

"Kindness can transform someone's dark moment with a blaze of light. You'll never know how much your caring matters"
-Amy Leigh Mercree





#### Let us help!

Call: (716)858-8526 E-mail: caregiver@erie.gov Website: www3.erie.gov/

seniorservices

95 Franklin Street 13th Floor

Buffalo, NY 14202





Mark C. Poloncarz County Executive

Randy Hoak Commissioner

The Administration on Aging, New York State Office for the Aging, The Alzheimer's Association, and The New York State Department of Health help bring these key programs to our community

# Helping an aging family member or friend?



# We're here to help!

Erie County Department of Senior Services 95 Franklin Street 13th Floor Buffalo, NY 14202 (716)858-8526

#### **Caregivers: Who are they?**

A caregiver is a person that assists another individual with tasks and functions that are necessary for daily life. The person helping may be a family member, a friend, or a neighbor. The assistance provided may be housekeeping, shopping, personal care, preparing a meal, or even a ride.

#### **Respite: What is it?**

Respite is a short period of rest or relief from your caregiving responsibilities.

## Not sure where to start? Try Options Counseling.

Need information on what services are available for a family member or friend you are caring for? Need information on how to obtain those services? Contact a Certified Case Manager in our NY Connects team for a Options Counseling. Options Counseling is a non-biased process where you are provided all options for care so you can make an informed decision that aligns with you and your loved ones preferences, strengths, values, and needs

### Caring for someone with memory loss?

Alzheimer's Disease Caregiver Support Initiative (ADCSI)

Erie County Senior Services has a grant partnership with the Alzheimer's Association where we can provide supportive services to caregivers who are caring for someone with Alzheimer's Disease or a memory loss diagnosis.

Supportive Services Include:

#### **Care Consultations**

A Caregiver Support Case Manager will provide a caregiver assessment that is tailored to each caregiver's situation and develop a care plan to address concerns.

#### **Short term respite\***

Including non-medical home care, Social Adult Day, and overnight respite

Safety Services\*

Door alarms, night lights, ID bracelets **Legal Services\*** 

Power of Attorney and Will preparation services.

ALZHEIMER'S ( ASSOCIATION

\*Services limited to grant funds available

Services available if you are caring for an older adult with physical and/or cognitive limitations.

#### ●Non-Medical Home Care\*

Funding to provide an aide that can assist your loved one while you take a break.

#### Social Adult Day Services\*

Social Adult Day Services provide care in a supervised group setting, within the community, to older adults who are frail or have disabilities. Social Adult Day Services provide a break to caregivers as well as enriching activities for their loved one

#### Overnight Respite\*

Overnight care for your loved one, in a skilled nursing facility, so you can take a vacation.

#### Caregiver Counseling\*

Meet with a professional support counselor, at a convenient time and location, to help resolve troublesome caregiver issues

#### •Information and Referral

Let our knowledgeable staff link you with additional information, supports, and programs throughout Erie County.

\*Services limited to grant funds available.

\*Services may be subject to a cost share