

Self-Care Tips for Caregivers

- Caregiving can be a full-time job and regular time off keeps you well and able to serve as a caregiver.
- Do not hesitate to ask for help at any time.
- When people offer to help, accept the offer and suggest specific things they can do to assist.
- Be aware of signs of depression and do not delay getting professional help when you need it.
- Seek support from other caregivers and consider joining a local support group. There is strength in knowing your concerns are not unique.
- There is a difference between caring and doing. Be open to technologies and ideas that promote your loved one's independence.



Additional In-Home Services Provided by Blair Senior Services, Inc.

- Aging Waiver Program
- Home Delivered Meals
- Personal Care
- Adult Daily Living Center
- Consumer Reimbursement
- Emergent Services
- Personal Emergency Response Systems (PERS)

Long Term Living Services Provided by Blair Senior Services, Inc.

- Placement Services
- Domiciliary Care
- Nursing Home Transition
- Pre-Admission Assessment



For more information on the Caregiver Support Program, In-Home Services, Long Term Living Services, and other services offered by Blair Senior Services, Inc., **please call (814) 946-1235 or visit our website at www.blairsenior.org.** 

Any person who believes that an older adult is being abused, neglected, exploited, or abandoned may file a confidential report at any time with any Area Agency on Aging or by calling the statewide abuse hotline at (800) 490-8505. If someone is at imminent risk, please contact your local law enforcement immediately.

Caregiver Support Program



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What is the Caregiver Support Program?

When an older adult is in need of assistance, it is often the people closest to them who are called upon to provide the majority of the care that is needed. Although it is often a very rewarding experience, the role of the caregiver can be physically, emotionally and financially taxing at times. The Caregiver Support Program may be able to help make the caregiver role easier.

The Caregiver Support Program is designed to provide financial reimbursement for consumable supplies and hired helpers to relieve the caregiver. The program also provides benefits counseling and caregiver education.

The person that is hired as a helper can be someone that is already known to the family, such as a neighbor, friend or church member. Many individuals are more receptive to receiving care if the helper is someone they know.

Individuals who are caring for older adults that require consistent monitoring and care may be eligible for the Caregiver Support Program.

How do I begin?

To see if you qualify for the Caregiver Support Program, contact **Blair Senior Services, Inc. at (814) 946-1235**. One of our friendly Care Managers will speak with you and make arrangements to come to your home for the evaluation process.

The Blair Senior Services' Care Manager will help guide you through the process by providing you with information about the Caregiver Support Program, including the benefits that are available and the options you may choose.

Program Eligibility Guidelines

- Reimbursements of up to \$300.00 per month are possible.
- One-time reimbursement of up to \$2,000 may be available for the purchase of equipment or home modifications not covered by insurance.
- The caregiver does NOT have to live in the same household or be related to the care recipient.
- The caregiver must provide daily hands-on care to the care recipient or direct such care.
- Care recipient must be diagnosed as being functionally dependent; requiring sufficient assistance with at least one activity of daily living.
- A financial screening must be performed by the Care Manager.
- Reimbursement is based on a sliding scale that considers the income of the entire household.



There are many services and supplies that may be eligible for reimbursement through the Caregiver Support Program. The list below contains examples of some of the types of services and supplies that may qualify. Prescription items, or any other items that would be covered by insurance or another benefit program, are not eligible for reimbursement.

Supplies:

- Incontinence supplies
- Nutritional supplements
- Specialized personal care products (for bedbound or other special-needs individuals)

Services:

- Personal Care
- Respite
- Adult Daily Living Center services
- Personal Emergency Response System fees
- Services vended through the CHOICES Program

Medical Equipment and Home Modifications

Equipment:

- Mobility and transfer equipment
- Personal Care and toileting devices
- Lift Chairs
- Monitoring devices

Home Modifications

- Bathroom modifications
- Ramp construction
- Widening doorways to accommodate walkers/wheelchairs
- Installing grab bars