



## Are you a caregiver?

Many people providing care do not see themselves as caregivers. They may feel it's their responsibility to be helpful to someone as a partner or spouse, parent, a daughter or son, or even a friend. You are a caregiver if you provide personal care or transportation, pay bills, prepare food, or make medical appointments for someone else.



## Caregivers need care, too!

Being a caregiver can be very tiring and emotionally difficult at times. Caregivers need breaks to recharge and put themselves first.



For more information on support services for caregivers,

**Call**  
**1-800-994-9422**

to be directed to your nearest Area Agency on Aging.



Scan this QR code  
to learn more

# CARE FOR CAREGIVERS

Caregivers need care, too.

If you are a caregiver, you may be eligible for support and services, including a break to care for yourself.



## CAREGIVERS

To care for others long term,  
we also need to care for ourselves.

**CALL**  
**1-800-994-9422**

Bureau of Aging

# SUPPORT FOR CAREGIVERS IN CT



## What kind of help is available to caregivers?

In Connecticut, we provide a variety of services that support caregivers including The National Family Caregiver Support Program (NFCSP) and The Connecticut Statewide Respite Care Program (CSRCP).

Funds are available for a variety of services to support family members and other unpaid caregivers.

The care manager assigned to you will guide you through the process. You also have the ability to use agency-based caregivers or the private caregiver of your choice.



## Types of support services:

- › Caregiver Information and Assistance
- › Caregiver counseling
- › Caregiver training
- › Respite care to allow caregivers to take breaks - this may include adult day center care, homemaker and companion services, or summer camp support for grandparents raising grandchildren
- › Supplemental services such as minor home modifications and personal emergency response device installation
- › Support groups



## How to get started

The best way to get started in seeking support as a caregiver is to call 1-800-994-9422.

Let us know who you are and who you are caring for. Our programs support:

- › Caregivers of older adults 60+
- › Caregivers of someone with Alzheimer's disease and related dementias
- › Caregivers who are 55+ caring for a person with disabilities (ages 18-59)
- › Caregivers (not parents) who are 55+ caring for a child under 18

Still not sure if you qualify? Call us. Caregiver support staff will connect you with the services appropriate to your situation.

**Call**  
**1-800-994-9422**