

The Family Caregiver Support Program: Help for Those Caring for Others.

Caregiving may be the most challenging job on earth. It can be physically and emotionally draining. That's why the Council on Aging of Central Oregon offers programs, support, guidance, and referrals to the people that need it most: families, partners, friends, and paid or unpaid caregivers who provide care for another adult.



WHO QUALIFIES?

- A family caregiver who is 18 years or older caring for a person age 60+; or a person with Alzheimer's disease or other dementia of any age.
- A parent or older relative caregiver age 55+ who lives with, and is the primary caregiver for, an individual with disabilities age 18 or older.
- An older relative caregiver (other than a parent) age 55+ who lives with and is the primary caregiver for a child aged 18 or younger.

HOW WE CAN SUPPORT YOU

- Information about and access to services and resources.
- Caregiver support groups.
- Respite grants ranging from \$500 to \$1,000 per year.

Respite grants can be used to hire someone of your choosing to take care of your loved one while you take a break. Sign-up is easy and a Social Security number is not required.

**THE COUNCIL ON AGING PROVIDED
1,275 HOURS OF PAID RESPITE SUPPORT
BETWEEN JULY 2021 – JUNE 2022.**

HAVE QUESTIONS

- Call us at **(541) 678-5483**
- Stop by our Senior Services Center at **1036 NE 5th Street in Bend**, Monday – Friday, 8:00 a.m. to 4:30 p.m.
- Email us at info@councilonaging.org

WANT TO VOLUNTEER WITH THE COUNCIL ON AGING?

Contact volunteer@councilonaging.org, visit www.CouncilOnAging.org/Volunteer, or call **(541) 678-5483**