

One out of four adults provides assistance to a family member with a physical or cognitive disability.

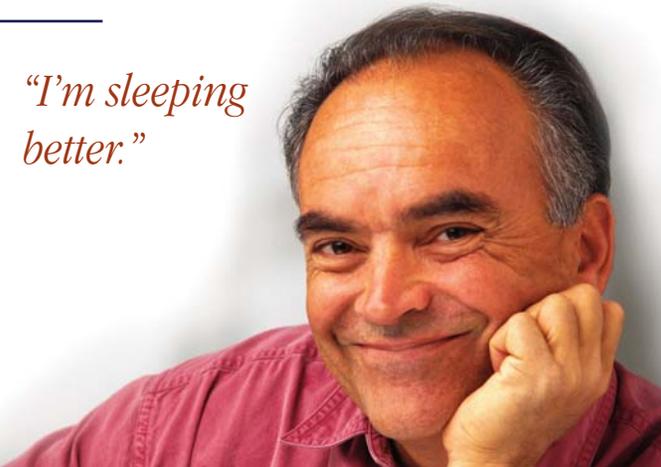
Know Common Signs of Caregiver Stress:

- Feeling overwhelmed
- Crying more often than usual
- Low energy
- Sleeping too much or not enough
- Eating too much or not enough
- Feeling angry, sad or isolated

Relieved Caregivers Say:

"I can concentrate at work now that I know my father is in good hands."

"I'm sleeping better."



Contact These Programs for Help

Montgomery County Aging and Disability Services240-777-3000

Find out about services available in your community. If in doubt, call!

Holy Cross Caregiver Resource Center301-754-7152

Call about support groups and classes.

Alzheimer's Association 24-hour Helpline1-800-272-3900

Get help dealing with the challenges of dementia.

Respite Services of Montgomery County301-816-9647

Access respite care.

Connect-A-Ride301-738-3252

Learn about transportation options.

Some Websites Worth Exploring:

Alzheimer's Association

www.Alz.org/care

AARP

www.AARP.org/caregivers

Caring from a Distance

www.CaringFromADistance.org

Family Caregiver Alliance

www.Caregiver.org

Full Circle of Care

www.FullCircleCare.org

Alternative forms of this document are available upon request

Are You Caring for Another Adult?



The best way to help is to recognize it's not all up to you.

Montgomery County
Aging and Disability Services
240-777-3000
ADS@MontgomeryCountyMD.gov



MONTGOMERY COUNTY IS A
MARYLAND ACCESS POINT



Take Advice from Other Caregivers

DEVELOP SKILLS

To avoid injury and save time and energy, learn how to assist wisely with daily tasks such as bathing, dressing and transferring from one place to another.

FIND INFORMATION

Learning about disabling conditions can help you know what to expect and how to deal with it. Find useful information through doctors, healthcare providers, libraries and on-line.

TALK ABOUT YOUR FEELINGS

Caregiving can inspire a range of emotions from fulfillment to frustration, guilt and anger. It might help to talk to other caregivers with similar feelings.

"I never thought of myself as a caregiver. I was just taking care of my mother. Finding out about services helped me provide better care."



Help Comes in Many Forms

GERIATRIC CARE MANAGERS

Professionals who help plan for the care of older adults

RESPITE CARE

A trained person takes care of your loved one, so you can take a break

SUPPORT GROUPS

Sharing information, feelings, and advice. Support groups can be in-person, by telephone, or on-line.

IN-HOME AIDE SERVICES

Help with bathing, dressing, housekeeping and other personal care activities

LEGAL AND FINANCIAL ASSISTANCE

Information about financial planning, and assistance, power of attorney, health care planning, and help completing applications

ADULT DAY CENTERS

Social, recreational and health services in a safe place for people who cannot be alone during the day

HOME MODIFICATIONS

Home improvements and devices that increase safety, ease of use, and independence

ESCORTED TRANSPORTATION

Rides and an escort for people who need help getting places

HOSPICE

Care of terminally ill people that emphasizes managing symptoms. Often includes grief counseling and support groups for patients and families.