

Caregiving Resources



Most business are sensitive to their employees' dependent care needs. Take time now to consider the needs of elder care. There are many community resources that can help caregivers balance their careers and their caregiving roles.

The local **area agency on aging (AAA)** is your most comprehensive source on caregiving resources, tools and services. It can help you coordinate caregiver events, establish partnerships and provide you and your employees with resources and services. AAAs offer a wide variety of services* to the community such as:

- **Information** on caregiver support available in the community
- **Assistance** in obtaining those supports
- **Education and training** for caregivers to help solve problems and make decisions
- **Short-term relief** to caregivers through
 - *Respite* - temporary relief provided in the home or facility
 - *Adult day care centers* - safe, structured environments that include personal and nursing care, meals, therapeutic exercises and social/recreational activities
- **Support services** to supplement personal care such as:
 - *Home care*
 - *Transportation*
 - *Home-delivered meals*
 - *Certified nursing home ombudsmen*
 - *Benefits Counseling*
 - *Health maintenance*

* Services will vary from region to region, call your local AAA to find out exactly what services are available to you.

Distributing Resources in Your Workplace

- Create a caregiving resource guide for your employees. Include a listing of local and national resources, websites, phone numbers and publications.
- Host a caregiver education event such as a "caregiver fair", lunch-and-learn program, or issues and services forum.
- Share the information through websites, flyers, newsletters, new employee packets, posters and brochures

For information and ideas on caregiving resources and services, planning a program, developing partnerships, and more, call your local area agency on aging at:

1.800.252.9240

For more information on caregiving, contact your local area agency on aging at:

1.800.252.9240

or visit us on the web at:

WWW.DADS.STATE.TX.US