



## Family Caregiver Support Program

*A supportive program for caregivers providing services to ease the stress of being a caregiver to their loved ones.*

Family Caregiver Support Program is a state-wide program that recognizes the critical role family caregivers make in the lives of loved ones.

### ELIGIBILITY

Any caregiver in the Merrimack Valley and North Shore who is 18 and older and caring for someone 60 years or older, or any age with Alzheimer's disease and related disorders; grandparents 55 years or older caring for a child(ren) under 18 years old; or any caregiver 55 years or older caring for a disabled individual ages 18 to 59 are eligible for this program.

### SERVICES

We provide one-on-one sessions with a Caregiver Adviser to help caregivers navigate resources and manage care for their loved ones and themselves. Services may include, but not limited to:

- **One on One Caregiver Assessments** to help assess needs, identify options, provide referrals to community-based services and develop action plans
- **Information** about community resources and local programs

- **Caregiver Support Groups** to help caregivers learn that they are not alone and how important it is to take care of themselves
- **Training programs** like Powerful Tools for Caregivers and The Savvy Caregiver Program to enable caregivers to maintain their own emotional and physical well-being
- **Habilitation Therapy Program** to offer an approach to caring for loved ones with dementia that focuses on remaining abilities, not what is lost to the disease
- **Respite Care Scholarships**
- **Grandparent Campership Scholarships**
- **Northeastern MA Alzheimer's Partnership** event series
- **Lunch and Learn** workplace presentations

### COST

There is no cost for consults through this program. However, the elder or family would be responsible for all expenses incurred for direct services if no payment options exist.

### MORE INFORMATION

For more information about our Family Caregiver Support Program, call our Information & Referral Department at 1-800-892-0890.

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