

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

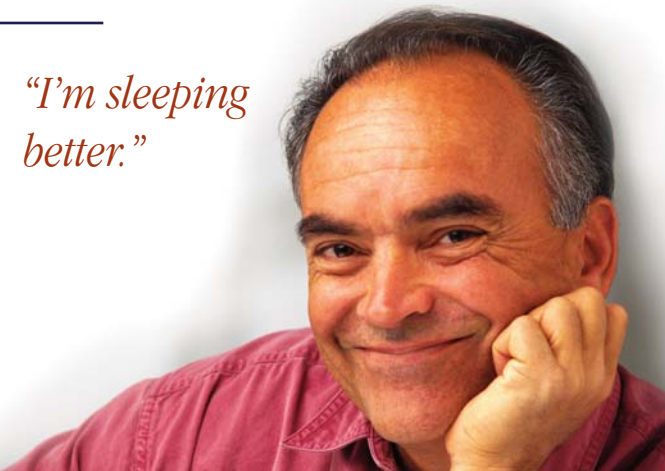
### Know Common Signs of Caregiver Stress:

- 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 Services .....240-777-3000

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

### Holy Cross Caregiver Resource Center .....301-754-7152

Call about support groups and classes.

### Alzheimer's Association 24-hour Helpline .....1-800-272-3900

Get help dealing with the challenges of dementia.

### Respite Services of Montgomery County .....301-816-9647

Access respite care.

### Connect-A-Ride .....301-738-3252

Learn about transportation options.

### Some Websites Worth Exploring:

#### Alzheimer's Association

[www.Alz.org/care](http://www.Alz.org/care)

#### AARP

[www.AARP.org/caregivers](http://www.AARP.org/caregivers)

#### Caring from a Distance

[www.CaringFromADistance.org](http://www.CaringFromADistance.org)

#### Family Caregiver Alliance

[www.Caregiver.org](http://www.Caregiver.org)

#### Full Circle of Care

[www.FullCircleCare.org](http://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](mailto: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.