



GENERATIONS

AREA AGENCY ON AGING

Nearly one out of every four (23%) U.S. households is involved in caregiving to persons aged 50 and over.

13,000 Grandparents living in Iowa report that they are responsible for the care of their grandchildren. 42% of them live in households without the presence of the child's parents.

If you are a caregiver, we can help.

Call the Iowa Family Caregiver Support Specialist

(563) 324-9085

(800) 892-9085



Generations Area Agency on Aging, funded in part by the Older Americans Act through the Iowa Department of Elder Affairs, does not discriminate based on age, race, color, gender, national origin, creed, religion, political beliefs, marital/family status, sexual orientation or physical/mental disabilities in its employment practices or the provision of services except where it is a requirement of law.



OUR MISSION

Generations is the resource for connecting seniors and caregivers to services.

Iowa Family Caregiver Program

For more information, call:

GENERATIONS
Area Agency on Aging

935 East 53rd Street
Davenport, IA 52807

563-324-9085

800-892-9085

Fax: 563-324-9384

www.genage.org

serving seniors and their caregivers in Clinton, Scott & Muscatine counties



Iowa Family Caregiver Support Program



"There are four kinds of people in the world: those who have been caregivers; those who currently are caregivers; those who will be caregivers; and those who will need caregivers"

- Former First Lady, Rosalynn Carter

DO YOU help your spouse, a relative or a friend who needs assistance with basic activities of daily living?

DO YOU help with rides to the doctor, shopping, meals, bill paying, bathing, grooming, dressing, housekeeping, walking or transferring to a wheelchair, managing medications or arranging services to be provided by others?

ARE YOU a grandparent or older adult relative who is raising a child other than your own?

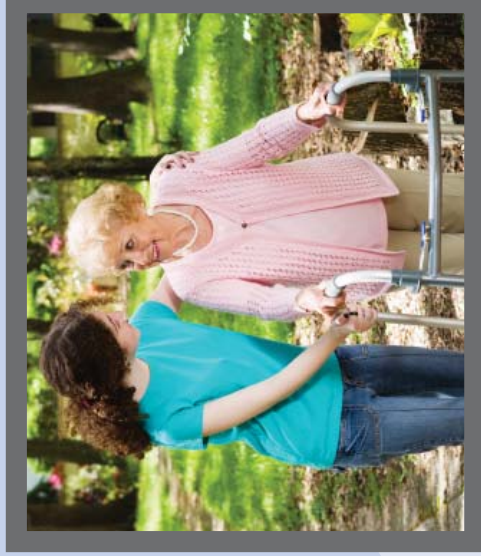
IF YES, YOU ARE A FAMILY CAREGIVER.

52 million are . . .

Caring for loved ones, juggling work and family along with caregiving responsibilities.

Caregiving can be very demanding and stressful. Many caregivers experience chronic illness and physical fatigue, in addition to feelings of frustration, guilt and anger, resulting in poor sleep patterns, pain and poor eating habits.

It is important to get the help that you need.



TAKE TIME TO CARE FOR YOURSELF

Caregiving can impact the health and well-being of the caregiver.

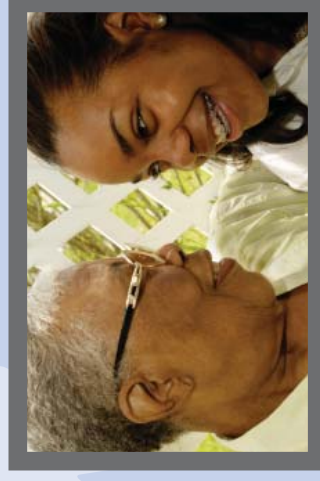
- Take well-deserved breaks
- Be open to new ideas
- Accept help when it is offered
- Educate yourself about family caregiving options
- Attend a support group with peers who understand your issues.

YOU'RE NOT IN THIS ALONE . . .

When you find yourself caring for a loved one, let our Family Caregiver Specialist help!

WE CAN HELP CAREGIVERS AND FAMILIES BY ...

- Connecting to information about available services
- Assisting in gaining access to services
- Helping with problem solving and individual counseling
- Providing for respite care and supplemental services
- Offering support groups
- Answering questions about home and respite care, housing, nutrition, transportation, legal issues and prescription drug assistance. We will link you to the best resource available.



Generations Family Caregiver Support Specialists offer short educational presentations for small groups. Call and book one today.