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Are you a caregiver infographic

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Do you help someone with any of these tasks?

Transportation

- Rides to medical appointments, errands, and social activities



Medication

- Setting up weekly pill organizer, filling and picking up prescriptions, administering oral, intramuscular, and intravenous medications

Personal Care, Hygiene, and Dressing

- Bathing, nail care, skin care, oral care, hair care, wound care



Using the Bathroom and Incontinence Care



Nutrition

- Grocery shopping, preparing meals and snacks, meal planning, assistance with feeding, encouraging fluid intake



Care Coordination

- Scheduling medical appointments, providing transportation to appointments, coordinating in home services; including physical therapy and occupational therapy

Indoor and Outdoor Home Maintenance

- Maintaining clutter free and safe environment, mowing lawn, shoveling snow, raking leaves

Housekeeping

- Cleaning, laundry, washing dishes, gathering and removing trash, picking up mail



Mobility



Finances

- Financial and legal planning, paying bills, banking, etc.



Emotional Support, Companionship, and Socialization



Monitoring for Wellbeing



If you help another person with any of these tasks, YOU are a caregiver and may be eligible for services and resources in your community.

(Resources on back side)

Resources and Services for Caregivers in the Central Massachusetts Community

MassOptions

www.massoptions.org, (844)-422-6277

A Service of the Massachusetts Executive Office of Health and Human Services that connects people with services that support independent living in the community.

Community Help Database

www.communityhelp.net

User-friendly database containing a wide variety of community resources and wellness programs in Massachusetts.

Elder Services of Worcester Area, Inc.

ESWA.org, (508)-756-1545

Services that may be available: Family caregiver support program, options counseling, adult day health, adaptive equipment, behavioral health services, companions, dementia day care, home health services, home delivered meals, home delivered pre-packaged medications, homemaking, laundry, meal preparation, medication dispensing systems, personal care, transportation to medical appointments, wanderer locator service, nutritional services

MCPHS Pharmacy Outreach

www.mcphs.edu/patient-centers/pharmacy-outreach-program, (866)-633-1617

Comprehensive review of medications and insurance coverage for prescriptions. May be able help to reduce costs of medications through state and federal assistance programs.

Alzheimer's Association 24/7 Helpline

(800)-272-3900

Program of All-Inclusive Care for the Elderly (PACE)

www.summiteldercare.org (877)-837-9009

Offers social, medical, recreational, and wellness services.

AARP Resources for Caregivers and their Families

<https://www.aarp.org/caregiving/>

