

Central Ohio Area Agency on Aging Caregiver Support Services

Fact: 80% of older adults who need assistance with daily living tasks live in the community with help.

Fact: 80% of the help provided to older adults living in the community is provided by family and friends.

Fact: In the U.S., the economic value of the help provided to older adults by family and friends is estimated at \$470 billion dollars annually.

We think you deserve a break and we are here to help you get it!

Call us at 614-645-7250 or 1-800-589-7277

The Central Ohio Area Agency on Aging's Family Caregiver Support Program provides:

Information on care options for adults living in the community or transitioning to/from a care facility.

One-to-one counseling for families experiencing a variety of challenges related to caregiving.

Referral to aging services, both government-funded and private fee-for-service, that can provide relief to caregivers.

Respite care and other support services to provide temporary relief to caregivers. Respite services can include: In-home care, adult day services, and short-term care in a facility.



To access respite care, contact the partner agency for your county. **Partner agencies are listed on the other side.**

To access National Family Caregiver Services near you:

Delaware County:
SourcePoint
740-363-6677

Fairfield County:
Meals-on-Wheels
740-681-5050

Fayette County:
Community Action Commission of Fayette Co.
740-335-7282

Franklin County:
Franklin County Office on Aging
614-525-5230

Licking County:
Licking County Aging Program
740-345-0821 or 1-800-452-0097

Madison County:
Madison County Senior Center
740-852-3001

Pickaway County:
Pickaway Senior Center
740-474-8831

Union County:
Union County Senior Services
937-644-1010

The Caregiver Toolbox, eight free workshops that address everyday challenges of caregiving.

Workshops include a handbook, *The Caregiver Toolbox: A Guide to Independent Living*. The handbook is also available to download at www.coaaa.org/guides, or call 614-645-7250 to request a copy. Call to schedule COAAA caregiving experts to present individual topics or the entire Toolbox series for your group. Topics include:

- Accessing Aging Resources
- Planning Ahead
- Caring for a Difficult Family Member
- Navigating the Healthcare Maze
- Preventing Burnout
- Family Dynamics and Aging
- Caring for Someone in the Home or in a Care Facility

Offered at COAAA, 3776 S. High St., Columbus, OH 43207:

Conversations about Caregiving are one-on-one consultation sessions for those who are new to caregiving or have specific questions.

The 3rd Wednesday of every month, 1:00 P.M. - 4:00 P.M.

Please call 614-645-7250 to register.

Alzheimer's & Dementia Support Group

(in collaboration with the Alzheimer's Association of Central Ohio)

The 2nd Monday of every month, 10:00 A.M. - 11:30 A.M.

Registration is not required.

Local: 614-645-7250
Toll-free: 800-589-7277



www.coaaa.org
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