

## Getting The Support You Deserve

Training opportunities are available to communicate information and build caregiving skills. Training is provided by professionals in two formats:

### A One Hour Presentation

- Family Caregiver Basics

### Two Hour Classes

- Role of the Family Caregiver
- Behavior & Emotions of Aging
- Community & Internet Resources
- Financial & Legal Planning
- Independence & Home Safety
- Chronic Illness, Medications Management and Communicating with Health Care Providers
- Sensory Loss
- Communication and Relationships
- Caring for the Caregiver

For more information visit:  
[www.FamilyCaregiversOnline.com](http://www.FamilyCaregiversOnline.com)

## Supplemental Services

These services are available to complement the care provided by caregivers.

- Minor Home Repair or Modification
- Personal Assistance
- Heavy Duty Chores
- Medical Equipment & Supplies

## Accessing Services

### General Service Information & Intake

211 or (214) 379-4636



1349 Empire Central  
Suite 400  
Dallas, Texas 75247

(214) 871-5065 phone  
(214) 871-7442 fax  
[caregiversupport@ccgd.org](mailto:caregiversupport@ccgd.org)

A Project of the  
Community Council of Greater Dallas

Funded in part by  
Texas Department of Aging and Disability Services

## Family Caregiver Support Program



## Advocacy Center for the Elderly

A Program of the Dallas  
Area Agency on Aging

## Caregiver

A caregiver is a person who assumes the responsibility for assisting and caring for an individual who cannot carry out the basic activities of daily living (feeding, bathing, toileting . . . etc.).

## Who Are Caregivers?

Caregivers might be spouses, children, siblings, parents, grandparents, other relatives, neighbors, church members and others who can share the responsibilities of caregiving and alleviate some of the burden of care, on an informal basis (without pay).

## Family “CareLink” Program

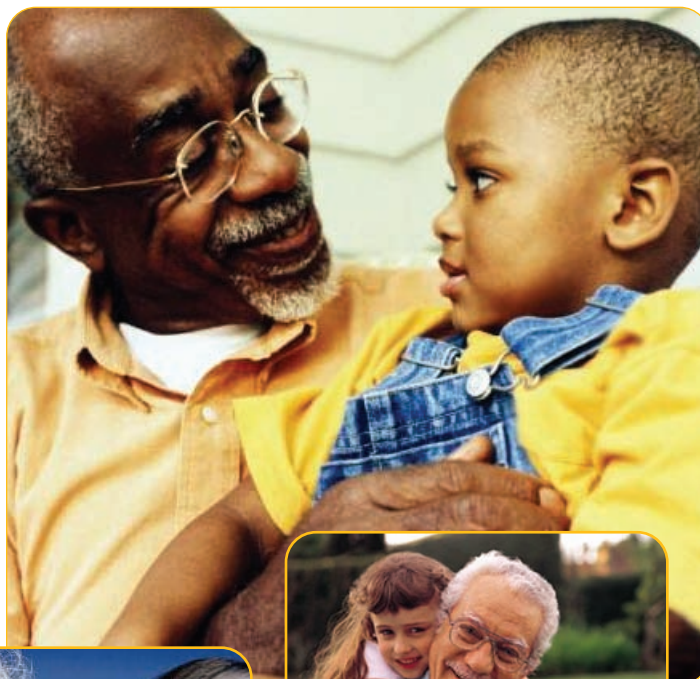
The Dallas Area Agency on Aging is responsible for administering the “CareLink” program by developing a support system for caregivers and integrating it into the existing system of community services including:

- Information, Referral & Assistance
- Legal Assistance
- Case Management / Coordination
- Nursing Home Ombudsman
- Health Screening / Promotion
- Nutrition Services
- Volunteer Opportunities
- Minor Home Repair



## Who's Eligible?

- Family caregivers of older adults age 60+
- Grandparents and relative caregivers of children not more than 18 years of age (including grandparents who are sole caregivers of grandchildren and those individuals who are affected by mental retardation or who have developmental disabilities)



Caregiving information comes from a wide variety of resources. On-line help is available at the CareLink Website.

[www.dallasaaa.org](http://www.dallasaaa.org)

## Special CareLink Services

### Assistance in Accessing Services

Caregiver support specialists work in partnership with caregivers, social service providers and other professionals to address the needs of individuals.

### Lending Library

Resources for caregivers and persons working with caregivers. A list of books, videos and audiotapes is available.

### Caregiver Resource Kit

Contains self-help checklists, a resource directory, brochures, legal forms and caregiver tips.

### Counseling

Caregivers who are experiencing stress, grief, anxiety and other debilitating emotional conditions can get access to licensed professional counselors.

### Support Groups

A list of support groups in your area is maintained as well as help in setting up new support groups.

### Respite Care

An option for caregivers providing temporary relief from caregiver responsibilities. Financial support may be available to the caregiver to pay a provider of their own choosing.