

Who is a caregiver?

- ◆ A caregiver is a relative or friend who provides care to an older adult or to an individual with a disability.



Who qualifies for services?

- ◆ Individuals caring for an adult who is age 60 or older.
- ◆ Relative caregivers (not a parent) age 55 or older who are caring for a grandchild or other relative who is under age 18.
- ◆ Relative caregivers age 55 or older who are caring for an adult child with a disability age 18 to 59.
- ◆ Individuals caring for a person with Alzheimer's, dementia, or a related disorder regardless of age.

What services are available?

- ◆ **Information and Referral** on long term services and supports.
- ◆ **Assistance** to access needed services in your home.
- ◆ **Counseling, Support Groups and Training** to meet your individual needs as a caregiver.
- ◆ **Respite Care** for temporary relief from caregiving.
- ◆ **Supplemental Services** i.e., personal care on a limited basis for the care provided by the caregiver.

To find out if you or someone you know qualifies for Caregiver services, or if you want more information about long term services and supports, call **Dakota at Home**: 1-833-663-9673.

What is the cost for services?

- ◆ Services are provided at **no cost** to qualifying individuals and are federally-funded under the Older Americans Act.
- ◆ Caregivers have the opportunity to contribute toward the cost of services through a donation.

As a caregiver your priority is to meet your loved one's hourly and daily needs while continuously being aware of increased care issues.

You often do not have the time or energy to see to your own personal health needs by eating well, relaxing, exercising, or scheduling preventative health care. Don't put your own needs at the bottom of your 'To Do List'. Remember that by taking care of yourself, you are better able to continue caring for your loved one.

Caregiver Resources

AARP:

<https://www.aarp.org/caregiving>

Alzheimer's Association:

<https://www.alz.org/sd>

Caregivers by Active Generation:

www.caregiverssd.org

Veteran's Administration:

<https://www.Caregiver.va.gov/>

Caregiver Action Network:

<https://caregiveraction.org>

National Caregiver's Library:

www.caregiverslibrary.org