

CAREGIVER RESPITE PROGRAM

The Caregiver Respite Program is designed to pay for respite for people who are caring for a loved one with dementia.

These funds are intended to give caregivers a few hours off from their caregiving responsibilities.

Eligibility criteria apply to the caregivers.

Talk to your Family Caregiver Specialist for more information.



We'll help you be the best caregiver you can.
It's not always easy,
but you are not alone.

Other EAAA services:

Nutrition Services:

Community Cafes/Meals on Wheels
Furry Friends Food Bank
3D Catering
Pantry Partners

Community Services:

Information and Assistance
Community Services Specialists
State Health Insurance Assistance Program (SHIP)
Medicare Part D
Aging and Disability Resource Center (ADRC)
Health and Wellness programs

EZ Fix:

Minor Home Repair

Volunteer Opportunities:

See Volunteer brochure

**EAAA covers Hancock,
Penobscot, Piscataquis and
Washington counties.**

**Eastern Area Agency on Aging
450 Essex St.
Bangor, ME 04401**

**941-2865 / 1-800-432-7812
Fax: 941-2869**

EAAA.org



CALL US!

Family Caregiver Services



Call us first.

**We're your *one-stop*
shop for answers.**

**Eastern
Area Agency on Aging**

**1-800-432-7812
www.EAAA.org**



FAMILY CAREGIVER SERVICES

Are you a caregiver?

Ask yourself these questions:

Do you...

- Provide rides for errands or appointments?
- Help with groceries or pick up prescriptions?
- Help with money issues?
- Help with household chores or personal care?

If you are assisting someone 60 or older - whether a family member or friend - you are a caregiver and this program is for you.

We also serve grandparents who are age 55 and older who are raising grandchildren.



What we can do for you

A Caregiver Support Specialist listens, offers support and makes sure you are getting all the help you need.

The program offers information about diseases, such as Alzheimer's, health care, resources and educational workshops to answer your questions and plan for the future.

Support groups are available so caregivers can get help from, or give help to, each other.

Sometimes it's just easier to talk to someone who is experiencing the same circumstances.

SAVVY CAREGIVER CLASSES

The **Savvy Caregiver** training is a 12 hour course held over a six week period for caregivers who are caring for someone with Alzheimer's or related dementia who is living in the community as opposed to living in a long-term care facility.

The Maine Savvy Caregiver Program Builds:

Attitude: Develop a sense of confidence in caregiving and learn how to care for yourself.

Skills: Learn tips and strategies for interacting and communicating with the person and how to understand and manage challenging behaviors.

Knowledge: Learn what dementia is and how it affects the person and his/her behavior.

Call us for a class near you.



CALL
US
TODAY