

## Caregiving Tips

### Adapt your home for safety!

- Remove unnecessary furniture
- Install handrails as needed along walkways and staircases
- Clear clutter on stairs and in open areas
- Replace faulty electrical cords and outlets
- Repair shaky or unstable furniture
- Keep floors clear, clean and dry
- Place non-skid tape on edges of stairs
- Replace ill-fitting or worn shoes and slippers and provide shoes and slippers with nonskid soles
- Provide sturdy seating with supportive armrests



One call to the Area Agency on Aging provides access to specialized professionals who have been caring for older adults and their families within the Capital area since 1981.

### Find the help you need today!

1-888-622-9111 Ext. 6067 Toll free  
(512) 916-6067 Austin local



A program of the Capital Area Council of Governments

P.O. Box 17848  
Austin, TX 78760-7848  
[www.aaacap.org](http://www.aaacap.org)

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## CAREGIVER SUPPORT PROGRAM

Offering  
Support  
for Families  
and Friends  
Caring for  
Older Adults

Area Agency on Aging of the  
Capital Area

Specialists in Aging



## Are You a Caregiver?

Q: Do you perform any of these activities for your elderly spouse, family member, neighbor or friend?

- prepare meals
- provide transportation
- help with housekeeping
- concerned for their safety
- manage their medication
- assist with paying their bills
- help with bathing or grooming

A: Then, you are a Caregiver!

Q: Are these responsibilities beginning to affect your work, health, social life or family life?

A: The Caregiver Support Coordinators at the Area Agency on Aging of the Capital Area are available to help arrange services to support you as you care for that older adult in their home environment.

## Program Information

**You may be able to receive caregiver services through the Caregiver Support Program if you are:**

- The primary caregiver for an adult 60 years of age or older
- The primary caregiver for an individual of any age with a diagnosis of Alzheimer's or a disease-related dementia
- The non-parental caregiver, age 55 or older, for an adult with severe disabilities

**And the older adult is a resident of one of the following counties:**

Bastrop, Blanco, Burnet, Caldwell, Fayette, Hays, Lee, Llano, Travis, Williamson

## Kinship Care

If you are a grandparent or other non-parent relative 55 years of age or older with formal or informal custody of a relative child or children age 18 years or younger, we may be able to provide assistance.

Call for information

## Caregiver Support Services

- Full assessment of the caregiving situation
- Information about services and supports to meet caregiving needs
- Assistance in making a long-range caregiving plan
- Arrangement of services to support the caregiver which may include:
  - \* Respite Care - provision for a brief rest or relief from caregiving responsibilities
  - \* Emergency Response System
  - \* Adaptive equipment for personal safety (not covered by another source)

## Important Note

All services are short-term, temporary and are provided at no charge. Contributions toward the cost of the services are encouraged and welcomed!