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**ADVOCACY. ACTION.
ANSWERS ON AGING.**

FAMILY CAREGIVER SUPPORT PROGRAM



The Area Agency on Aging is a service of the Western Piedmont Council of Governments, a regional planning organization which serves 28 local governments in a four-county area of western North Carolina. Members include Alexander, Burke, Caldwell and Catawba counties and the 24 cities and towns within those counties.

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Serving Four Counties:

Alexander | Burke | Caldwell | Catawba



Western Piedmont
Council of Governments

Area Agency on Aging



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It's Okay to Ask for Help



What is the Family Caregiver Support Program?

Federal and state funding is allocated to the county level for programs that provide supportive services for those considered “caregivers.”

If you are caring for someone and need assistance, the Family Caregiver Support Program can help.

Services

- **Information** about available services and resources to help families in their caregiver roles.
- **Assistance** to families in gaining access to services from a variety of public and private agencies. Help in planning future needs.

- **Caregiver Support** to help families cope with the emotional and physical stress associated with caregiving.
- **Caregiver Training** events to educate families on topics such as care techniques, communication with health care professionals, making healthcare, legal and financial decisions.
- **Caregiver Respite Care** options available for caregivers through Caregiver Respite Vouchers or nursing assistance/aids in home who perform a wide range of tasks while also providing temporary respite for the caregiver.
- **Limited Supplemental Services** to complement care provided by eligible caregivers. Services

include limited support with incontinence supplies, liquid nutrition supplements and one-time services such as home modifications (ramps, grab bars, assistive devices and safety inspections).

Eligibility Requirements

- Caregivers age 18 and over who are caring for someone over the age of 60.
- Family Caregivers of a person with Alzheimer’s disease or a related dementia.
- Grandparents, step-grandparent, or other relative caregivers age 55 or older (other than the parent) by blood, marriage, or adoption who live with a child age 18 or younger and serve as the primary caregiver of the child.
- Caregiver age 55 or older and is the parent, grandparent, or relative by blood, marriage or adoption of an individual with a disability.
- Caregivers must reside in the service area of Alexander, Burke, Caldwell and Catawba counties.

You are a Caregiver if you...

- Help a loved one bathe, dress, eat, use the toilet, or move about
- Provide transportation for a friend, family member, neighbor to doctor appointments
- Help someone pay bills, balance the checkbook, or make medical appointments
- Assist someone with household chores such as meal preparation, cleaning and grocery shopping
- Need help finding someone to stay with your loved one while you work, go to the doctor, or take a shower
- Have a loved one living in a long term care facility or are considering the move for your loved one

The Family Caregiver Support Program is dedicated to empowering the caregiver with information and resources to make their caregiver journey successful.