

SUPPORT

ELDER SERVICES OF CAPE COD & THE ISLANDS **HOME CARE & RESPITE**

Through the Home Care Program, services are available that will help an elder remain safely in the community, family caregivers are able to access respite care. To qualify individuals must be 60 or older, meet financial eligibility guidelines and have specific unmet care needs.

Elder Services provides two state funded programs for elders who are no longer independent but wish to remain in their homes. For more information call Sheri Hunt at 508-228-4647 at the Landmark House located at 144 Orange street.

THE HOME CARE PROGRAM

Requires an elder to be 60 years or over and need assistance with at least one critical task such as bathing, meal preparation, shopping or transportation and be income eligible.

THE RESPITE PROGRAM

Requires an elder to be at least 60 years old, need assistance with at least one critical task & have a daily caregiver. Payment for both programs is on a sliding fee schedule. The respite fee is based on the income of both the elder & his or her spouse.

PALLIATIVE & SUPPORTIVE CARE OF NANTUCKET

Palliative & Supportive Care of Nantucket has again been awarded a grant from Elder Services of Cape Cod & the Islands. This grant will partially support the continuation of private consultations with a nurse practitioner and/or a clinical psychologist, in the home or in our office. Services are available for anyone who is a non-professional caregiver for a family member or friend who needs assistance due to illness, disability, or frailty. Caregivers can request an overall evaluation of their situation, including assessment of the person for whom they care. Caregivers can receive information, support, and education on various topics including the disease process, medications, personal care, safety, and

future health care needs. This grant focuses on managing stress while caring for another. Referrals for other PASCON services may also be made. This program is part of the *Caregivers' Connections Program* which also includes:

- **Volunteers:** provide 1-2 hours/week for respite breaks for caregivers; also available for errands, transportation, etc.
- **Time Out-Caregiver Support Group:** meets on 2nd & 4th Wednesday of each month from 1:00-2:30 PM in our office, 57 Prospect St.
- **Alzheimer's Disease Educational Consultations:** for caregivers of persons with Alzheimer's.
- **Lending Library:** of caregiver related topics.
- **New Bereavement Support Group:** meets on 1st & 3rd Wednesday of each month from 1:00-2:30 PM in our office, 57 Prospect St.
- **Yoga 4 Cancer Care:** Tuesdays & Thursdays from 1:00 – 2:00 PM in our office, 57 Prospect St.

***All Palliative services are free of charge!**

Coaching for Caregivers is funded in part by the Elder Services of the Cape & the Islands Title IIIB grant under the Older American Act.

Voluntary donations are gratefully accepted for this program.

For more information or an appointment, contact Palliative and Supportive Care of Nantucket, 57 Prospect St. Ph 508-825-8325

website: <https://www.pascon.org/>

email: info@pascon.org