

November 2017



Paint Nights help west suburban caregivers relieve stress.

*"In the beginning I wasn't sure what this program was about ... I was told "Let us help you" and that is exactly what happened. The educational workshops, the health fairs and the gatherings helped me understand that being a caregiver does not mean to be alone." (Caregiver who received services through AgeOptions' Caring Together, Living Better)*

## AgeOptions and Community Programs Help Caregivers Cope with Their 24 / 7 Responsibilities

In the past year, approximately 34.2 million Americans provided unpaid care to an adult age 50 or older with about one in four providing 41 hours or more care each week, according to AARP's Caregiving in the United States (2015). The value of family caregiving is more than \$450 billion a year, the report states. That's more than total federal and state Medicaid spending for medical and long-term care.

Each November, National Family Caregivers Month acknowledges those who care for family members and friends and draws attention to the often-overlooked needs of the caregivers themselves. This year's theme, Caregiving Around the Clock, recognizes that caregiving can be a 24-hours-a-day/7-days-a-week job. Caring for an adult with Alzheimer's, for example, or a

child with special needs can be non-stop, the Caregiver Action Network points out. Providing care around the clock can crowd out other important areas of life.

Caregivers often are vulnerable to physical and emotional stress and financial strain. Many would benefit from services and resources, but don't know what's available or where to start. AgeOptions and our partner community agencies under the Older Americans Act National Family Caregiver Support Program offer a variety of resources to assist caregivers. Call AgeOptions at (708)383-0258 or email [information@ageoptions.org](mailto:information@ageoptions.org) to find resources in your community, including in-home and outside respite care, support groups, counseling, education and other services.

AgeOptions leads Caregiver Resource Centers throughout suburban Cook County to provide counseling, respite, support groups, training and other resources to caregivers. [Click here to find to a center near you.](#)



AgeOptions leads the West Suburban [Caring Together, Living Better](#), with partners Solutions for

Care, and Aging Care Connections. Originally designed and implemented in the south suburbs, the west suburban partnership is made up of faith-based and community organizations. CTLB supports those who care for older adults. Caregivers can access services such as volunteer respite, educational workshops, support groups, paint nights and more at no cost. For information, please contact Marisol Vazquez, [marisol.vazquez@ageoptions.org](mailto:marisol.vazquez@ageoptions.org), or Chelsea Hawkins, [chelsea.hawkins@ageoptions.org](mailto:chelsea.hawkins@ageoptions.org).

The Caregiver Action Network offers these [10 tips for family caregivers](#) and more information about [round-the-clock caregiving](#).

