

# Caregiver Education

Free monthly workshop. "Caregiving - What You Need to Know". For family and friends new to caregiving and any caregiver who has questions. This one and a half hour workshop provides an introduction to resources, programs and services available to help with care. Call for dates and times.

COAAA offers free "Caregiver Toolbox" workshops to community groups, businesses and other organizations. "Toolbox" topics address everyday challenges of caregiving.

Call to schedule COAAA caregiving experts to present individual topics or the entire series of the following eight topics:

## Accessing Aging Resources

*Learn where to look for help with care. Identify the various types of services available to support the independence of older adults living in the community. Discuss a range of housing options including independent living and care facilities.*

## Planning Ahead: What You Need to Know

*Receive information on long-term care, financial realities, legal tools for planning and planning for after death.*

## Navigating the Healthcare Maze

*Learn about consumer rights, tips for getting high quality care in various settings.*

## Preventing Burnout

*Identify signs of caregiver stress and burnout; common emotions and coping strategies discussed.*

## Caregiving for Someone at Home

*Develop tips/techniques for providing home care.*

## Caring for a Difficult Family Member

*Discuss circumstances which can provoke "difficult" behaviors, and learn techniques for coping with these behaviors.*

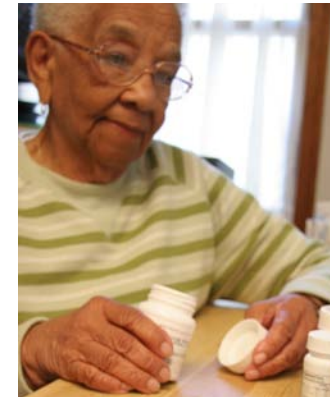
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## Family Dynamics and Caregiving

*Learn common characteristics of spouses, adult children and siblings involved in caregiving.*

## Caring for Someone in a Care Facility

*For families transitioning a loved one from the community to the nursing home setting. Discusses choosing a facility, strategies for managing care, and resident's rights.*



## To access National Family Caregiver Services near you:

- Delaware:** **SourcePoint**  
740-363-6677
- Fairfield:** **Meals on Wheels-Older Adult Alternatives of Fairfield County Inc.**  
740-681-5050
- Fayette:** **Community Action Commission of Fayette Co.**  
740-335-7282
- Franklin:** **Franklin County Office on Aging**  
614-525-6200
- Licking:** **Licking County Aging Program**  
740-345-0821 or 1-800-452-0097
- Madison:** **Madison County Senior Center**  
740-852-3001
- Pickaway:** **Pickaway Senior Center**  
740-474-8831
- Union:** **Union County Senior Services**  
937-644-9629

Operated under the City of Columbus, Recreation and Parks Department



Your Aging and Disability Resource Network

# Central Ohio Caregiver Network

*Caring for an older adult? We can help.*

Central Ohio Area Agency on Aging  
3776 S. High St., Columbus, OH 43207  
614-645-7250 1-866-750-CARE  
www.coaaa.org



## Central Ohio Caregiver Network

Caring for an older adult can be overwhelming, and can leave the caregiver often feeling angry, frustrated and exhausted.

You are not alone - assistance is available through the Central Ohio Area Agency on Aging's (COAAA) Caregiver Network.

Through an eight-county aging network, the COAAA and its local partners are able to provide services, assistance and training to caregivers and their families.

## Central Ohio Area Agency on Aging

The Central Ohio Area Agency on Aging provides information, resources and education to the community, as well as services for older adults to continue living independently in their own homes. We serve: Delaware, Fairfield, Fayette, Franklin, Licking, Madison, Pickaway and Union counties. Home-based services include, but are not limited to the PASSPORT and Senior Options Programs.



Whether you are an older adult, caregiver, or professional, COAAA is here to answer your questions on aging.



## Where do I start ?

Identifying that you are a caregiver is the first step toward receiving help.

- Do you grocery shop or prepare meals for a relative?
- Do you take your parents to their doctors' appointments?
- Are you concerned about an older friend's health or memory?
- Is your parent or a loved one in a nursing home?
- Have you ever missed work providing care for your older adult?
- Are you caring for both your parents and young children?

Whether you are offering part-time help to a neighbor, or caring for a loved one in your home, please call, toll free, 1-866-750-CARE to learn how our agency can help you.

Not sure what to ask? Please call anyway.

**1-866-750-CARE**

## Information & Assistance

The Caregiver Network offers one-to-one counseling, over the phone or in-person, and assistance accessing services.

There may also be financial assistance available to address emergency caregiver needs. Please call for more information.

## Information at Your Fingertips

The following helpful guides can be found at [www.coaaa.org](http://www.coaaa.org) or call to request a printed copy.

- Central Ohio Older Adults Resource Guide
- The Caregiver Toolbox: A Guide to Independent Living
- Private HomeCare Guide
- Support Group Guide
- Books, Videos and Websites for Caregivers
- Housing Guide
- Utilities Guide
- Prescription Assistance Guide
- Transportation Guide

## Respite Care

Respite is care that provides temporary relief to caregivers. Respite care is provided by trained professionals in a variety of settings. It allows caregivers to have a much needed break. Respite care can be provided in-home, in a care facility or at an adult day care center.

Respite services can include help with light housekeeping and assistance with personal care. Trained staff members can help you decide what services best meet your needs. Depending on income levels, these services may be available at little or no cost.