

You are NOT alone. . .

- \* Most people will become caregivers - or will need a caregiver at some point in their lives.
- \* Over 2 million seniors receive care from a non-professional caregiver.
- \* Family members and friends provide 86% of all home care.
- \* An estimated 30% of caregivers are raising children while simultaneously caring for older adults.
- \* Just over half of all caregivers for persons aged 50+ are employed full time.
- \* According to the 2010 Census 6.8 million grandparents or relatives of children were responsible for raising children other than their own.

These Title III E Programs are funded by:

Area Agency on Aging for Lincolnland, Inc.  
310 Montvale Drive  
Springfield, IL 62704  
217-787-9234 or 800-252-2918

Please contact Locust Street Resource Center if you are interested in making a donation to the program. The suggested donation is \$5.00 but any donation is welcome.



320 S. Locust Street  
Carlinville, IL 62626  
Phone: 217-854-3166  
www.Locuststreet.org

Are you a caregiver?

Are you raising another family member's child?

Are you caring for an older adult?

There are Caregiver Support Services available in your area. This service is provided to caregivers to assist them in making decisions and solving problems related to their caregiving role.



Caregiver Support Program For the Counties of:  
Cass, Christian, Greene, Jersey, Macoupin, Mason, Menard,  
Montgomery, Morgan & Scott

Caregiver Support Specialist  
Lori Manker  
Phone: 217-416-4160  
Email: lorim@macmhc.org

## Who is a Caregiver?

A Caregiver is a person who regularly takes care of a child or an elderly person.

Caregivers perform a variety of tasks such as:

- \* Grocery Shopping
- \* Assisting with appointments
- \* Housekeeping
- \* Personal Care
- \* Running Errands
- \* Cooking
- \* Paying Bills
- \* Childcare

Many family members and friends do not consider such assistance and care as "caregiving", they are just doing what comes naturally to them, which is taking care of someone they love.

As Caregivers you may face many challenges:

- \* Providing care while working
- \* Putting off your goals
- \* Increasing physical demands
- \* Helping the child or elderly adjust to change
- \* Learning new skills
- \* Returning to the work force

*"It takes more than Love. . .*

*It takes Support."*

## What services are available for the caregiver?

Caring for someone is rewarding, but it is also difficult and stressful. Many people are unaware of the services that are available for caregivers. If you are caring for someone over the age of 60 or a person of any age who has been diagnosed with dementia or you are 55 years of age raising another family members child i.e.. grandchild, niece, nephew, cousin. The Caregiver Support Program can provide caregivers with the information and assistance they need.

The Caregiver Support Specialist can help you locate these and other services:

- \* Counseling, emotional support, and support groups
- \* Financial Services
- \* Legal Services
- \* Helpful tips and ideas
- \* Information and Referrals to other programs and resources

## Support Groups

What is a Caregiver Support Group? Caregiver Support groups have been developed to assist those individuals that provide care to a friend or family member.

### Support Groups for Grandparents & Relatives Raising Children

On the 1st Tuesday of each month there is a support group in Jacksonville at Passavant Hospital, 1600 W. Walnut Street from 6pm to 8pm.

On the 2nd Monday of each month there is a support group in Carlville at Locust Street Resource Center 320 S. Locust Street from 5:30pm to 7:30pm.

Please contact Lori Manker at 217-416-4160 for information about the support groups.