

YOU DON'T HAVE TO DO
THIS ALONE
LET US HELP

WHAT SHOULD YOU
DO?

CALL US!

1(800)633-5621 OR
1(785)242-7200

VISIT OUR WEBSITE

WWW.ECKAAA.ORG

FIND US ON FACEBOOK!

ECKAreaAgencyOnAging



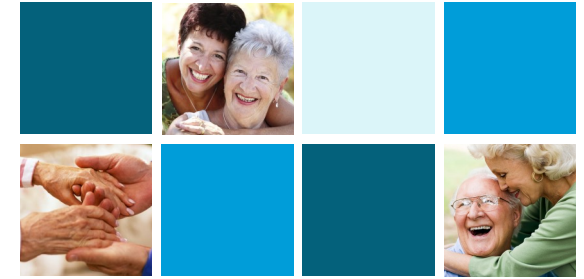
**"You have two hands. One
to help yourself, and one to
help others."**

~Audrey Hepburn



COUNTIES SERVED:

ANDERSON
COFFEY
FRANKLIN
LINN
MIAMI
OSAGE



ARE YOU A
CAREGIVER?



LET US
HELP YOU



East Central Kansas
Area Agency On Aging

Serving - Anderson - Coffey - Franklin - Linn - Miami - Osage

117 South Main — Ottawa, KS 66067
(785) 242-7200 or (800) 633-5621
www.eckaaa.org

How do you know if you are a caregiver?

Is there a loved one, neighbor, or a friend who you are helping with everyday activities?

Is there someone who could not remain at home without your assistance?

Are you sometimes overwhelmed trying to take care of yourself and your other responsibilities while caring for someone?

Are you taking care of your grandchild?

You are a Caregiver!

Congratulations, you make a difference in someone's life!

What can we do to help?

We are here to educate, counsel, and provide access to supportive services which can free you up to do other things as a caregiver. Some examples of these services include:

- Home delivered meals
- Homemaker services
- Attendant Care services
- Respite Care— to relieve the Caregiver
- Caregiver Support Group
- Access to Caregiver resources and information
- Access to adaptive equipment for the home
- Case management to coordinate activities and services
- Grandparent Resources

Many of the caregiver support services are provided free of charge.

Why do we care if you are a caregiver?

We know the invaluable service you provide to your loved one, friend, or neighbor.

We understand that sometimes it is a sacrifice and a lot of responsibility.

We know that the amount of care provided by caregivers is estimated by the federal government to be between \$54 and more than \$200 BILLION per year, and that agencies like ours could not afford to provide that level of care in the community.

We know people are happiest and most comfortable in their own homes.

