

What is caregiving...

Caregiving

Caregiving can be as simple as taking someone to the doctor or as complicated as being responsible for most areas of a person's life. It involves listening, talking, shopping, lifting, dressing, feeding, banking, driving, cleaning and many other tasks.

It can be done by someone in the same household or by someone living thousands of miles away. There is no right or wrong way to be a caregiver. Our goal is to help you in your caregiving journey, whatever form it might take.

"There are only four kinds of people in the world:

*those who have been caregivers,
those who currently are caregivers,
those who will be caregivers,
those who will need caregivers."*

-Rosalynn Carter



Since 1972, the Council on Aging has been providing services to older adults, their families and caregivers.

Services include:

- Information & Referral
- In-Home Safety Services
- Meals on Wheels
- Congregate Meals
- Homemaker Services
- *Bridge* Newspaper
- Employment Services
- Computer Education
- Volunteer Opportunities

The Council on Aging is funded primarily through the Lake County Senior Citizens Services Levy, the Western Reserve Area Agency on Aging, the United Way of Lake County, Council on Aging Foundation, various grants, fees and donations, and your generosity and support.

Lake County Council on Aging

8520 East Avenue
Mentor OH 44060
440.205.8111
www.lccoa.org

Caregiver Services Program

A program for families and their senior loved ones



Being a Caregiver



We can help.

We recognize that caring for a loved older adult can be rewarding, yet, also at times, it may be confusing, overwhelming or exhausting.

It is important for the person providing care to be supported so they can continue helping their family member or friend.

Through the programs offered by the agency, the Council on Aging strives to support unpaid caregivers of all ages caring for seniors.



Caregiver Counseling

Our masters' level case manager specializes in working with caregiving issues. Our case manager can provide:

- Education
- Consultation
- Advanced planning
- Arranging for care
- Support through a series of in-home meetings

This program also helps families and individuals caring for older adults who are struggling with decisions about how much care a senior needs and how they can recognize when help is needed.

We can work with various individuals in any caregiving situation to help plan on how to proceed with the care of an older loved one.



Additional Services Offered

- Information and Education: General caregiving, how to manage stress, physical and mental health conditions, and relationships
- Family Dynamics: Identify needs, help with planning, dispute guidance, and how to get started
- Services Connection: In-home help, respite, in-home safety, socialization, and other resources to help you and your senior loved ones
- Advanced Planning: Advanced directives, safety planning, health insurance, and emergencies
- Placement Decisions: Emotional and logistical support, adjustment for caregiver and care recipients, and continuing caregiver roles

The Caregiver Program through the Council on Aging is made possible by an Older Americans Act Family Caregiver Support Program grant from the Ohio Department of Aging through the Western Reserve Area Agency on Aging.