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.”

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

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 Ageing and Disability Services
240-777-3000
ADS@MontgomeryCountyMD.gov
**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 online.

**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."

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**Take Advice from Other Caregivers**

**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 online.

**In-Home Aide Services**
Help with bathing, dressing, housekeeping and other personal care activities

**Legal and Financial Assistance**
Information about financial planning, 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.