

# Caregiving

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*“There are four kinds of people in this world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers.”*

*Rosalynn Carter  
Former First Lady*



## AOWN

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1517 Broadway, Scottsbluff  
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## AOWN

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# Aging Office of Western Nebraska

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Serving Scottsbluff, Banner, Kimball,  
Dawes, Sioux, Box Butte, Morrill,  
Cheyenne, Sheridan, Garden and  
Deuel counties.

# Caregiver Support Program

Aging Office of Western Nebraska  
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Caregiving is not a perfect science. Caregivers do not get to go home at the end of the day and leave the care to someone else. Caregivers often feel guilt - guilt for taking time off, guilt at words misspoken, and guilt at not always providing care with a smile and a bright attitude.

The Aging Office of western Nebraska recognizes the challenges of being a caregiver and aids caregivers through the Caregiver Support Program. This program offers a wide range of services to support family caregivers such as:

- Information to caregivers about available services.
- Assistance to caregivers in gaining access to the services.
- Opportunities for counseling, support, and teaching.
- Respite care, which provides brief periods of relief or rest for the caregiver.
- Emergency Response Device Assistance with chores

## Eligibility

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A caregiver is age 55 or older who provides daily in-home care to a senior.

A caregiver agrees to participate in an assessment to determine eligibility, stress levels, and the need for respite.

A caregiver in the program agrees to have monthly contact with a Case Manager while in the program and assist in the development of a careplan.

A care receiver needs to be at least 60 years of age with help needed in at least 2 activities of daily living; and/or,

A care receiver may have a diagnosis of Alzheimer's disease or another dementia as a qualifying factor.

Neither the caregiver nor the care receiver is in Medicaid Waiver services or involved with other agencies that provide case management.

Eligibility for CSP will be finalized after the comprehensive assessment has been completed with the help of a CSP case manager provided by AOWN.

## Respite is our primary goal

The "client" in this program is the Caregiver. Caregivers are doing this work 24/7, 365 days a year as "unpaid volunteers" taking care of family members and other significant persons.

Unfortunately, caregiving can also take a toll on these loving givers of care. Some side effects include: lack of sleep, a decline in health, financial stresses, family conflicts, and feeling all alone.

The Caregiver Support program maybe able to help. Our primary goal is to provide RESPITE for the caregiver. And by respite we mean: "a rest, break, breathing space, or time out." Our purpose is to support the Caregiver in such a way as to keep them healthy, strong and encouraged in the important work they do.

### Supplemental Services:

In addition to the in-home respite, we may be able to help in these areas as well:

Personal Emergency Response System (to provide security while the Caregiver is away from home)  
Help with lawn mowing, snow removal and housekeeping  
Receiving Supplemental Services is dependent on qualifying for them. We can help you determine eligibility.