You are not alone

- Per a 2017 Dementia Caregiving in the U.S. Research Report by the National Alliance for Caregiving in partnership with the Alzheimer’s Association, 57% of millennial caregivers care for a parent or grandparent who has dementia.
- Family caregivers according to a 2015 AARP Caregiving Survey of South Dakota Registered Voters Age 45 and Older:
  - Care for a person who is 79 years old (average age)
  - Are women (53%)
  - Are over 55 years old (71%)

Call Dakota at Home: 1-833-663-9673
Online at: Dakotaathome.org

Caregiver Services enable primary caregivers to access services that help sustain and support the caregiver as they strive to meet the needs of the person in their care.

Online: https://dhs.sd.gov/ltss/caregiver.aspx

The Department of Human Services does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of actual or perceived race, color, religion, national origin, sex, age, gender identity, sexual orientation or disability in admission or access to, or treatment or employment in its programs, activities, or services. For more information about this policy or to file a Discrimination Complaint you may contact: Discrimination Coordinator, Director of DHS Division of Legal Services, 3800 E. Hwy 34, c/o 500 E Capitol Ave, Pierre, SD 57501, 605.773.5990.

Español (Spanish) - ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.800.305.9673 (TTY: 711).

Deutsch (German) - ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1 800.305.9673 (TTY: 711).
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.

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.

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.

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 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.

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.

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