



Massachusetts Family Caregiver Support Program

www.highlandvalley.org



Highland Valley
ELDER SERVICES

BEING A CAREGIVER

Being a caregiver to someone could include: providing transportation to medical appointments, grocery shopping, picking up prescriptions, setting up a weekly pill box, assisting with money management, housecleaning, meal preparation, assisting with bathing, dressing, ambulation and transfers, as well as arranging services and providing emotional support.



WE KNOW

Caregivers feel a sense of satisfaction from assisting the care recipient. Caregivers often have challenges in accessing services and supports that they need. Caregivers experience financial constraints due to their caregiving role. Caregivers experience stress that impacts their personal and work life.

“Caregiving will never be one-size-fits-all”

---Nancy L. Krisemen



WHAT WE OFFER

Free consultation visits or calls to discuss your current caregiving situation. Resources and service recommendations to assist you in your caregiving role. Opportunities to share your knowledge, skills and experiences. Information about local caregiver support groups. Information on financial resources.



WHO IS ELIGIBLE?

- Adult family member or other non-paid caregiver, age 18 or older, caring for an individual age 60 or older.
- Adult family member or other non-paid caregiver, age 18 or older, caring for an individual of any age who is living with Alzheimer's or a related dementia.
- Grandparent or other relative (not parents), age 55 or older, caring for a child under the age of 18.
- Grandparent or other relative (including parents), age 55 or older, caring for an adult with a disability who is 18-59 years old.

What Caregivers Say

"I had not felt so fully understood or appreciated in a long, long time."

"It was a relief to have someone to talk to who understands what a caregiver goes through"

"Because of your recommendation, I forced myself to take an overnight break. It was my very first break from caring for my husband for 9 years."

"...has been an excellent source of information and help in gaining resources to help."

"This is a great program."

"All of the programs, and especially the staff, have been truly remarkable: kind, knowledgeable, supportive, compassionate, and generous beyond words. I will be forever grateful and indebted to Highland Valley elder Services for the care and support my mother and I have received. "
"You have helped me a lot!"

Highland Valley Elder Services, Inc.

is a private tax-exempt organization that links people and communities to resources for dignity and choice.

We are a federally designated Area Agency on Aging (AAA) and a state designated

Aging Services Access Point (ASAP).

The Agency receives federal funds from the Administration on Aging and state funding from the Massachusetts Executive Office of Aging & Independence (AGE).

It's our purpose to assist these communities by offering home-based supportive services that increase older adults' independence and choice:

Amherst • Blandford • Chester
Chesterfield • Cummington
Easthampton • Goshen
Granville • Hadley • Hatfield • Huntington •
Middlefield • Montgomery • Northampton •
Pelham • Plainfield
Russell • Southampton • Southwick
Tolland • Westfield
Westhampton • Williamsburg Worthington

To Report Elder Abuse 24/7:

Contact 800-922-2275



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