nursing assistance with medications, treatments and daily living activities.

Services & Amenities

- 7 days a week activity program
- Daily housekeeping and laundry services available
- Private rooms and semi-private rooms
- Wi-Fi and cable

Personal Care & Support

- 24-hour patient-centered nursing care
- Social services for psychological comfort
- Medication management

■ SKILLED NURSING CARE

Skilled nursing care units provide round-the-clock nursing care and significant assistance with the activities of daily life. A licensed physician supervises each resident's care. Therapy including speech, occupational, and physical therapy are available to provide rehabilitation services. As residents' conditions progress and they move through different care levels, our staff works with the resident and their physician to provide the appropriate level of care. Each resident's short- or long-term care is customized for their individual needs and preferences, and delivered around-the-clock by trained nursing professionals.

Services & Amenities

- 7 days a week activity program
- Daily housekeeping and laundry services available
- Private rooms and semi-private rooms
- Wi-Fi and cable

Personal Care & Support

- 24-hour patient-centered nursing care
- Rehabilitation services (physical, occupational, speech therapy) onsite (additional cost)
- Social services for psychological comfort
- Medication management in addition to an onsite pharmacy

Eligibility

- Must have been an Ohio resident at least 1 year during your life
- Must have served on active duty during time of war or armed conflict, or have received the Purple Heart, Armed Forces Expeditionary Medal, Navy/Marine Corps Expeditionary Medal, Vietnam Service Medal or Southwest Asia Service Medal
- Unable to earn a living due to disease, wounds or otherwise
- Most recent discharge must be honorable or under honorable conditions.

HOME AND COMMUNITY BASED SERVICES THROUGH THE VA HEALTHCARE SYSTEM

Adapted from VA Ann Arbor Healthcare System "Home & Community Based Services brochure" and VA Northern Indiana Health Care System "Home Based Care brochure"
Home and Community-based Care Services are available to all Veterans who receive VA care. Care must be ordered by a VA provider. VA pays for the services; some patients may have a co-pay for certain programs.

The VA has services to assist you or a loved one in staying independent in your own home and maintain your well health.

As part of the VA medical benefits package, services can be provided to help maintain a veteran's care at home.

A veteran must be enrolled in VA NIHCS Primary Care, meet VA-established criteria, and be referred for these services by their VA primary care provider.

Home Care services can be provided to veterans with the following needs:

- Difficulty bathing, dressing, transferring, or caring for self independently
- Chronic complex diseases requiring a focused team approach making home visits
- Support and assistance completing homemaker chores and basic errands
- Coumadin management and medication box reminder assistance
- Weekly or monthly injections to manage a chronic disorder
- Acute needs that are time limited i.e. wound vac. Acute post-surgical wound care, infusions, etc
- End of life care and support

Risks of falls increase, especially for seniors with snow and ice.
Winter falls also have a higher chance of leading to traumatic injuries or worse.

- ★ Slow down and give yourself extra time.
 - ★ Dress for the weather, even if you don't think you will be outside for long.
- ★ Bring your cell phone, even for a quick trip to the mailbox.
 - ★ Wear non-slip boots/shoes or use ice cleats.
- ★ Use something to steady yourself. There are retractable ice/snow spiked tips for canes and crutches.

Walk Like a Penguin

Point your feet out slightly like a penguin.
Bend your knees slightly and walk flat-footed.
Extend your arms slightly to maintain balance.
Take short steps to shuffle for stability.



Ask your VA Healthcare or PACT team if you are eligible to receive these services.

Home Based Primary Care

Home Based Primary Care (HBPC) is care provided by VA staff in a Veteran's home. Veterans with complex, chronic, or disabling diseases may be eligible when routine clinic based care is not effective. The HBPC team includes a healthcare provider, nurse, social worker, physical therapist, pharmacist, dietician, psychologist, and program support assistant.

Home Hospice

Hospice Services are available in the home. Hospice and Palliative Care is patient/family centered and utilizes a team approach. Hospice eligibility requires a diagnosis of life-limiting illness, where treatment goals are focused on comfort rather than a cure. Hospice care includes pain management, symptom control, and other medical services as well as grief counseling for the family.

Respite Care

Respite Care is care designed to relieve a caregiver from the physical and emotional burden of caring for a chronically ill and disabled veteran in the home. It may be provided in the veteran's home or at an Adult Day Health Care program or in a nursing home. The VA offers 30 visits of respite care a year for veterans who

have a live-in caregiver. Respite services are provided in home up to 6 hours a visit. 13 days of in home respite can be used every 90 days until the 30 days are exhausted. These services provide caregivers the opportunity to leave the home for appointments, errands, or to relax and take care of themselves.

Homemaker

Homemaker services are designed to help Veteran's accomplish basic housekeeping and errands. Services are designed for veterans who either live alone or have caregivers who are impaired and therefore not able to complete usual household chores.

Home Health Aide

Home Health Aide (HHA) services provides a licensed professional from a community home health care agency to visit the veteran in their home and assist with personal care services. These veterans are those who otherwise would meet the criteria for nursing home placement. The HHA can assist the veteran with bathing, dressing, grooming, meal preparation, medication reminders, shopping, and errands.

Adult Day Care

Adult day care provides service to disabled Veterans in a community setting. Socialization, memory stimulation, exercises, lunch and/or snacks, and other activities are offered depending on the individual program.

Inspirational Caregiver Quote

Believe you can and you are halfway there.
- Theodore Roosevelt

Many programs focus on memory loss populations. This service is helpful to family and other caregivers to provide a break in giving care.

Skilled Home Care

Skilled Home Care is provided in the home with community agencies for Veterans who do not have other health insurance benefits to cover the care. Veterans must be homebound and in need of short term skilled services such as nursing, and physical therapy or social services.

OTHER VETERAN RESOURCES

Care Coordination Home Telehealth (CCHT) CCHT program uses an electronic monitor in your home. You or your caregiver answers questions such as weight, pain, blood pressure, etc. The results are sent to a VA nurse and the information is provided to your provider. Veterans must have a phone line and be willing to enter data at least three times a week.

For more information about these services, please call:

Social Work & Community-Based Services

VA ANN ARBOR HEALTHCARE SYSTEM 2215 FULLER RD, ANN ARBOR, MI 48105

Home Based Primary Care Program VA Northern Indiana Healthcare System

121 LAKE AVE, FORT WAYNE, IN 46805

VA Ann Arbor Healthcare System

(734) 769-7100 ext. 53417

Toledo VA CBOC: VA Northern Indiana Healthcare System

(419) 259-2000 ext. 57539

(260) 460-1445

You can also visit the VA website to learn more:
www.va.gov/Geriatrics

Maumee Valley Guidance Center serves Defiance, Fulton, Henry, and Williams Counties.

DEFIANCE: (419) 782-8856
WAUSEON: (419) 337-5941
NAPOLEON: (419) 592-5981
BRYAN: (419) 636-2932

Supportive Services for Veteran Families Program
Through the Supportive Services for Veterans and their Families (SSVF) Maumee Valley Guidance Center will focus to improve housing stability of low-income Veterans and their families.

Get to Know the Nutrition Food Label

The information below will help you understand the nutrition label:

Servings per Container

- This is the total number of servings within the entire package or container.
- One package may contain more than one serving.
- The entire nutrition label is based off one serving.

Serving Size

- This is based on the amount of food that is usually eaten at one time.
- Serving size is not a recommendation on how much you should eat.
- The entire nutrition label is based on this serving size.

Calories

- This is the number of calories in one serving.
- Calories give your body energy, but may lead to weight gain if you eat or drink too much.
- To maintain your body weight, it is important to balance the number of calories you eat and stay active.
- 2,000 calories a day is the general guide for nutrition advice. Your needs may be different. Talk to your health care provider or dietitian to determine how many calories you need each day.

% Daily Value (%DV)

- This shows how much a nutrient in one serving contributes to your daily diet.
- Use the %DV to determine if a serving is high or low in a certain nutrient.
 - 5% DV or less of a nutrient is low.
 - 20% DV or more of a nutrient is high.

Making healthy diet choices are important to help you feel your best and stay active. It can also help to lower your risk of health conditions and manage chronic health conditions you may already have.

The nutrition food label can help you to identify healthy foods and determine foods you should limit or avoid. The nutrition food label has a lot of important information that you can use to select foods you want to eat.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**CHOOSE
FOODS
LOWER IN**



**SODIUM (SALT),
SATURATED FATS
ADDED SUGARS**

**CHOOSE
FOODS
HIGHER IN:**



**DIETARY FIBER
VITAMIN A
VITAMIN D
CALCIUM
POTASSIUM**

Home Health Care

Home Health Care Coordination

Home health care agencies offer a range of services that allow you to remain safely at home with some assistance in daily living, whether it's medical, cooking, personal hygiene, transportation, companionship, rehabilitation and support to aid the healing process after illness, surgery or injury. If you need several services, a nurse or social worker will visit you in your home to determine what services you need and will help you arrange for them.

Selecting an Agency

Selection of a home health care agency is a personal decision that must be made based upon your needs. Senior centers, hospital discharge planners, social service workers, physicians, public health depts., United Way agencies, religious and senior citizens groups can offer resources to help in the selection of an agency. Many agencies provide free assessments to determine the most cost effective plan of care. Per visit or hourly rates vary by agency, skill level, acuity of care, length and timing of services.

RANGE OF SERVICES

Medicare Coverage Guidelines

Qualifying for home health benefits under Medicare is never guaranteed. Minimally, the patient must be:

- Homebound
- Under the care of an M.D. who requests skilled care
- In need of skilled nursing or physical therapy services on an intermittent basis. (A patient who requires more than intermittent care, but refuses other alternatives, is *not* eligible.)

Medicare does not cover private duty nursing costs.

A patient may be frail and require many support services such as enemas, incontinence care, bathing, personal grooming, transfer from bed to chair, ambulatory assistance, prompting for performance of basic activities of daily living, meal preparation and feeding, dressing, homemaking, chore and companion services. Medicare will not pay for these if all three of the guidelines listed above are not met.

Examples covered skilled nursing services:

- wound dressing involving prescription drug and aseptic technique
- bladder and bowel training in the case of incontinence, colostomy or ileostomy care
- injections
- respiratory, physical, speech or occupational therapies

QUESTIONS TO ASK

- ☒ How long has the agency been in business? Is it affiliated with any hospital, community or social service agency?

- ☒ Does the agency have 24 hour/day, 7 day/week service in case of emergencies?
- ☒ What services do we need? What will they cost, per visit or per hour, including overtime or holiday charges? How are charges calculated? Is there a minimum number of hours or days per week? What happens when our insurance and/or Medicare runs out?
- ☒ Will the same person be reliable, dependable and available throughout all care? Is there a nursing supervisor who oversees all care and will help address any questions or problems?
- ☒ Will the agency teach our family caregivers the health care skills so that the patient can work towards regaining independence?
- ☒ How often will we be billed and who will we pay? Is third party reimbursement available? Will the agency file Medicare, Medicaid, HMO and private insurance claims?
- ☒ Are regular physicals and TB screening required for all workers? Do providers have CPR certification?
- ☒ How is the agency accredited and is it Medicare licensed and/or Medicaid certified?
- ☒ Will the agency representative consult with our physician and family members to develop a written care plan outlining specific duties caregivers are to perform, at what intervals and for how long? Will all necessary agency personnel know what our needs are?
- ☒ Does the agency screen and bond all caregivers and guarantee workers are protected with written personnel policies and basic benefits such as social security, liability, malpractice insurance and worker's compensation?

TERMS

Case Management

Professional social worker or nurse makes in-home assessment and determines individual plan of care. Makes sure that care is achieving its purpose towards client safety and recovery.

Clinical Nurse Specialists

Have extensive training in a subspecialty such as geropsych or ET or IV therapy. Specialists help in training family members to care for the patient.

Discharge Planner

Works with patients and family members at hospital dismissal to guide in decisions for nursing home placement, home health care, rehab therapies, etc.

Geriatric Care Manager

Professional with a specialized focus on issues related to aging and elder care. Work privately with older adults and their families to create a plan of care that meets the needs of the older adult. Will meet with you to help you understand your loved one’s needs and to learn what resources and options are available to meet those needs.

Hi-tech Specialty Nursing

Includes home transfusion therapies, central line, porta catheters and dialysis services.

Home Health Aide

Provides assistance with personal care such as bathing, dressing, walking, etc.

Home Infusion Therapies

Enteral (ET): Nutritional tube feedings through stomach
Paraenteral (TPN): Venous nutritional feedings
IV: Venous medication delivery

Homemaker/Companion Service

Assists with light housekeeping, meals planning and preparation, laundry and provides companionship.

Medical Social Work

Licensed Social Worker consults with patient and family, making referrals for chronic medical problems and to available community resources.

Occupational Therapy

Includes exercises, adaptive equipment, splinting, joint protection, energy conservation.

Patient’s Bill of Rights

You are entitled to the highest quality of care with dignity, respect, full and forthright disclosure of information about fees and charges and the right to privacy.

Physical Therapy

Includes exercise, equipment recommendations, gait training, transfer training, ultrasound, whirlpool, etc.

Private Duty Nursing

One-on-one individual skilled nursing care by an RN or LPN in a person’s home. Generally charged hourly. Can also have private duty aides.

Inspirational Caregiver Quote

I have found that among its other benefits, giving liberates the soul of the giver..
- Maya Angelou

Respiratory Therapy

Exercises to enhance breathing and lung oxygen supply.

Skilled Nursing Care

A task(s) that cannot be effectively performed or self-administered by a non-medical person without the direct supervision of a licensed nurse. Provided by RNs, LPNs or physical, speech or occupational therapists. Must be ordered by a physician in conjunction with a care plan. Definitions of skilled care vary among Medicare, Medicaid and long term care insurance policies. Skilled nursing services are injections, insertion of catheters, observation of decubitus ulcers, manual removal of impaction and diabetic teaching. Non-skilled nursing services are enemas, baths, skin care, administering meds, routine post-cataract care.

Speech Therapy

Includes assessment and intervention in hearing, swallowing, expressive and receptive problems.

HOME HEALTH PROVIDERS

Area Office on Aging of Northwestern Ohio, Inc. **(419) 382-0624 or 1-800-472-7277**
2155 ARLINGTON AVE., 43609-1997
www.areaofficeonaging.com

PASSPORT is a Medicaid-funded program which provides home health care and service coordination for persons at risk of nursing home placement. Provides personal care, homemaking, emergency response system, home delivered meals, adult day services, medical transportation and more. Clients must be age 60+. Available in all of Northwestern Ohio.
Choices–Home Care Attendant Service is a new service option available under the PASSPORT Waiver Program is the Choices Home Care Attendant Service (C-HCAS). The service allows for eligible consumers to direct their own care and have more management over the home care attendant service. This is called consumer-direction. Consumers are the “employer of record” . You may hire a Home Care Attendant, or Individual Provider (IP) directly. This may be family members, with some exceptions, or friends, neighbors, etc. Persons enrolled in PASSPORT may contact their Care Manager for more information.

County Health Departments

DEFIANCE COUNTY **(419) 784-3818**
1300 E. SECOND ST., STE. 100, DEFIANCE 43512
www.defiancecohealth.org
ERIE COUNTY **(419) 626-5623**
420 SUPERIOR ST., PO BOX 375, SANDUSKY 44870
www.eriecountyhealthohio.org
FULTON COUNTY **(419) 337-0915**
606 S. SHOOP AVE., WAUSEON 43567
www.fultoncountyhealthdept.com

HENRY COUNTY **(419) 599-5545**
 1843 OAKWOOD AVE., NAPOLEON 43545
www.henrycohd.org

LUCAS COUNTY **(419) 213-4100**
 635 N. ERIE ST., 43624
www.lucascountyhealth.com

OTTAWA COUNTY **(419) 734-6800**
 1856 E. PERRY ST., PORT CLINTON 43452
www.ottawahealth.org

PAULDING COUNTY **(419) 399-3921**
 800 E. PERRY ST., PAULDING 45879
www.pauldingcountyhealth.com

SANDUSKY COUNTY **(419) 334-6377**
 2000 COUNTRY SIDE DR., FREMONT 43420
www.alwayschoosehealth.com

WILLIAMS COUNTY **(419) 485-3141**
 310 LINCOLN ST., P.O. BOX 146, MONTPELIER 43543
www.williamscountyhealth.org

WOOD COUNTY **(419) 352-8402**
 1840 E. GYPSY LANE RD., BOWLING GREEN 43402
www.co.wood.oh.us

ABC Health Care, Inc. **(419) 893-9700**
 1605 HOLLAND RD., STE. A1, MAUMEE 43537
www.abchc.com
 Serves Fulton, Lucas, Sandusky and Wood counties.

Alpine House **1-866-468-7302**
 2901 TREMAINSVILLE RD., TOLEDO 43613
 Assisted living referrals only.

Approved Home Health **(419) 822-3660 or 1-888-822-3660**
 1206 EAST MAIN ST., DELTA 43515
www.approvedhomehealth.net
 Defiance, Fulton, Henry, Lucas, Paulding, Williams, Wood.

Arista Home Care Solutions **(419) 754-1897**
 7850 W. CENTRAL AVE. TOLEDO 43617

Bridge Home Health/Hospice **(419) 352-9808 or 1-888-352-1166**
 950 W. WOOSTER ST. BOWLING GREEN 45840
www.bvhealthsystem.org
 Serves Henry, Sandusky and Wood counties.

Bridge Personal Care Services **1-888-463-3376**
 15100 BIRCHHAVEN LN., FINDLAY 45840
www.bridgepcs.org
 Serves Wood county

Cambridge Home Health Care **(419) 609-1960 or 1-800-339-0820**
 1313 W. BOGART RD., STE. A, SANDUSKY 44870
www.lhc.com
 Serves Erie, Ottawa and Sandusky counties.

CareMinders Home Care **(419) 517-5070**
 4405 TALMADGE RD., STE. B, TOLEDO 43623
 Serves Lucas, Fulton and Wood counties.

Community Health Professionals
 6825 ST. RT. 66 NORTH,
 DEFIANCE 43512 **(419) 782-5411 or (419) 782-4131**
 Serves Defiance and Henry counties.

250 DOOLEY DR., STE. A, PAULDING 45879 **(419) 399-4708**
 Serves Paulding county.

230 WESTFIELD DR., ARCHBOLD 43502 **(419) 445-5128**
 Serves Fulton County.

1215 S. PORTLAND ST., BRYAN 43506 **(419) 633-7590**
 Serves Williams county.
www.comhealthpro.org

Easter Seals of Northern Ohio **(419) 332-3016**
 Serves Ottawa, Sandusky and Wood co's.

Elara Caring Home Health and Hospice **(419) 536-6748**
 3425 EXECUTIVE PKWY., STE. 206, TOLEDO 43606



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SANDUSKY 44870 (419) 626-9740 or 1-888-828-0862
Serves Erie, Ottawa and Sandusky counties.
5445 SOUTHWYCK BLVD., STE. 208,
TOLEDO 43614 (419) 861-2722 or 1-866-250-6278
Serves Fulton, Lucas and Wood counties.
www.rxprn.com

From The Heart Home Care LLC (419) 724-9512

3601 W. ALEXIS, STE. 104, TOLEDO 43623
Serves all counties.

Genacross at Home (419) 724-1827

2021 N. MCCORD, TOLEDO 43615
www.genacrosslutheralservices.org/services/homehealth/
Serves Erie, Fulton, Henry, Lucas, Ottawa, Sandusky and
Wood counties.

Guardian Angel Home Care Inc. (419) 882-8222

8553 SYLVANIA-METAMORA RD., SYLVANIA 43560
www.ga-shs.com
Serves Fulton, Lucas, Ottawa, Sandusky, Wood co's.

Guiding Hands Home Health Services (419) 898-5909

224 W. WATER ST., PO BOX 208, OAK HARBOR 43449
Serves Erie, Fulton, Ottawa, Sandusky and Wood co's.

Heritage Health Care Services

www.heritage-hcs.com
1745 INDIANWOOD CIRCLE, MAUMEE 43537 (419) 867-2002
Defiance, Fulton, Henry, Lucas, Williams and Wood co's.

Interim Healthcare

3100 W. CENTRAL AVE., SUITE 250,
TOLEDO 43606 (419) 578-4698 or 1-800-256-0427
Serves Fulton Lucas, Ottawa, Sandusky and Wood co's.
1018 RALSTON AVE., STE. 108,
DEFIANCE 43512 (419) 419-0038
Serves Defiance, Paulding and Williams co's.
www.interimhealthcare.com/toledooh

Maxim Healthcare (419) 536-0555 or 1-877-506-2946

3131 EXECUTIVE DR., TOLEDO 43606
www.maximhomecare.com
Serves Lucas, Ottawa, Sandusky and Wood counties.

Med 1 Care, LLC (419) 866-0555 or 1-800-350-8941

1225 CORPORATE DR., STE. B, HOLLAND 43528
www.med1care.org
Serves all counties.

Ohioans Home Healthcare, Inc. (419) 843-4422

28315 KENSINGTON LN., PERRYSBURG 43551
www.ohioanshhc.com
Serves all counties.

Ohio Living Home Health and Hospice (419) 865-1499

1730 S. REYNOLDS RD., TOLEDO 43614
www.ohioliving.org
Serves Erie, Fulton, Henry, Lucas, Ottawa, Sandusky and
Wood counties.

Prime Home Care, LLC (419) 535-1414

3454 OAK ALLEY COURT, SUITE 304, TOLEDO 43615
Serves all co's. PASSPORT and Carestar individuals only.

Richard Health Systems (419) 534-2371

5237 RENWYCK DR., TOLEDO 43615
Serves Defiance, Fulton, Henry, Lucas, Ottawa, Williams,
Wood and Sandusky counties.



Compassion
Companionship
Community

At Compass Point Senior Enrichment Center

COMPASS POINT

SENIOR ENRICHMENT CENTER

Embrace community at the Compass Point Adult Day Center!
Welcoming atmosphere, engaging activities, and vibrant connections.
Serving snacks and a hot lunch Monday through Friday. Join us for enriching moments.

Medical Oversight
Empowering seniors with dementia through specialized care and care coordination, engaging activities, and a supportive community. Enriching lives, one meaningful day at a time. Hot lunch and snacks provided.

Support Groups
We will connect the participant as well as family member to support groups and community organizations for further care.

Community Involvement
Have a special talent you'd like to share with our seniors? Want to donate to the center? Call for more information!

COMPASS POINT

Adult Day Center

COMPASSION:
Person-centered focus, expert medical oversight, and seamless coordination for a tailored supportive journey.

COMPANIONSHIP:
Experience enriching companionship daily. Our program provides genuine connections, and is looking for volunteers to engage with participants. Share your talents with us!

COMMUNITY:
Compass Point fosters a warm community embrace. Enjoy games & crafts, have a hot lunch and snacks with new friends.

**Compass Point
Senior Enrichment Center**
795 Bardshar Road, Sandusky, Ohio
Call: 419-502-1020
ErieCoHealthOhio.com/adult-day-services



CAREGIVER TIP

Homemaker services are available for individuals who are unable to perform their own housekeeping, grocery shopping, or other errands.

Personal care services may include bathing, toileting, help in walking or getting out of a bed or chair, grooming and feeding.



TLC Home Health of Ohio, Inc. (419) 624-9401 or 1-888-284-2605
 1604 E. PERKINS AVE., STE. 209, SANDUSKY 44870
www.tlchomehealthofohio.com
 Serves Erie, Ottawa and Sandusky counties.

Unique Healthcare Solutions (419) 794-8565 or 1-800-870-0077
 3430 BRIARFIELD BLVD., MAUMEE 43537
 Serves Lucas and Wood counties.

IN-HOME CARE

Amea Healthcare LLC
 1010 TIFFIN AVE., FINDLAY 45840 (419) 604-6106
 Serves Henry and Wood counties
 3409 HOLLAND-SYLVANIA, SUITE 1, TOLEDO 43615
 Serves Fulton, Lucas, Ottawa, Sandusky and Wood co's.

Arista Home Care Solutions (419) 754-1897
 7850 W. CENTRAL AVE., TOLEDO 43617
www.aristahc.com
 Serves Fulton, Lucas and Wood counties

Beacon of Light (419) 531-9060
 242 S. REYNOLDS RD., TOLEDO 43615
 Lucas, Wood, Fulton, Erie, Ottawa and Sandusky co's.

Christian Home Care, LLC (419) 254-2840
 5555 AIRPORT HWY., STE. 290, TOLEDO 43615
www.christianhomecare.com
 Serves Lucas and Wood co's.

Comfort Keepers
 900 W. S. BOUNDARY ST., PERRYSBURG 43551 (419) 874-4880
 Serves Fulton, Lucas and Wood counties.
 2451 N. REYNOLDS, TOLEDO 43615 (419) 535-7777
 Serves Lucas county.
www.comfortkeepers.com

Friends of the Family Home Health Care (567) 455-5200
 1623 W. STERNS RD., TEMPERANCE, MI 48182
www.trustingcare.com
 Serves Lucas and Wood counties.

Gray Family Homes, Inc. (419) 241-8110
www.grayfamilyhomes.com
 Serves Lucas, Fulton, Ottawa and Wood counties.

Home Instead Senior Care
 205 SE CATAWABA RD., SUITE H,
 PORT CLINTON 43452 (419) 734-5050 or 1-800-733-5050
 Serves Erie, Ottawa and Sandusky co's.
 2631 W. CENTRAL AVE., TOLEDO 43606 (419) 472-8181
 Serves Fulton, Lucas and Wood counties.
 1052 WEST WOOSTER ST.,
 BOWLING GREEN 43402 (419) 352-6563
www.homeinstead.com

Right at Home
 133 E. ST. JOHN, MAUMEE 43537 (567) 336-6062
 5800 MONROE ST., BLDG. C, STE. 201,
 SYLVANIA 43560 (419) 882-1111
www.rahnwohio.com
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Seniors Helping Seniors (440) 935-3848
40998 BUTTERNUT RIDGE RD., ELYRIA 44035
www.seniorshelpingseniors.com
Serves Erie, Ottawa and Sandusky counties.

Inspirational Caregiver Quote

Cherish all your happy moments; they make a fine cushion for old age.
- Booth Tarkington

Vicki's Home Care & Companions (419) 944-4780
1905 N. CENTENNIAL RD., TOLEDO 43617
www.vickishomecarellc.com
Serves Fulton, Lucas, Ottawa and Wood counties.

Visiting Angels

7110 W. CENTRAL AVE., STE. A, TOLEDO 43617 (419) 517-7000
Serves Lucas, Ottawa and Wood co's.
143 N. MICHIGAN AVE., EDGERTON 43517 (419) 298-0034
Serves Defiance, Fulton, Henry, and Williams co's.
6145 PARK SQUARE DR., STE. 4, LORAIN 44053 (419) 988-3004
Serves Erie County.

Adult Day Care

Adult Day Care is an alternative to nursing home placement. It provides assistance to families and caregivers who have responsibility for an adult who cannot be left alone. The mental stimulation also enables those adults who need supportive services to maintain independence.

An adult day care center offers a safe, supportive environment and appropriate activities, as well as a hot lunch and snacks. Transportation usually is provided at a nominal cost and personalized services of a social worker, nurse and activity therapist are usually available.
Fees are subject to change without notice.

***Services on hold at time of print. Call provider for more info.**

***Birchaven Village (Julien A. Faisant Center)** (419) 424-3000
15100 BIRCHAVEN LN., FINDLAY 45840
www.bvha.org
Cost: \$30, 1-5 hrs.; \$50, 5+ hrs (lunch included)
Hours: 8:30 A.M. - 3:30 P.M.

***Briar Hill Health Campus** (419) 257-2421
600 STERLING DR., NORTH BALTIMORE 45872
www.trilogyhs.com

Comfort Adult Day (248) 613-9440
545 INDIANA AVE., TOLEDO 43604

Community Health Professionals (CHP) Adult Day Care
1151 WESTWOOD DR., VAN WERT 45891 (419) 238-0751
230 WESTFIELD DR., ARCHBOLD 43502 (419) 445-5128
www.comhealthpro.org
Cost: Range from \$58-\$75 Hours: 8:30 A.M. - 5 P.M.
Transportation: Yes. \$20 round trip; \$15 one way.

Elmwood Assisted Living & Skilled Nursing of Fremont (419) 332-6533
1545 FANGBONER RD., FREMONT 43420
www.elmwoodcommunities.com
Cost: \$14.50/hour; \$18.25/hour (higher level of care)
Hours: Flexible Transportation: Can be arranged.

Guiding Pathways: Bowling Green (419) 353-5661 or (800) 367-4935
WOOD HAVEN HEALTH CARE
1965 EAST GYPSY LANE BOWLING GREEN
Enter the building via the Therapy Department Doors
Cost: \$10 per session, lunch included
Hours: 10:00 A.M. - 2:00 P.M., 1st and 3rd Fridays of each month
Early to moderate stage memory loss To register call the Tuesday before the session.

Help • Compassion • Hope



OUR ADULT DAY CENTER

The Day Center at MemoryLane Care Services provides structured, person centered and therapeutic activities to adults experiencing cognitive impairment related to chronic conditions such as Alzheimers disease or other dementias. Our professional staff members deliver services in a safe and caring environment. We design our services to meet the needs of individuals with Alzheimer's and dementia while supporting the person's strengths, abilities, and independence.

www.memorylanecareservices.org
2500 N. Reynolds Road | Toledo, OH 43615 | 419-720-4940

Guiding Pathways:
Perrysburg (419) 353-5661 or (800) 367-4935
 (ST. TIMOTHY'S EPISCOPAL CHURCH).
 871 E. BROADWAY STREET, PERRYSBURG 43551
 Cost: \$10 per session, lunch included
 Hours: 10:00 A.M. – 2:00 P.M., first Wednesday
 Early to moderate stage memory loss To register call
 the Friday before the session.

MemoryLane Care Services
 2500 N. REYNOLDS RD. TOLEDO 43615 (419) 720-4940
 140 S. GROVE ST., BOWLING GREEN 43402 (419) 353-5661
www.memorylanecareservices.org

Mill Manor Care Center (440) 967-6614
 983 EXCHANGE BLVD., VERMILLION 44089
www.millmanorcare.com
 Cost: \$68 full day

Sunrise Senior Care (419) 473-9010
 3710 TALMADGE RD., TOLEDO 43606
www.sunrise-senior-care.com

The Lakes of Monclova (419) 866-3030
 6935 MONCLOVA RD., MAUMEE 43537
www.lakesofmonclova.com

The Willows at Bellevue (419) 483-5000
 101 AUXILIARY DR., BELLEVUE 44811

Elder Law Resources

www.americanbar.org
 You can download variety of publications including financial legal topics, and advanced planning and guardianship information. FindLegalHelp.org provides a state-by-state listing of programs to help you find a lawyer, including free legal help. In addition, you can research legal topics with links to state-specific legal resources.

www.elderlawanswers.com
 Elder Law Answers

www.guardianship.org
 National Guardianship Association - Family Guardians receive all the resources from NGA that professional guardians pay \$170 more for: a information-packed quarterly newsletter, reduced fees for annual conference which provides an opportunity to network with other family and professional guardians and to learn about issues in the world of guardianship. Membership on the only list-serve where guardianship issues are discussed and you are encouraged to ask questions and the ethics hot-line where you can bring challenges or issues to professionals who will help you.

www.proseniors.org
 Pro Seniors is a non-profit organization that provides free legal and long-term care help to older adults. They offer Ohio residents age 60+ the advice and information they need to solve their legal and nursing home, adult care facility, and home health care problems.

Inspirational Caregiver Quote

Life is 10% of what happens to you and 90% how you react to it.
 - Charles R. Swindoll

www.gaylawnet.com
 Resources for learning about U.S., state and county laws of particular interests to the LGBT community.

Advocates for Basic Legal Equality (ABLE) (419) 255-0814 or 1-800-837-0814
www.ablelaw.org

Legal Aid of Western Ohio, Inc. (LAWO) and Advocates for Basic Legal Equality, Inc. (ABLE) are non-profit regional law firms that provide high quality legal assistance in civil matters to help eligible low-income individuals and groups in western Ohio achieve self reliance, and equal justice and economic opportunity.

Catholic Charities Adult Advocacy Services: Guardianship (419) 214-4869

1933 SPEILBUSCH, TOLEDO 43604
www.catholiccharitiesnwo.org
 Mediates conflicts among family members related to care and support of aging parents.

Citizens Dispute Settlement Program (419) 245-1951
 555 N. ERIE ST., #444, TOLEDO 43604
www.toledomunicipalcourt.org/court
 Municipal Court handles simple, civil disputes.



You May Qualify for the Real Estate Property Tax Homestead Reduction



Senior Citizens 65 or Older, Disabled Citizens, or Disabled Veterans

Call: (419) 213-4406 ~ E-mail: outreach@co.lucas.oh.us
 or visit us Online: www.co.lucas.oh.us/Auditor

Katie Moline, Lucas County Auditor



Long-Term Care Ombudsman Program

Expect Excellence in Long-Term Care

The Long-Term Care Ombudsman Program at ABLE works to uphold the rights of people who receive long-term care by investigating and resolving complaints about long-term care ranging from admission and discharge problems to abuse, neglect, and violations of civil rights.

To voice a concern or obtain information, contact ABLE's Long-Term Care Ombudsman Program.



(419) 259-2891 or (800) 542-1874
ombudsman.ablelaw.org

College of Law Clinic – Univ of Toledo (419) 530-4236

2801 W. BANCROFT ST. TOLEDO 43606

Helps with low-income people with civil cases.

The Fair Housing Center (419) 243-6163

326 N. ERIE ST., #444, TOLEDO 43604

Landlord/tenant mediation.

Lawyer Referral and Information Svcs. (419) 242-9363

311 N. SUPERIOR ST., TOLEDO 43604

\$40 fee for a half-hour consultant to determine the type of legal service needed and refer client to attorney. Continued fees are decided between lawyer and client.

Caregiver Tip

The **Ohio State Bar Association** provides a great deal of general information about all aspects of the law for members of the public, including handbooks, pamphlets, newspaper columns, programs and information about attorneys. Visit <https://www.ohiobar.org/ForPublic/Pages/ForPublic.aspx>

Legal Aid Society

(419) 244-8351

555 N ERIE ST., SUITE 248, TOLEDO 43604

www.toledolegalaid.com

Senior consumer, disability, and estate planning.

Domestic and family law, employment, government benefits, insurance and pension law, landlord/tenant, probate and guardianship, real property.

Legal Hotline for Older Ohioans

1-800-488-6070

www.proseniors.org

Provides free legal information, advice, and referral for residents of Ohio 60 and over, regardless of income or resources. Common topics: Medicare, Medicaid and Medicaid estate recovery, living wills, durable power of attorney for health care, housing, and consumer problems.

Long Term Care

Ombudsman

(419) 259-2891 or 1-800-542-1874

525 JEFFERSON AVE., #300, TOLEDO 43604

www.ombudsman.ablelaw.org

Helps families resolve complaints about residential treatment in nursing homes, adult care communities and complaints about home care services.

Nat. Academy of Elder Law Attorneys (NAELA):

Ohio Chapter

(614) 407-7900 or (866) 883-5337

450 W. WILSON BRIDGE RD., SUITE 380, WORTHINGTON 43085

www.naela.com or www.ohionaela.org

Help with locating elder law attorney.

Ohio Attorney General

1-800-282-0515

www.ohioattorneygeneral.gov

Pro Bono Program assists eligible seniors with living wills. Power of Attorney and durable POA for health care.

Toledo Bar Association

(419) 242-9363

311 N. SUPERIOR ST., 43604

www.toledobar.org

Free legal assistance in pro bono department, available to financially-eligible persons. Example: bankruptcy, housing, probate, real estate, family law, etc.

ADVANCE DIRECTIVES

Forms for a Living Will Declaration prepared by the Ohio State Bar Association and approved by the Ohio State Medical Assoc. can be found in the Older Adults Resource Guide, available through the Area Office on Aging of Northwestern Ohio at **(419) 382-0624**

**Midwest Care Alliance, 2233 North Bank Dr.,
Columbus, OH 43220**

(614) 763-0036 Fax: (614) 763-0050

www.midwestcarealliance.org

Ways to Get Paid Caring for a Loved One in Ohio

<https://www.joiningivers.com/how-to-get-paid-caregiver/ohio#other>

MEDICAID PAYS FAMILY CAREGIVERS IN OHIO

What is a Medicaid Waiver?

Medicaid Waivers are exceptions to Medicaid rules that allow states to offer programs that don't fit within the traditional boundaries of Medicaid. Every state has at least one waiver in place to allow the payment of family caregivers.

In Ohio, the following Medicaid waivers are available with an option for caregiver pay:

PASSPORT Waiver: This program provides supports and services to individuals ages 65 or older and individuals with physical disabilities ages 60-64 years who meet a nursing facility level of care.

Individual Options Waiver: This program provides services to individuals with intellectual disabilities or developmental disabilities ages 0 or older who meet an ICF/IID level of care.

Level 1 Waiver: This program provides services to individuals with intellectual disabilities and developmental disabilities ages 0 or older who meet an ICF/IID level of care.

OhioRISE Waiver: This program provides services to individuals with serious emotional disturbance ages 0-20 years who meet a hospital level of care.

SELF Waiver: This program provides services to individuals with intellectual disabilities or developmental disabilities ages 0 or older who meet an ICF/IID level of care.

Medicaid programs and waivers can change over time, so it's important to consult the official Ohio Medicaid website or contact the Ohio Department of Human Services for the most up-to-date information on available waivers and eligibility requirements.

How does a Medicaid waiver work to pay family caregivers?

In most cases, to get paid by Medicaid as a family caregiver, you will work through a program called self-direction (also known as Consumer Direction, Participant Direction, or other similar names). Medicaid self-direction programs give people who need long-term care services more control over their care. Typically, when someone receives Medicaid-funded care, the government decides who will provide it and how it will be given. With self-direction, the person receiving care has more say in how care is provided and by whom, sometimes including family members. While enrolling in self-direction can be complicated, it is a viable opportunity for caregivers to get paid for their work. Enrollment typically involves the care recipient going through an evaluation to determine their need for in-home care and obtaining approval accordingly. Afterward, you may need to complete training, acquire credentials, and secure "employment" with an agency responsible for processing payments for your billable hours. Once

enrolled and hired by the agency, you must follow specific procedures to document and verify your work to get paid. *How much do family members get paid by Medicaid for caregiving in Ohio?*

Pay rates for family caregivers vary based on:

Program Guidelines: Each waiver program may have specific rules and regulations regarding caregiver compensation. These guidelines often outline the maximum hourly rate allowed.

Local Wage Rates: Hourly rates are determined at the local zip code level based on a variety of factors.

Qualifications and Experience: Your qualifications and experience as a caregiver can impact your hourly rate. If you have specialized training or certifications relevant to caregiving, it may justify a higher rate. Additionally, your years of experience in caregiving can also influence your compensation.

Level of Care Required: The level of care needed by the individual you are caring for can impact your hourly rate. Higher levels of care, such as providing medical assistance or supporting individuals with complex needs, may justify a higher rate compared to basic caregiving tasks.

Time Commitment: The number of hours you dedicate to caregiving can influence your hourly rate. If you are providing care full-time or have a significant time commitment, it may justify a higher rate compared to part-time caregivers.

Market Demand: The demand for caregivers in your area can also affect your hourly rate. If there is a shortage of caregivers or a high demand for specific types of care, it may drive up the hourly rates.

Key stats in Ohio

Source: AARP

Family caregivers: 1.5M

Hours spent per year: 1.37B

Annual unpaid care value: \$21.0B

Can you get paid to care for your loved one?

Ohio's VA pays caregivers for veterans

Veterans, and the surviving spouses of veterans, have a few options to pay family caregivers.

Veteran Directed Home & Community Based Care in OH

The Veteran Directed Care (VDC) program allows veterans to choose how to direct their monthly care budget. This means that when hiring a caregiver, a veteran can choose to hire his/her family member. The caregiving family member will be paid the hourly rate determined by the VA, typically \$8-\$21 per hour. VDC is available to veterans of all ages enrolled in VA medical benefits and require skilled services and assistance with activities of daily living.

Veteran Aid & Attendance Pension Benefit in OH

If your veteran loved one requires professional long-term in-home, assisted living, or nursing home care, you

may be eligible for Aid and Attendance (A&A). The A&A Pension can provide up to \$3,261 per month to pay for care, including to caregiving family members. A&A is an add-on benefit that requires eligibility for the basic VA pension or survivor pension, as well as meeting a disability requirement.

Housebound Pension Benefit in OH

The Housebound Pension benefit provides funds to veterans who are mostly unable to leave their homes. Similar to the A&A benefit, the Housebound Pension can be used to pay family caregivers. The Housebound Pension can be worth up to \$1,882 per month, and spouses are unable to be paid as the family caregiver under the Housebound benefit, as spouse income is included in the calculation of the benefit. To qualify for Housebound, a veteran must be limited to his/her house and be eligible for the basic VA pension. Veterans cannot get A&A and Housebound benefits at the same time.

Program of Comprehensive Assistance for Family Caregivers (PCAFC) in OH

The PCAFC is the VA's broadest program targeting family caregivers. The program provides family caregivers with a stipend of up to \$2,750 per month, in addition to training, counseling, and respite care. To qualify, the veteran must have been critically hurt or had a serious illness in the line of duty, and require help with at least one activity of daily living.

FIND YOUR LOCAL AREA AGENCY ON AGING IN OHIO

How does the Ohio Department of Aging support family caregivers?

Every state is mandated by the federal government to create support systems for family caregivers. They often reach local communities through Area Agencies on Aging (AAAs). Area Agencies on Aging are crucial in supporting family caregivers caring for older adults. These agencies typically offer various services, resources, and programs to assist family caregivers in their caregiving responsibilities. Some of the most common ways in which state Agencies on Aging support family caregivers include:

Information and referrals: AAAs provide guidance on local resources, support groups, caregiver training, and respite care options.

Caregiver education and training: They organize programs on caregiving techniques, stress management, healthcare navigation, and legal/financial aspects.

Respite care: They offer temporary relief for caregivers, enabling them to take breaks and attend to their well-being.

Support groups: They facilitate caregiver support groups for sharing experiences, concerns, and learning from others.

Caregiver assessments: AAAs evaluate caregivers' needs and provide tailored support and recommendations.

Counseling and consultation: They offer professional guidance and emotional support for caregivers.

Advocacy and policy development: They advocate for caregiver-friendly policies and programs.

Access to benefits and services: They assist caregivers in accessing benefits and programs like Medicaid, home-based services, and transportation assistance.

How do I find my local AAA? There are 12 AAAs in Ohio. Click [here](#) find your local AAA in OH.

Who are you caring for? Parent, Spouse, Child, Other

OHIO TAX CREDIT FOR CAREGIVING

What is a tax credit?

Tax credits are a way for the government to incentivize and compensate taxpayers for positive activities. A variety of tax credits cover a wide range of expenses and situations such as education, green energy, and caregiving. A tax credit is a dollar-for-dollar reduction of the income tax you owe. For example, if you owe \$4,000 in federal taxes but are eligible for a \$3,000 tax credit, your tax bill is \$1,000.

What tax credits are available for family caregivers?

The Child and Dependent Tax Credit (CDCTC) is a tax credit earned by caregivers for a percentage of care-related expenses. Eligible expenses must be for the care of a child or dependent in order to enable the taxpayer to work or look for work.

How much can I earn in tax credits for caregiving? The total tax credit you can claim in Ohio for caregiving is \$1,700.

Additionally, Ohio matches the federal tax credit up to 100%, which can equate to an extra \$600 off your taxes. In the 2021-2022 legislative session, the Ohio considered bill HB79 to create a tax credit that equal to 50% of a caregiver's care-related expenses. The nonrefundable tax credit could be worth up to \$1,000. The bill is currently under consideration. Read more... The CDCTC provides a tax credit for a percentage of your eligible caregiving expenses. The maximum CDCTC at the federal level is \$1,100.

To get the CDCTC, you must claim your loved one as your dependent on your tax forms. Your loved one must qualify to be claimed as a dependent based on a number of criteria. After claiming your loved one as a dependent, you will need to fill out tax form 2441. The tax form requires a clear picture of your care-related expenses that allowed you to work or look for work.

OTHER CAREGIVER PAY PROGRAMS IN OHIO

Here are a few caregiver payment programs in Ohio that you may want to explore:

Long term care insurance

If your loved one has a long term care insurance policy, that policy may allow for the direction of funds to a family caregiver. To learn if this is an option for you, contact your loved one's insurance company or agent and ask about caregiver benefits.

Employer-sponsored caregiving leave

A growing number of companies are offering to pay employees while they take a leave to take care of a loved one. To learn if this is an option for you, talk to the Human Resources department at your company.

Get paid by family

When your family measures all of the potential costs of care, including nursing homes, in-home nurses, and more, they may recognize that your support is a much more cost-effective option. If there are funds available, you should ask to be compensated for your time and efforts, especially when compared to the costs of the alternatives. If your family does agree to pay you for your caregiving efforts, you should consult with an attorney to arrange a contract that details your work and wage. This step will create documentation that may be important in the future for reimbursement from Medicaid, health insurance, or assisted living in the future.

UNDERSTANDING CAREGIVER RIGHTS AND RESOURCES

Legal rights and protections for caregivers are essential to ensure their recognition, support, and fair treatment, allowing them to fulfill their caregiving responsibilities while safeguarding their own well-being.

Laws and programs in Ohio that provide support to family caregivers include the following:

Ohio Caregiving Act: The Ohio Caregiving Act, enacted in 2017, requires hospitals to provide patients with the opportunity to designate a family caregiver upon admission. It also requires hospitals to notify designated caregivers about discharge plans and provide instructions and training for any medical tasks they will need to perform at home.

Ohio Respite Coalition: The Ohio Respite Coalition is a statewide network that supports and promotes respite care services for family caregivers. They provide information, resources, and assistance in accessing respite care options, which offer temporary relief to caregivers by arranging for someone else to care for their loved ones.

Ohio Department of Aging: The Ohio Department of Aging is responsible for developing and implementing programs and policies that support older adults and family caregivers in the state. They provide information and resources on caregiving, respite care, long-term care options, and other related services.

Givers...Building a world in which caring is about caring, not everything else that comes with it.

Caring for a loved one? See if you qualify to get hired, supported, and paid by Givers in 60 seconds.

<https://www.joinivers.com/how-to-get-paid-caregiver/ohio#other>

Six Tips for Long-Distance Caregiving

Anyone who is caring for a friend, relative or parent from far away can be considered a **long-distance caregiver**. Whether you are helping with finances, arranging for care, or providing emotional support, long-distance caregiving can bring a host of unique challenges.



Keep these tips in mind to help make life more manageable.

- 1 **Learn as much as you can about your loved one's health, treatments and available caregiving resources.**

You can understand what is going on, anticipate the course of an illness, prevent crises, and assist in healthcare management.



- 2 **Organize important paperwork.**

Keep all vital information in one place and up-to-date, including healthcare documents, wills and financial information. Provide copies to other caregivers.



- 3 **Make sure at least one caregiver has written permission to receive medical and financial information.**

To the extent possible, one person should handle conversations with all healthcare providers.



- 4 **Plan your visits.**

Find out in advance what the person would like to do. Aim for simple and relaxing activities. And check with the primary caregiver to see if you can help with any priority tasks.



- 5 **Stay connected.**

Schedule calls with healthcare providers and facility staff to discuss the person's well-being. Update trusted family members on your loved one's health and needs.



- 6 **Consider caregiver training.**

Some local chapters of the American Red Cross or other not-for-profit organizations might offer caregiving courses. Medicare and Medicaid will sometimes cover the cost of this training.



Visit www.nia.nih.gov/long-distance-caregiving to learn more.

Independent Caregivers & Household Employees

When the decision has been made to hire an independent, in-home caregiver instead of a home care agency, it is important to understand the definition of an independent caregiver and a household employee according to the Internal Revenue Service (IRS).

The term independent caregiver is commonly used to describe a home care professional who does not work for an agency. According to the IRS, if a privately hired / independent caregiver is paid more than \$2,100 per year (in 2019), they are considered a household employee, not an independent contractor. Thus, the family hiring the independent caregiver takes on all the responsibilities of being an employer, which includes payroll and taxes.

The reason for this designation is because when one hires a caregiver, the employer has control over what time they arrive, their activities, etc. In contrast, an independent contractor has the freedom to choose what days and hours they work.

Throughout the rest of this article, we will use the terminology “independent caregiver” to refer to a privately hired caregiver. But as mentioned before, for tax purposes, the caregiver is considered a household employee.

Did You Know?

Independent caregivers can be 30% – 40% less expensive than home care agencies.

Helpful Resources

Get Help Qualifying for Medicaid https://www.payingforseniorcare.com/find_medicaid_planning_help

Alternatives to Nursing Homes <https://www.payingforseniorcare.com/nursing-home-alternatives>

Find Financial Assistance for Care https://www.payingforseniorcare.com/resources/locator_tool

Find Affordable Elder Care <https://www.payingforseniorcare.com/home-care-assisted-living/find-affordable-elder-care>

STEPS TO HIRE AN INDEPENDENT CONTRACTOR

1. Determining Level of Care / Writing Job Description

Before hiring an independent caregiver, it is important to determine the level of care that an elderly loved one requires. For instance, take an elderly individual

who lives alone and needs companionship, light housecleaning and assistance with errands versus a person with Alzheimer’s who lives with their adult child. This individual might require medication and need extensive care five days a week to allow their primary caregiver to work. These two individuals require very different levels of care and care activities.

Once the level of care has been determined, a job description should be written that is as detailed as possible. One will want to include how many hours and days per week that care is needed and any special skills / training required, such as experience with Alzheimer’s / dementia care. All duties the caregiver is to perform should be detailed in the job description. These could include:

- Driving or accompanying the senior to and from appointments
- Running errands
- Providing supervision and companionship
- Managing medication
- Assisting with bathing and grooming
- Preparing meals
- Housecleaning

The personal qualities one is seeking in a caregiver also should be covered. Such as a patient individual with a cheerful, upbeat personality.

2. Determining Pay Rate

There are two factors that go into determining the pay rate for independent caregivers: federal law and local market pricing.

Depending on the region of the US, families should expect to pay independent caregivers between \$10 – \$20 per hour.

Independent caregivers are considered household employees, and household employees are considered non-exempt employees. This means they are subject to the Fair Labor Standards Act (FLSA) guidelines. The FLSA is a federal law that sets the minimum wage, as well as requires overtime to be paid for those who work over 40 hours / week. Family members or related caregivers are not exempt from this law.

As of 2019, the federal minimum wage is set at \$7.25 / hour. However, some states and cities have set a higher minimum wage. For instance, in Illinois, the minimum wage is higher in Chicago than in the rest of the state.

Regional economic factors greatly impact the hourly rate independent caregivers are paid. In just a few isolated areas, caregivers make minimum wage. In most locations, independent caregivers are paid between \$10 – \$20 per hour. The average hourly rate for home care agencies is available here. Independent caregivers are typically paid 30% less than home care agencies.

3. Finding and Interviewing a Caregiver

There are many avenues in which one can find an independent caregiver. Ask friends, neighbors, senior centers, churches, the senior’s primary doctor, and social workers if they know a senior caregiver who is looking for work. Search and / or post the position on online job boards, such as Craigslist.org, or look / place an ad in the classified section of your local newspaper. Another great resource is to contact your local Area Agency on Aging (AAA), and ask if they know of any senior caregivers in the area in which you live. Click here to find the AAA in your area or use a 3rd party service to find an independent caregiver. An initial interview over the phone can help narrow down applicants before interviewing in person. This can be kept simple and include the basics, such as the hours / days one is expected to work, specific caregiving duties, and policies to be followed, like not smoking in the house. The next step would be in-person interviews and are more in-depth. Ask applicants plenty of questions and cover topics such as:

- Previous work experience
- Training / special skills
- What they have liked / disliked about previous jobs
- How they would handle a difficult care recipient
- What they like about working with seniors

Finally, have them meet the person for whom they will be providing care.

4. Conducting a Background Check

Once a caregiver has been chosen, a background check is very important. A background check may include the following:

- Confirming prior employment
- Checking references
- Verifying certifications / licenses
- Doing a criminal background check
- Checking credit reports
- Obtaining DMV records

Inspirational Caregiver Quote

Start where you are. Use what you have. Do what you can.
- Arthur Ashe

There are several ways in which one can have a background check conducted. For instance, one may go through a law office or a private investigator, as they often have specialized databases, allowing them to do background checks. One may also opt to go through an online company, which is generally more affordable (expect to pay less than \$100). Make note, formally, one needs a signed release from the potential caregiver in order to perform a background check.

5. Creating an Independent Caregiver Contract

Once an independent caregiver has been hired, a job contract (also known as an employment contract) needs to be signed. This is a written agreement, and should include the following:

- Start date of employment
- Expectations
- Payment amount
- Vacation days
- Duties the caregiver is to perform

This is an important way to protect oneself as an employer in the event questions arise about what the job entails. An example of an independent caregiver contract agreement can be found here. The caregiver should sign two copies, one for the caregiver and one for the employer.

RESPONSIBILITIES AS A NEW EMPLOYER

Having a newly hired employee makes the family the employer, and as an employer, there are certain tasks one must complete. While initially these seem confusing and daunting, know that there are services that can help and that for the most part these are one-time activities.

1. Get an EIN (Employer Identification Number). This is sometimes referred to as FEIN (Federal Employer Identification Number). This is a nine-digit identification number one obtains from the IRS. There is no fee required and it will be needed to file IRS and SSA (Social Security Administration) tax forms for one’s employee. Apply for an EIN online.
2. Register with your state revenue department as an employer to get a state tax identification number. (Most states require that employers get two state tax identification numbers). These numbers are for state income taxes and state unemployment insurance. For a list of state tax agencies, click here. Make note, not all states have income tax. As of 2019, the following states do not have state income tax: Alaska, Florida, Nevada, South Dakota, Texas, Washington, and Wyoming. Furthermore, New Hampshire and Tennessee only tax income and interest earned on investments.

3. Get Workers Compensation Insurance / Disability Insurance. This insurance protects both the employer and employee if an injury happens. For example, if an independent caregiver is hurt at work, this type of insurance will cover medical expenses and lost wages. Most states require employers to get Workers Compensation Insurance. To find out which states require this type of insurance, [click here](#).
4. File a USCIS Form I-9. This is an Immigration Status/ Employment Eligibility form to ensure one is eligible for employment in the U.S. (meaning they are a U.S. Citizen or a legal alien). This form must be completed prior to an employee's first day of work and kept with one's employee records. One can download Form I-9 [here](#). Note that the caregiver's Social Security number is required.
5. Complete a Form W-4. This is an Employee's Withholding Allowance Certificate, which is used by the IRS to determine how much federal income tax is to be withheld from an employee's paycheck. It must be filled out prior to the first pay period. To download this form, [click here](#). Note, household employees, such as private caregivers, are not required to have federal income tax withheld from their paychecks. However, they may do so if they wish.
6. Complete a State W-4. This form is for the state's Department of Revenue and is filled out to determine how much state income tax is to be deducted from one's payroll. However, as mentioned previously, not all states have income tax. For those that do, some allow the same withholdings as for federal income tax. Make note, states often refer to the state W-4 by a different name. For example, in Alabama it is called A-4 and in Hawaii it is called HW-4.
7. Report the new hire to the state. Some states accept a W-4 for the purpose of reporting a new hire. However, not all states do. Locate the website for each state in regards to new hire reporting [here](#). Make note, in most states, one must report a new hire within 20 days. However, some states require new hires be reported in fewer than 20 days.

ONGOING MANAGEMENT & PAYROLL RESPONSIBILITIES

Training & Managing the Caregiver

It is an employer's responsibility to train an independent caregiver to perform the required duties to the employer's and care recipient's satisfaction. For example, if one of the job duties is to prepare meals, it is important to train the caregiver on what type of meals should be prepared. If the care recipient is diabetic, their meal plan will be very different from someone who has no health issues. As another example, if light

housecleaning is a required part of the job, showing the caregiver exactly what one would like done and where the cleaning supplies are is key.

Another facet of being an employer of an independent caregiver is managing the caregiver. This means making sure one shows up to work and is on time, completes the required duties, does a good job, and so forth. Also, as part of managing a caregiver, one should expect to handle any issues or concerns that may arise from any of the parties involved. This can include firing an employee if the need arises and being sure to document the reasons why.

Managing Payroll & Withholdings

As employer of an independent caregiver, managing payroll can be a challenge. It includes calculating hours and pay, reporting payments to federal and state agencies, withholding and paying Social Security, Medicare, federal and state income tax, and Federal Unemployment Tax. For each tax and withholding, a complicated formula must be followed.

Did You Know?

Inexpensive 3rd party services can manage all aspects of caregiver payroll on a family's behalf.

Once an independent caregiver has been hired, first one needs to figure out the pay period, which is the starting and ending dates for which an employee is paid. Pay periods might be weekly, every other week, or once a month. The date on which one is paid is called payday. For every payday, the amount in which an employee is paid needs to be disclosed to federal and state agencies, like the Social Security Administration and the Internal Revenue Service.

From each paycheck, employee taxes are withheld. It's important to note, both employers and employees are required to pay taxes on the wages earned by an employee.

- **Social Security Tax** – This is both an employer and employee / caregiver tax. As of 2019, the employer pays 6.2% and the employee pays 6.2% (12.4% total) up to \$132,900 in employee wages. Please note, if an independent caregiver does not make \$2,100 / year, neither the employer nor the employee are required to pay Social Security tax.
- **Medicare Tax** – This is both an employer and employee / caregiver tax. As of 2019, an employer pays 1.45% and an employee pays 1.45%. (2.9% total) on all employee earnings. If an employee earns more than \$200,000 / year, the employee must pay an additional 0.9% for earnings over this amount. The employer is not required to match this higher tax.

Again, if the independent caregiver does not make \$2,100 / year, neither the employer nor the employee are required to pay Medicare tax. The combination of Social Security and Medicare taxes is sometimes referred to as FICA taxes. In other words, FICA taxes consist of 6.2% Social Security tax and 1.45% Medicare tax, both for the employee and employer. Combined this equals 12.4% in Social Security tax and 2.9% in Medicare tax. Make note, some employers choose to pay an employee's portion of FICA taxes.

- **Federal Income Tax** – A caregiver / employee only tax. Household employees, such as private caregivers, are not required to have federal income tax withheld from their paychecks. However, if an employee requests that federal income tax be withheld, an employer may do so. It's important to note, just because federal income tax does not have to be withheld, a household employee is still required to pay federal income tax.
- **Federal Unemployment Tax (FUTA)** – This is a federal tax that employers must pay, which allows employees who lose their jobs to continue to receive wages. As of 2019, employers pay 6% tax on an employee's wages if an employee makes more than \$1,000 / year. Any amount over \$7,000 / year is not taxed. However, there is a potential of a 5.4% tax credit against the FUTA tax.
- **State Unemployment Tax** – This is a state tax that is employer paid. The amount varies by state, and not all states require employers to pay state unemployment tax. To determine if one's state requires an employer to pay this type of tax, one needs to contact their state unemployment tax agency. For a list of agencies by state, [click here](#).
- **State Income Tax** – Not all states require that state income tax be paid, but if they do, this is an employee tax, and the amount owed will vary by state. [Click here](#) to find out which states have a state income tax.

To summarize, an employer must withhold from each employee's paycheck 6.2% for Social Security Tax, 1.45% for Medicare Tax, Federal Income Tax (if applicable), and State Income Tax (if applicable). An employer also owes an equal share of Social Security and Medicare Tax for every paycheck. In addition, an employer needs to pay Federal Unemployment Tax and potentially State Unemployment Tax.

Example: Independent Caregiver Payroll Deductions
Cassandra works as an independent senior caregiver a total of 20 hours per week at \$13.00 / hour. She is paid every two weeks. Total Cash Wages: \$13.00 x 40 hours = \$520.00
Cassandra's Portion of Social Security Taxes: \$520.00 x 6.2% (0.062) = \$32.24
Cassandra's Portion of Medicare Taxes: \$520.00 x 1.45% (0.0145) = \$7.54
Therefore, one must withhold \$39.78 (\$32.24 for Social

Security Taxes and \$7.54 for Medicare Taxes) from each paycheck if hours and hourly wages remain the same. One's employer owes an equal amount of Social Security Taxes and Medicare Taxes for their employee. In this case, Cassandra's employer also owes \$39.78 for each pay period. * Remember, based on an employee's W-4 and State W-4, additional taxes may need to be withheld. This amount is based on what an employee selects on these forms (if applicable).

Paying Employee/Employer Taxes

Calculating taxes and withholdings, as described above, is only half the challenge associated with employing an independent caregiver for your loved one. One must also pay the taxes they owe, plus employee withheld taxes, to the appropriate organization at the appropriate time of month, quarter, or year.

Federal taxes must be paid, at a minimum, once a year, and in most cases, state taxes must be paid on a quarterly basis. In general, both federal and state taxes can be paid electronically or via paper.

Remember, not all states have the same tax requirements and it is important to check the tax laws and filing dates in one's state. Contact one's state revenue department to learn what state tax forms need to be filled out and when they are due. In addition, check with one's state's labor offices for additional requirements.

To see the IRS Household Employer's Tax Guide (Publication 926), which provides additional helpful information, [click here](#).

Important Paperwork / Filing Dates for Tax Returns

January 31st – The Form W-2 is used to report gross pay and withholdings. An employer must complete this form for the caregiver at the end of the year for purposes of filing taxes and provide copies B, C, and 2 to the caregiver. Additionally, the Form W-2 copy A, as well as Form W-3 (Transmittal of Wage and Tax Statements) must be filed with the SSA either electronically or by paper. To file Form W-2 and Form W-3 electronically, which is free of charge, [click here](#).

April 15th – (For residents of Maine and Massachusetts, the date is April 17th) – The Schedule H (Form 1040), Household Employment Taxes Form, should be filed with an employer's Individual Income Tax Return – Form 1040.

Just a reminder, the above filing dates are for Federal filing. State deadlines may be different from Federal dates. Make sure to keep all employment tax records for a minimum of four years from the date in which taxes are paid.

Record Keeping

For non-exempt employees, such as independent caregivers, there are several records that must be kept by the employer. This includes the employee's full name, social security number, address, sex, occupation, and regular hourly wage. All dates of payments, as well as the pay period, should also be recorded. Make sure to record the total number of hours one works each week, the number of hours worked each day, any overtime, and the total amount paid each payday. In addition, any federal income tax, social security tax, Medicare tax, and / or state employment tax withheld should also be recorded. Relevant tax paperwork, such as Form W-4, Schedule H, and Form W-2 should also be kept in an employer's records.

IMPORTANCE OF PAYING A CONTRACTOR LEGALLY

While it may seem less of a hassle and less expensive to pay a caregiver under the table, there are several reasons why doing so is not in the employer's / family's best interest.

- Most importantly, the IRS considers paying independent caregivers under the table to be tax evasion. If caught, there may be penalties, including owing back taxes.
- For many families, caring for an elderly loved one becomes too expensive, and eventually the individual may qualify for Medicaid. Having paid for a caregiver legally will greatly facilitate the Medicaid application and acceptance process. Phrased another way, having paid the independent caregiver under the table will greatly complicate getting accepted into Medicaid and could even result in being denied acceptance or delaying acceptance for many months or even years.
- Paying a caregiver under the table means they will not have disability insurance. Should an injury occur, there is a greater likelihood of the family becoming involved in a lawsuit.
- Paying a caregiver by the book means a family may be eligible for tax credits. Most relevant are the Federal Tax Credit for Elderly Dependent Care and the Medical Care Tax Deduction.

Source: <https://www.payingforseniorcare.com/homecare/hiring-independent-caregivers>

CAREGIVERS

Eighty-three percent of the help provided to older adults in the United States comes from family members, friends or other unpaid caregivers. Nearly half of all caregivers who provide help to older adults do so for someone with Alzheimer's or another dementia.

18.4 billion

Hours of care, valued at over \$232 billion, are provided by family and other unpaid caregivers.

Who are the caregivers?

- About one in three caregivers (34 percent) is age 65 or older.
- Approximately two-thirds of caregivers are women; more specifically, over one-third of dementia caregivers are daughters.
- Approximately one-quarter of dementia caregivers are "sandwich generation" caregivers — meaning that they care not only for an aging parent, but also for children under age 18.

Alzheimer's takes a devastating toll on caregivers. Compared with caregivers of people without dementia, twice as many caregivers of those with dementia indicate substantial emotional, financial and physical difficulties.

Of the total lifetime cost of caring for someone with dementia, 70 percent is borne by families — either through out-of-pocket health and long-term care expenses or from the value of unpaid care.

Source: <https://alz.org/alzheimers-dementia/facts-figures>

SELF CARE

while grieving



SLEEP

Sleep is the perfect way to allow our body to rest and recuperate. Even a short nap in the middle of the day can be beneficial. Needing extra sleep is very normal! If you are worried about sleep, check in with your provider.



MOVEMENT

What a great way to release some emotions through the physical body. It doesn't matter what you do... we receive many health benefits with ANY type of movement. Listen to your body to find a balance between exertion and restorative activity.



GET OUTSIDE

Sunshine, fresh air and nature are so simple yet have a profound nourishing qualities. Not only does it feel good to get a change of scenery, nature has a way of healing unlike anything else.



EXPRESSION

Journal, art, music and other forms of creativity give expression to emotions without any filters. There are often no words to accurately express our feelings. However, art activates the right-brain's language of wordless imagery. Release your inner artist!



CEREMONY

Ultimately, no one can really understand or fix our journey of grief. When you discover what you need in the moment, honor that...give yourself a break from the should do's and the added pressures. Listen to your own inner wisdom and create an environment or ceremony that supports your journey.



CONNECT

It is so important to find a balance between your own self reflection time and sharing with others. Grief is a very personal experience. Sometimes spending time with a compassionate friend reminds us of important truths about ourselves and our common humanity.

Adapted from Coalesce Discovery <https://www.coalescediscovery.com/self-care-during-loss/>

PALLIATIVE CARE OR HOSPICE?

The right service at the right time for seriously ill individuals

QUESTION	PALLIATIVE CARE	HOSPICE
What is the focus?	Palliative care is not hospice care: it does not replace the patient's primary treatment; palliative care works together with the primary treatment being received. It focuses on the pain, symptoms and stress of serious illness most often as an adjunct to curative care modalities. It is not time limited, allowing individuals who are 'upstream' of a 6-month or less terminal prognosis to receive services aligned with palliative care principles. Additionally, individuals who qualify for hospice service, and who are not emotionally ready to elect hospice care could benefit from these services.	Hospice care focuses on the pain, symptoms, and stress of serious illness during the terminal phase. The terminal phase is defined by Medicare as an individual with a life expectancy of 6-months or less if the disease runs its natural course. This care is provided by an interdisciplinary team who provides care encompassing the individual patient and their family's holistic needs.
Who can receive this type of care?	Any individual with a serious illness, regardless of life expectancy or prognosis.	Any individual with a serious illness measured in months not years. Hospice enrollment requires the individual has a terminal prognosis.
Can my patient continue to receive curative treatments?	Yes, individuals receiving palliative care are often still pursuing curative treatment modalities. Palliative care is not limited to the hospice benefit. However, there may be limitations based on their insurance provider.	The goal of hospice is to provide comfort through pain and symptom management, psychosocial and spiritual support because curative treatment modalities are no longer beneficial. Hospice should be considered at the point when the burden of any given curative treatment modalities outweighs the benefit coupled with prognosis. Other factors to consider and discuss, based on individual patient situations, are treatment modalities that no longer provide benefit due to a loss of efficacy.
What services are provided?	Pain and symptom management, in-person and telephonic visits, help navigating treatment options, advance care planning and referrals to community resources.	Pain and symptom management, 24-hour on-call service, in-person visits, medical equipment, related medications, inpatient care, continuous care in the home, respite care, volunteer services, spiritual care, bereavement and counseling services. There are four levels of care that can be provided to patients per CMS regulations (routine, inpatient, continuous, and respite care).
Where are services provided?	Palliative care may be provided in any care setting. ■ Home ■ Hospice facility ■ Skilled Nursing Facility ■ Long-term Care Facility ■ Long Term Acute Care Facility ■ Assisted Living Facility ■ Hospital ■ Group Home ■ Clinics	Hospice care can be provided in most care settings. ■ Home ■ Hospice facility ■ Skilled Nursing Facility ■ Long-term Care Facility ■ Assisted Living Facility ■ Hospital (inpatient levels of care only) ■ Group Home

(continued on reverse...)



Who provides these services?	Palliative care may be provided by an interdisciplinary team. However, most palliative services are provided by a physician, nurse practitioner or nurse with consultative support from social worker and chaplaincy services. These services are performed in collaboration with the primary care physician and specialists through consultative services or co-management of the patient's disease process.	Hospice care is provided by an interdisciplinary team that is led by a physician and includes nurses, social workers, chaplains, volunteers, hospice aides, therapy disciplines and others. These services are performed in collaboration with the attending physician.
What types of health care organizations may provide these services?	Palliative care is not dependent on care setting or type of medical practice. Services are performed in collaboration with the patient's primary care physician, other specialists, and health care settings they may be receiving services from. ■ Palliative Care Practices ■ Licensed Home Health Agencies ■ Licensed Hospice Agencies ■ Nursing Facilities ■ Healthcare Clinics ■ Hospitals	Hospice organizations ■ State licensed and/or Medicare-certified Hospice providers ■ Non-Medicare certified Hospice providers ■ Veteran Affairs Hospice
How long can an individual receive services?	Palliative care is not time-limited. How long an individual can receive care will depend upon their care needs, and the coverage they have through Medicare, Medicaid, or private insurance. Most individuals receive palliative care on an intermittent basis that increased over time as their disease progresses.	As long as the individual patient meets Medicare, Medicaid, or their private insurer's criteria for hospice care. Again, this is measured in months, not years.
PAYMENT		
Does Medicare pay?	Palliative care is covered through Medicare Part B. Some treatments and medications may not be covered. May be subject to a co-pay according to the plan.	The Medicare Hospice Benefit pays all related costs associated with the care that is related to the terminal prognosis as directed by CMS. There may be some medications, services, and/or equipment that are not included in the Medicare Hospice Benefit.
Does Medicaid pay?	Palliative care is covered through Medicaid. Some treatments and medications may not be covered. May be subject to a co-pay according to the plan.	In most states Medicaid pays all related costs associated with the care related to the terminal prognosis as directed by CMS. There may be some medications, services and/or equipment that are not included in the Medicaid Hospice Benefit.
Does private insurance pay?	Most private insurers include palliative care as a covered service. Each payer is different, and their palliative services will be outlined through the insurer's member benefits. Some treatments and medications may not be covered. May be subject to a co-pay according to the plan.	Most private insurers have a hospice benefit that pays all related costs associated with the care related to the terminal prognosis. There may be some medications, services and/or equipment that are not included in the individual's policy. May be subject to a co-pay according to the plan.
When should I refer?	Patients with advanced chronic illness that have received maximum medical therapy and are at risk of using the hospital for decompensation.	If you would not be surprised if this patient died within the next 12 months, they are likely appropriate for hospice. Patients that have received maximum therapy and focus has shifted to symptom management and comfort care.

Does Hospice Mean Death?

By Angela Morrow, RN

Updated on July 14, 2021

Medically reviewed by

Isaac O. Opole, MD, PhD

Fact checked by Marley Hall

Many people wonder whether choosing hospice care means that they are giving up hope, or if it means they are choosing death. In fact, this is not what hospice means at all.

Here's what to know about the goals and benefits of hospice care. Understanding what hospice really means and clearing up any misconceptions you may have can help you decide if this is the right choice for you or your loved one.

THE PURPOSE OF HOSPICE

Patients and their families often choose hospice care when it has been determined that the person's disease is no longer curable, and thus is considered a terminal illness.

Instead of focusing on curative treatments (such as chemotherapy or surgeries), hospice focuses on treating the symptoms of an illness, such as pain, nausea, or shortness of breath. Hospice programs may also provide social workers and spiritual counselors to help the patient come to terms with their prognosis and, in some cases, mend relationships between the patient and their loved ones.

Most hospice care is covered by the Medicare Hospice Benefit (MHB). The MHB covers four levels of care, including:

- **Routine home care:** This includes intermittent nursing services, medical supplies, and physical therapy, among other services that are provided in the patient's home.
- **General inpatient hospice care:** This includes care for distressing symptoms that can only be provided in a hospital or other setting where intensive nursing and other support is available outside of the home.
- **Respite care:** Respite care is short-term inpatient care designed to relieve the primary caregiver temporarily.
- **Continuous home care:** Continuous care supports the patient and their caregiver through brief periods of crisis, providing nursing, home health aide, and housekeeping services for 8-24 hours a day.

Redefining Hope

People who choose hospice care are not giving up hope; they are in fact redefining it. Although there may no longer be a possibility of curing their illness, they redirect their hope into mending and restoring relationships, spending quality time with those they love, and finding peace and comfort.

Some people may turn to their religious faith at this time and settle financial affairs or other parts of their lives that they don't want to leave unresolved.

Most patients spend about three weeks in hospice, but, in retrospect, families may feel the person should have entered hospice earlier in the disease process and had more time to experience the benefits.

WHAT HOSPICE LOOKS LIKE

Hospice is not a physical place, but an overall philosophy of caring for someone at the end of life. That said, there are free-standing facilities that provide hospice care when it is not possible for someone to live in their own home. Either way, hospice typically involves a team of nurses, social workers, health aides, and more.

At-Home Hospice Care

Most hospice care is provided where the patient lives, whether it is their private home, a nursing home, or an assisted living complex. Being surrounded by one's familiar belongings and surroundings is a core tenet of hospice care.

Hospice Facilities

Free-standing hospice facilities may be operated by a hospice agency that also offers in-home care, or be independently owned. For patients that don't have caregivers to care for them at home, or those that need more advanced physical care 24/7, a free-standing hospice may be a good choice.

CHOOSING HOSPICE DOESN'T MEAN CHOOSING DEATH

Choosing hospice means choosing to focus on living as fully and comfortably as possible during the time you have left. People who qualify for hospice are usually expected to die in six months or less, but that doesn't mean dying is their focus. Many people live much longer than six months, in fact. You can stop and re-start hospice care anytime.

Usually, once someone has chosen hospice, they have been through a lot already. Multiple hospital admissions, chemotherapy and radiation, and invasive tests and treatments can leave patients feeling sick and tired. Hospice care can prevent people from living out the end of their lives in pain and exhaustion.

That said, hospice care isn't just for cancer patients. In fact, hospice patients often have medical conditions such as dementia, heart disease, liver disease, kidney disease, or lung disease.

(Continued on Page 62)

By choosing hospice, patients focus on the quality of their lives rather than on how long they can keep living, especially if living longer means living with stress and without time to engage in the activities that really matter. With this view in mind, it's clear that choosing hospice is about choosing quality over quantity.

People often get confused about the difference between hospice care and palliative care. The goal of palliative care is to relieve pain. It can be provided anytime during the course of an illness, even in conjunction with curative treatments. Palliative care is one aspect of hospice care, but with hospice, curative treatments have been stopped and the patient's life expectancy is six months or less.

What Hospice Allows

Hospice patients who are still mobile and energetic may use the time that was once consumed by doctor's appointments and hospital stays to take family vacations, travel to places they've always wanted to see, and enjoy the company of loved ones.

If and when a patient is no longer able to leave home (or a hospice facility), the hope is that the patient will be able to spend meaningful time with the important people in their lives, and leave much of the hands-on caregiving to the hospice team, who can help with bathing the patient, giving them medications, preparing food, and even helping with paperwork.

In hospice care, patients have access to healthcare professionals with expertise in pain management and the care and medications that can alleviate discomfort.

Inspirational Caregiver Quote

The most effective way to do it, is to do it.
- - Amelia Earhart

Hospice Providers

Bridge Home Health and Hospice (419) 352-9808 or 1-888-352-1166
960 W. WOOSTER, BOWLING GREEN 43402
www.bvhealthsystem.org
Serves Henry, Sandusky, and Wood counties..

Bridge Personal Care Services 1-888-463-3376
15100 BIRCHAVEN LN., FINDLEY 45840
www.bridgepcs.org

CHP Home Care & Hospice
DEFIANCE (419) 782-5411 or (419) 782-4131
6817 SR 66 N, DEFIANCE 43512
Serves Defiance and Henry counties.
250 DOOLEY DR., STE. A, PAULDING 45879 (419) 399-4708
Serves Paulding county.

Dying patients also have access to emotional, social, and spiritual support from social workers and chaplains.

As a person nears the end of life, they may worry about what will happen after they die. They may also have "unfinished business" that they want to resolve. Social workers and spiritual counselors may help with this and also help them let go of any guilt or shame they may feel about things that happened during their lives.

A WORD FROM VERYWELL

Ultimately, only you can decide when and where you'd like to spend to your last days. You may have accepted that further medical treatment will not cure your illness, and that you don't want to die in a hospital. By choosing hospice care, you will be able to remain in familiar surroundings with the important people in your life.

While choosing hospice care means that you've accepted that your illness is no longer curable, it does not have to mean giving up hope.

Verywell Health uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy.

1. American Cancer Society. How and where is hospice care provided and how is it paid for?
2. World Health Organization. Palliative care.

Additional Reading

Visiting Nurse Service of New York. VNSNY hospice and palliative care

Source: <https://www.verywellhealth.com/does-choosing-hospice-care-mean-im-giving-up-hope-1132619>

230 WESTFIELD DR., ARCHBOLD 43502 (419) 445-5128
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Elara Caring Home Health and Hospice (419) 536-6748
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Henry Co. Home Health and Hospice (419) 599-5612
1843 OAKWOOD AVE., NAPOLEON 43545
www.henrycohd.org

Hospice of Northwest Ohio (419) 661-4001 or 1-866-661-4001
30000 E. RIVER RD., PERRYSBURG 43551
800 SOUTH DETROIT AVE., TOLEDO 43609
www.hospicenwo.org

Caring for the Caregiver and Hands-on Caregiving
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National Hospice and Palliative Care Organization (703) 837-1500
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www.nhpco.org

Ohio Living Home Health and Hospice (419) 865-1499
1730 S. REYNOLDS RD., TOLEDO 43614
www.ohioliving.org

Otterbein Ashanti Hospice & Palliative Care - Sunset House (419) 536-4645
4020 INDIAN ROAD, SUITE A, TOLEDO 43606
www.sunset-communities.org

ProMedica Hospice (419) 531-0440
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Sincera Palliative Care (419) 931-3440
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Senior Centers

Senior Centers...Community facilities where older adults can gather and make new friends. While programs vary by center, most offer outreach programs, meals, information, health screenings, counseling, and a variety of educational, fitness and volunteer programs.

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www.defiance-county.com/senior-services

Hicksville Senior Center
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www.eriesenior.org

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SCOUT CABIN IN RUIHLEY PARK
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Delta Senior Center
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101 NORTHWOOD DR., DELTA 43515

Fayette Senior Center
(419) 337-9299
FAMILY LIFE CTR., 305 E. MAIN ST.,
FAYETTE 43521

Fulton County Senior Center
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Inspirational Caregiver Quote

One person caring about another represents life's greatest value.

- Jim Rohn

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www.friendshipparktoledo.org

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www.jewishtoledo.org/jlc

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www.mlhunt.weconnect.com

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www.maumeeseniorcenter.com

**NHA - Mayores Senior Center
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2 AURORA GONZALES DR., TOLEDO 43609
www.nhainc.org/mayores-senior-center

**The Oregon Senior Center
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4350 NAVARRE AVE., OREGON 43616
www.oscoho.org

**Senior Centers, Inc.
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2308 JEFFERSON AVE., TOLEDO 43604
www.seniorcentersinc.org

**Spencer Township Neighborhood
Center Inc
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330 OAK TERRACE BLVD., HOLLAND 43528
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**Sylvania Senior Center
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**■ OTTAWA COUNTY
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Inspirational Caregiver Quote

Be the change you wish to see in the world.

- Ghandi

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**Edon Area Senior Center
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**Montpelier Senior Center
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www.williamscountyoh.gov/

**Pioneer Senior Center
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100 N. ELM ST., BOX 685, PIONEER 43554
www.williamscountyoh.gov/

**Stryker Senior Center
(419) 682-2083**

102 E. MULBERRY ST., STRYKER 43557
www.williamscountyoh.gov/

**West Unity Senior Center
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**Williams County Dept. of Aging
(419) 633-4317**

1425 E. HIGH ST., STE. 102, BRYAN 43506
www.williamscountyoh.gov/

■ WOOD COUNTY

**Grand Rapids Area Senior Center
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www.wccoa.net

**North Baltimore Area Senior Center
(419) 257-3306**

514 W. WATER ST., N. BALTIMORE 45872
www.wccoa.net

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www.wccoa.net

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www.rossfordrecreation.com/seniors

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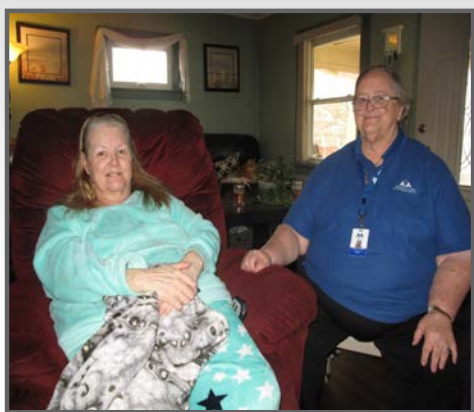
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