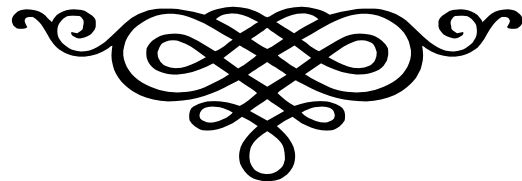


When caregivers take care of themselves, they do a better job of taking care of their loved ones.



NorthWest Senior & Disability Services

☎ Senior Services Information

Marion or Polk County:

Phone: 503-304-3420
or Phone: 1-866-206-4799

McMinnville Phone: 503-472-9441
Tillamook Phone: 503-842-2770
Warrenton Phone: 503-861-4200

☎ Disability Services Information

Marion or Polk County:

Phone: 503-304-3420
or Phone: 1-866-206-4799

McMinnville Phone: 503-472-9441
Tillamook Phone: 503-842-2770
Warrenton Phone: 503-861-4200

General Information

Toll Free: 1-800-469-8772
Adult Protective Services: 1-800-846-9165
TTY: 1-888-370-4307
Web Page: <http://www.nwsds.org>
E-Mail: webmaster@nwsds.org

Information is current as of publication date and subject to change without notice. For alternate formats, contact us at any number listed above. SSA#B07 (January 2010)



NorthWest Senior &
Disability Services

FAMILY CAREGIVER SUPPORT PROGRAM—

Taking Care of You
While You Care for Others



Advocacy. Action. Answers on Aging.

Serving Clatsop, Marion,
Polk, Tillamook and
Yamhill Counties

Family Caregiver Support Program (FCSP)

Being responsible for the care of a family member or friend is an important job. But it can also be a very stressful, full-time job. The NorthWest Senior & Disability Services' **Family Caregiver Support Program (FCSP)** may be able to help reduce your stress. The FCSP offers a number of services.

Who can receive these services?

Services are for **non-paid** caregivers who are either:

- caring for someone age 60 or older; or,
- caring for someone with Alzheimer's disease or a related disorder of any age; or
- age 55 or older and are primary caregiver for a child age 18 or younger, or an adult with disabilities, who is related to the care receiver by blood, marriage, or adoption, who live with the care receiver and who have a legal relationship. The care receiver's parents must be unable to, or choose not to be the primary caregivers.

You do not have to do it all yourself! By receiving help, you give a gift to others.

What services are available?

●**Caregiver Trainings:** Learn how to handle the stressors and day-to-day challenges of caregiving. Free respite care is available for caregivers while attending trainings if requested.

●**Support Groups and Individual Counseling:** You're not alone. Get support from others as you make decisions and solve problems related to your caregiver role.

●**Access to Respite Services:** Respite care provides you with a short-term break from caregiving, letting you rest and feel less stressed. We can help you locate respite care to be provided in your home or other location.

●**Assistance Finding Services:** Our FCSP consultant is here to work with you in finding the services your family needs.

●**Community Outreach/Information Services:** FCSP reaches out to individuals, local groups and businesses to educate and provide information on caregiver resources in our area.

●**Supplemental Services:** These services vary depending on what you may need. Examples include such things as minor home repair or modification, emergency response systems and home-delivered meals.

How much does it cost?

There is no cost to you for caregiver support services.

Donations to NorthWest Senior & Disability Services are always welcome.



Who do I contact about the Family Caregiver Support Program?

Contact one of our offices to find out more or to receive help through the Family Caregiver Support Program. All of our office locations are listed in this brochure.