

## Support Groups and Classes

- Connect with other caregivers
- Strengthen coping skills
- Get specific tips and Information
- Stay motivated and find support
- Take time for yourself

### Virtual Caregiver Support Groups

Our support groups meet monthly. Please contact our office for meeting times.

## Classes for Caregivers

*Classes rotate each quarter*

Powerful Tools  
FOR Caregivers

Powerful Tools for Caregiver provides caregivers with tools and strategies to better handle the unique caregiver challenges you face.



In the Stress-Busting Program for Family Caregivers, caregivers will learn about stress and its effects, practice stress management techniques and develop problem solving skills.

 Family Caregivers Connections

## Grandparents Raising Grandchildren



The Grandparents Caring for Grandchildren Program is intended to assist grandparents or relatives who are 55 years or older and are caring for grandchildren 18 years or younger. The program also provides information to grandparents about available services and assists them in gaining access to those services.

### Services may include:

- Support groups
- Assistance
  - Respite
  - Other services available

 Grandparents Raising Grandkids



**1-800-432-9209**

# Family Caregiver Program



**Contact us:**

**1-800-432-9209**

**[www.connectionsaaa.org](http://www.connectionsaaa.org)**

## Purpose of the Program

To provide guidance and support for family caregivers of older individuals and for grandparents or persons who are relative caregivers of children to assist them in making decisions and solving problems related to their caregiving roles.

- Person Centered
- Active listening to assist in problem solving related to caregiving issues and concerns.
- Provide current information on opportunities and services available in the community.

## Who We Serve

- A person requesting information or assistance on behalf of someone else who is 60+ or diagnosed with Dementia in Iowa
- Not a paid professional
- Can be 18 or older



## Information and Assistance

A family caregiver specialist will talk with you about your unique situation in caregiving. The specialist will complete a short needs assessment of you as the caregiver. The specialist can help with resources.



## Options Counseling

Our Options Counselors are able to help you as a caregiver navigate your service options like respite, homemaker, emergency response systems, home delivered nutrition and understanding Medicaid and other assistance programs.

## Case Management

Case Managers provide on-going support coordinating services to meet your needs.

### Requirements:

- In order for us to use our limited funding through the Older American's Act there is a financial component to see if you are eligible for assistance.
- Your case manager will help the person you are caring for explore funding options for needed services.
- Your Case Manager will complete an initial home visit. After you are admitted into the program your Case Manager will call you monthly and complete a home visit each quarter.
- You and the person you are caring for will have an assessment and person-centered care plan tailored to you.



## Services

- Respite Care
- Emergency Response Systems
- Home Delivered Nutrition
- Homemaker
- Other services available