



Information for People Who Provide Care for Elders

Caregiver

FACT SHEET

Bulletin # 4200

Managing Your Caregiving Needs: Avoiding a Caregiving Crisis

Scenario	General Information	Contact . . .
You are an older person* and may need help to continue living comfortably and safely in your own home.	<p>Programs and services may be available in your community.</p> <p>Consider making modifications to your home that will make it easier and safer to move around.</p> <p>Alternative housing options may be available.</p>	<p>. . . us at the University of Maine Cooperative Extension (UMCE). Request Caregiver fact sheet #4205, <i>Decisions About Living Arrangements</i>.</p> <p>. . . Maine’s Bureau of Elder and Adult Services (BEAS). Ask about the availability of <i>Home Care: Where to Find It and Resource Directory for Older People in Maine</i>.</p> <p>. . . your Area Agency on Aging (AAA). Request information about programs and services in your area.</p> <p>. . . your local Community Action Program (CAP). Request information about programs and services in your area.</p>
You are an older person* and want to learn more about how you can remain healthy and active.	<p>Learn more about the normal aging process.</p> <p>Eat properly and exercise regularly.</p>	<p>. . . UMCE. Request Caregiver fact sheet #4209, <i>Dispelling the Myths of Aging</i>; #4208, <i>Elders: Staying Involved</i>; and #4210, <i>Good Nutrition for Seniors</i>.</p>
You are caring for, or helping to care for, an older person.*	<p>Take care of yourself . . . so you can take care of the older person.</p> <p>A support network of family, friends, & service providers will help reduce your stress.</p>	<p>. . . UMCE. Request Caregiver fact sheet #4203, <i>Caregiving: What is it? Who does it?</i>; #4204, <i>Balancing Work, Family and Caregiving</i>; and #4206, <i>Support for Caregivers</i>.</p> <p>. . . your AAA. Ask about the availability of <i>Connections—A Guide For Family Caregivers in Maine</i>.</p> <p>. . . your AAA and ask to speak to a Family Caregiver Program Specialist.</p>
*someone 60 years of age or older		

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Managing Your Caregiving Needs: Avoiding a Caregiving Crisis

(continued)

Scenario	General Information	Contact . . .
<p>You are caring for, or helping to care for, a person with memory loss or dementia . . . OR are concerned about your own memory.</p>	<p>Learn the warning signs for memory problems that are more serious than everyday “forgetting.”</p> <p>Become familiar with Alzheimer’s disease: how it is diagnosed and how it progresses.</p> <p>Programs and services may be available in your area to help a person with dementia—and to help their caregiver as well.</p>	<p>. . . UMCE. Request Caregiver fact sheet #4201, <i>Caring for a Loved One with Dementia</i>.</p> <p>. . . the Maine Alzheimer’s Association’s 24/7 Helpline (1-800-660-2871) at any time to receive an information packet and talk to a representative. All calls are confidential. Information is also available online at www.mainealz.org.</p> <p>. . . BEAS for information about Maine’s Alzheimer’s Project and adult day care or other related services that may be available in Maine.</p> <p>. . . your AAA for information about in-home respite services that may be available in your area.</p>
<p>You want to learn how to make end-of-life decisions easier for your loved ones.</p>	<p>Knowing your options and planning ahead will help you make better decisions.</p>	<p>. . . UMCE. Request Caregiver fact sheet #4207, <i>Planning Ahead</i>; and #4212, <i>Coping with the Death of a Loved One</i>.</p>
<p>You want to help your loved ones make decisions on your behalf, if there comes a time when you are unable to make those decisions for yourself.</p>	<p>Who will make medical decisions for you if you are sick or have been injured?</p> <p>Who will pay your bills or handle your finances if you are not able to?</p>	<p>. . . UMCE. Request Caregiver Fact Sheet #4207, <i>Planning Ahead</i>; and #4211, <i>Putting Legal and Financial Affairs in Order</i>.</p> <p>. . . BEAS for information about the availability of <i>Aging: Taking Care of Business and Adult Guardianship Conservatorship—Questions & Answers</i>.</p>
<p>You want to know who you can call to get legal advice or a referral to legal services.</p>	<p>Sound legal advice and assistance complement good planning.</p> <p>Legal requirements vary from state to state. Consult a legal professional.</p>	<p>. . . Maine State Bar Association, Lawyer Referral and Information Service at (207) 622-1460</p> <p>For low-cost legal assistance (eligibility guidelines may be used):</p> <ul style="list-style-type: none"> • Pine Tree Legal Assistance at (207) 942-8241 • Volunteer Lawyers Project at 1-800-442-4293 • Legal Services for the Elderly at 1-800-750-5353

General Contact Information:

<i>University of Maine Cooperative Extension:</i>	1-800-287-0274 or www.umext.maine.edu
<i>Maine Bureau of Elder and Adult Services:</i>	1-800-262-2232 or www.maine.gov/dhhs/beas
<i>Your local Area Agency on Aging:</i>	1-877-353-3771 or find the one nearest you through www.maine.gov/dhhs/beas/resource/aaa.htm
<i>Maine Alzheimer’s Association:</i>	1-800-660-2871 or www.mainealz.org
<i>Your local Community Action Program:</i>	See your local telephone directory

For more information on caregiving, contact your county Extension office.

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