

Community Resources

Your local Area Agency on Aging or the Eldercare Locator and other organizations may offer services to assist you. These may include Meals on Wheels, caregiver training classes, transportation, friendly visitors and respite care so that you can have a break. Following is a list of helpful services that may assist you with your caregiving responsibilities:

Home Care

There are many types of home care and it is important to think about what type of services you need before contacting an agency. Home care services can include medical care, social support and help with chores or tasks of daily living. Services are delivered in the home or a non-medical living facility such as a senior living community to people recovering from an accident or surgery, those who are disabled and people who are seriously ill.

Home care can help if there are ongoing care needs that family and friends cannot take care of alone.

Home Health Care

There must be a medical need to receive home health care. Home health care includes skilled nursing care, as well as other skilled care services, like physical and occupational therapy, speech- language therapy, and medical social services. These services are given by a variety of skilled health care professionals at home. The goal of short-term home health care is to provide treatment for an illness or injury. Ask the doctor if your family member or friend is eligible for these services.

Non-Medical Home Care

If your friend or loved one needs help with non-medical tasks or simply needs companionship you may want to consider hiring a non-medical home care worker. These workers may help with household chores including cooking, laundry, shopping, cleaning, bill paying and driving your loved one to appointments. One of the benefits of this type of service is companionship with someone new who is focused on caring for and talking with your loved one.

Cleaning and Yard Work Services

Your local Area Agency on Aging may be able to arrange for chore and yard maintenance services or put you in touch with religious, scout or other volunteer groups that provide one-time or occasional services to older persons who need help.

Senior Centers

Senior Centers offer older people a safe environment where they can take part in a range of activities led by trained personnel. Meal and nutrition programs, information and assistance, health and wellness programs, recreational and arts programs, transportation services, volunteer opportunities, educational opportunities, employee assistance, intergenerational programs, social and community action opportunities and other special services are often available through a senior center.

Adult Day Care Services

For older persons with serious limitations in their mobility, those who are frail, and those who have medical and cognitive problems, adult day care centers can provide care in a safe, structured environment. Adult day care services include personal and nursing care, congregate meals, therapeutic exercises, and social and recreational activities. Most adult day care centers, like senior centers, are supported through public and non-profit organizations. Fees may range from a few dollars to several hundred dollars a day, depending on the services needed.

To locate an adult day care provider in your area visit the National Adult Day Services Association's Website and click on Find an Adult Day Service.

Meal Programs

To find out about home-delivered meals programs and other meals programs, you can contact Meals on Wheels, the National Eldercare Locator or the State or Area Agency on Aging. If these meals are not available, see if your grocery store prepares food orders for pick-up or if it provides home-delivery service.