

Caregiver Respite Voucher Program

Caregiving can have serious physical and emotional consequences for the caregivers, such as increased blood pressure and insulin levels, impaired immune systems, and increased risk for cardiovascular disease, depression, and stress-related conditions.

But with the right information and support, caregivers can continue offering their special help to their loved ones.

Pikes Peak Area Council of Governments Area Agency on Aging Caregiver Respite Voucher Program provides caregivers in El Paso County with needed respite. Our voucher program provides caregivers with their choice of 12 hours of homecare respite or 32 hours of adult day care every 30 days, from approved agencies. In certain cases, additional respite vouchers may be available. The program is open to family caregivers in El Paso County and their care recipients.

To arrange an appointment for a respite voucher assessment, call

719-886-7526

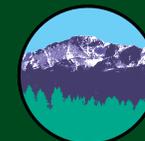


The Pikes Peak region's 16 local governments join together in PPACG to collaborate on issues that cross political boundaries and to reach solutions that benefit the entire region. PPACG's primary focus is regional planning in transportation, aging issues, and air and water quality. We are the region's designated Metropolitan Planning Organization for transportation and its air- and water-quality lead planning agency. PPACG also administers the Pikes Peak Rural Transportation Authority and provides direct services to citizens through the PPACG Area Agency on Aging.

PPACG Area Agency on Aging
Ombudsman Program
14 S. Chestnut St., Colorado Springs, CO
719-471-7080
www.ppacg.org/aging/ombudsman

FAMILY CAREGIVER SUPPORT

Caring for those who care for others



Pikes Peak Area Council of Governments

Communities Working Together

AREA AGENCY ON AGING

719-886-7526

Family Caregiver Support Center

We help you care for your loved ones while also caring for yourself.

The majority of older adults want to continue living in their own homes for as long as possible.

But often those seniors who still live in their own homes need some level of special care. Caregivers are usually a spouse, an adult child, or another caring individual. More than 40% of caregivers provide care for five years or longer.

If you or someone you know is responsible for the care of a loved one, you have a friend at the Family Caregiver Support Center. We can give you the tools you need to manage your caregiving responsibilities while also caring for yourself.



How we can help

Our care planner can assist you with:

Creating a comprehensive caregiving plan focused on the needs of the caregiver.

Addressing the immediate and long-term needs of a loved one.

Resolving difficult situations as they arise by connecting you with appropriate community resources.

Identifying support groups and educational programs to renew energy and enhance caregiving skills.

Navigating the often complex system of public assistance programs and eldercare services.

Gaining emotional strength and confidence in your role as a caregiver.

For information or a free consultation with our care planner, call 719-886-PLAN (7526).



Who can use the services of the Family Caregiver Support Center?

- Any adult over 18 who is caring for or is concerned about a person who is at least 60 years old.
- Any adult 60 or older who is the primary caregiver of a related child under the age of 18.

We also provide a lending library of resources to help you in your caregiving role. And as your caregiving situation changes, you may need additional services, so we routinely follow up with everyone who comes to the Family Caregiver Support Center, just to be sure you're doing well.