

Helpful Websites:

General information:

www.caregiver.org

www.thefamilycaregiver.org

www.caregiver.com

Guides and Tools for Caregivers:

www.alz.org/carefinder/index.asp

www.familycaregiving101.org

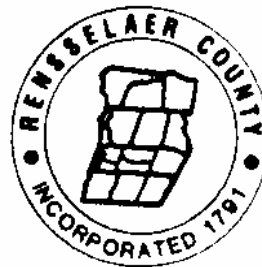
For relatives caring for

Children:

www.nysnavigator.org

<http://www.aarp.org/families/grandparents/>

Rensselaer County Unified
Family Services
Department for the Aging
1600 7th Ave
Troy, NY 12180
518-270-2768



Services Provided by the RCDA
are funded by Rensselaer County,
NYS office for the Aging and the
Older Americans Act of 1965

Rensselaer County Caregiver Support Program



Kathleen M. Jimino
Rensselaer County Executive

Joseph W. Cybulski
Department for the Aging
Commissioner

**Are you a caregiver?
You are if you:**

- Guide your mom in paying monthly bills
- Clean your grandfather's house
- Take your neighbor grocery shopping
- Help your husband get dressed every morning
- Cook dinner for your dad
- Check in with your aunt with a daily phone call
- Assist your loved one with bathing/dressing and preparing most meals
- Manage your grandmother's medication, or do a host of other things to help someone continue living on his or her own.

Rensselaer County Caregiver Support Program

Support Services are available to:

- individuals age 19 or older caring for a senior age 60 or older
or
- to a grandparent or relative caring for and living with a child under the age of 19.



Services Include:

- Information on services available to the caregiver and care recipient
- Assistance in gaining access to services
- Counseling, Support Groups and training to assist caregivers in their role.
- Respite Care to temporarily relieve caregivers from their responsibilities.
- Supplemental services are available on a limited basis, to compliment the care provided by the caregivers

