

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

COUNTIES SERVED:

**ANDERSON
COFFEY
FRANKLIN
LINN
MIAMI
OSAGE**

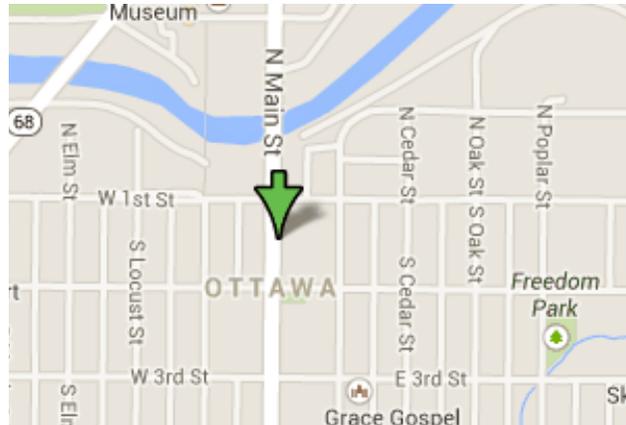
**WHAT SHOULD YOU DO
NOW? CALL US!**

**TOLL FREE
1 (800) 633-5621 OR
1 (785) 242-7200**

**VISIT OUR WEBSITE AT
WWW.ECKAAA.ORG**

**East Central Kansas
Area Agency on Aging**

117 South Main - Ottawa, Ks 66067
1 (800) 633-5621 - 1 (785) 242-7200
www.eckaaa.org



Visit our website

www.eckaaa.org



Find us on Facebook

facebook.com/ECKAreaAgencyOnAging

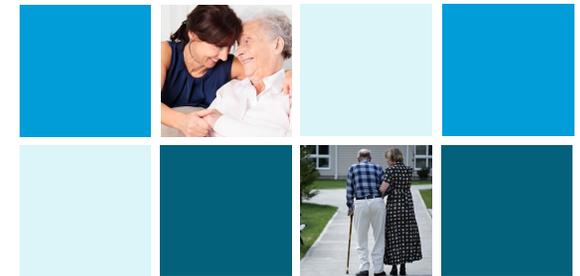


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**ARE YOU A
CAREGIVER?**



**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 you are helping with everyday activities?

Is there someone who could not remain in without your assistance?

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

Do you find yourself doing more and more for the person you are helping?

**Then you are a Caregiver!
Congratulations, you make a
difference in someone's life.**

Why do we care if you are a caregiver?

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

We understand that sometimes it is a sacrifice and frequently it is 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.

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What can we do to help you as a caregiver?

We can 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

