# DO YOU HELP SOMEONE WITH ANY OF THESE?



# 🍦 You Are a Caregiver 🗧





# TRANSPORTATION

Rides to medical appointments. errands and social activities

#### MEDICATION

Setting up weekly pill organizer, filling and picking up prescriptions, administering medications





#### PERSONAL CARE (HYGIENE, DRESSING, BATHROOM)

Bathing, nail care, skin care, oral care, wound care, using the bathroom, incontinence care

## NUTRITION

Grocery shopping, preparing meals and snack, feeding





## COMMUNICATION

Advocacy, navigating healthcare. communication tips for caregivers, family member care recipients to communication

#### CARE COORDINATION & MOBILITY

Medical appointments, in-home services, physical therapy, occupational therapy, mobility





#### HOME MAINTENANCE

Maintaining clutter free and safe environment. mowing lawn, shoveling snow, raking leaves, ouse cleaning, laundry, dishes, trash removal

#### FINANCIAL SUPPORT

Financial and legal planning, paying bills, banking, etc



### **EMOTIONAL SUPPORT**

Companionship, socialization, promotion of wellbeing

# Resources and Services for Caregivers in Central Massachusetts

AARP RESOURCES FOR CAREGIVERS AND THEIR FAMILIES HTTPS://WWW.AARP.ORG/CAREGIVING/

> ALZHEIMER'S ASSOCIATION 24/7 HELPLINE (800)-272-3900

> > 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 PREPACKAGED MEDICATIONS, HOMEMAKING, LAUNDRY, MEAL PREPARATION, MEDICATION DISPENSING SYSTEMS, PERSONAL CARE, TRANSPORTATION TO MEDICAL APPOINTMENTS, WANDERER LOCATOR SERVICE, NUTRITIONAL SERVICES

#### 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.

MASSMATCH: USING ASSISTIVE TECHNOLOGY FOR HELP WITH COMMUNICATION AND MOBILITY HTTPS://WWW.MASSMATCH.ORG/

#### 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

PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY (PACE) WWW.SUMMITELDERCARE.ORG (877)-837-9009

OFFERS SOCIAL, MEDICAL, RECREATIONAL, AND WELLNESSSERVICES.

RESPITE PROVIDES RELIEF TO CAREGIVERS WHO ARE ASSITING WITH DAILY NEEDS OF AN ELDER FAMILY MEMBER OR FRIEND. (508)-756-1545)

HTTPS://ESWA.ORG/SERVICES-WE-OFFER/CAREGIVER-SUPPORT/OUR-RESPITE-CARE-PROGRAM/

