



Family Caregiver Support Center Frequently Asked Questions

Who is a family/informal caregiver?

- A spouse, relative, friend or neighbor who provides support and assistance to someone who needs help due to chronic illness, disability or advanced age.
- A caring person who helps an older adult with a variety of chores, such as cleaning, cooking, laundry, running errands, grocery shopping and transportation.
- A concerned family member who arranges medical appointments, helps with financial management, and oversees the general welfare of a loved one.
- A compassionate person who may live in the same house or live nearby, or who provides help from another city or state.

Who can use the Family Caregiver Support Center?

- Any adult over age 18 who is caring for or concerned about a person who is at least 60 years old, including spousal caregivers and adult children with aging parents.
- Any adult over age 60 who is the primary caregiver for a related child under age 18 (including grandparents or other relatives over 60 who are caring for grandchildren or other related children under 18).

What can the Family Caregiver Support Center care planner do for you?

- Explain the many types of support and services available for caregivers and their loved ones.
- Assist in identifying support services in your region or elsewhere in the state or nation if you are a long-distance caregiver.
- Provide educational and resource materials through our Senior Information and Assistance Center and our lending library.
- Assist in developing a comprehensive caregiving plan to address immediate needs and long-term goals.
- Serve as a guide and advisor in accessing the often complex system of eldercare services and programs.

- Provide a listening ear and ongoing support in managing the responsibilities of caregiving.
- Present informative educational programs to organizations, businesses, service clubs, the faith-based community and working caregivers.

When do you use the Family Caregiver Support Center?

- To increase understanding of the medical, legal and financial responsibilities of being a caregiver.
- To find out about available public assistance programs
- To connect with other caregivers who can offer empathetic support and problem-solving strategies.
- To address immediate and future concerns about the care needs of a loved one.
- To learn how to allow yourself needed time off from the tasks of caregiving.
- To develop a thorough caregiving plan that focuses on the needs of the caregiver as well as the care recipient.
- To gain emotional strength and confidence in your role as a caregiver.

What organizations partner with the Family Caregiver Support Center?

- **The CU Aging Center** (<http://www.uccs.edu/~geron/>), a nonprofit community clinic, provides individual and small-group counseling services to older adults and to family and informal caregivers of older persons; educational presentations and ongoing support groups may also be offered.
- **The Colorado Springs Senior Center** (<http://www.springsgov.com/Page.aspx?NavID=2081>), the **Alzheimer's Association-Colorado Chapter** (<http://alz.org/co/>), **PILLAR** (<http://www.visitpillar.org/>), and **Graying Grace Resources** frequently collaborate with the Family Caregiver Support Center to provide meaningful and informative workshops, classes and training sessions for family caregivers.
- **Teller Senior Coalition** (<http://www.tellerseniorcoalition.org/>), a nonprofit organization assisting seniors in Teller County, provides information, assistance in accessing community resources, and counseling services for family and informal caregivers of persons over the age of 60 who reside in Teller and western El Paso Counties.

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