



NEWS RELEASE – Area Agency on Aging District 7, Inc.

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Contact: Jenni Lewis, Community Outreach
F-32 URG PO Box 500
Rio Grande, OH 45674
Phone: 1.800.582.7277, ext. 22224
E-Mail: jlewis@aaa7.org

AAA7 Begins Telephone Support Group for Caregivers

During this time when families find themselves more isolated, it is important to reach out to others to find help and support. Through the Area Agency on Aging District 7 (AAA7), a Caregiver Telephone Support Group is being started for just this reason for the ten counties the Agency serves which includes Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton.

The group will offer caregivers support from the AAA7 Caregiver Program, education on various caregiving topics, and resources for caregivers during this time. The telephone option will provide caregivers with the opportunity to learn and gain support from each other without leaving their homes.

Caregiving is a loving and giving act, but can bring stress and questions for the one providing care, especially during this time. The Caregiver Telephone Support Group will be open for caregivers age 18 and older who are providing assistance for relatives, friends, neighbors, or others; but are unpaid for the services. This also includes grandparents or other relatives raising children.

Currently, the group support is planned for a monthly call and will have defined caregiving topics, discussion, time for sharing, and an opportunity for questions.

If you are interested in learning more about the Telephone Caregiver Support Group at the AAA7, please call Vicki Woyan at the AAA7 by May 15th. She can be reached by calling 1-800-582-7277, extension 215 or e-mail info@aaa7.org.

The Caregiver Support Program at the AAA7 has been in existence since 2000 and is funded by the federal Older Americans Act. It provides caregivers with services that can help reduce stress, in addition to resources that can aid with providing better care for not only the loved one, but the individual caregiver as well. Caregivers age 18 and over are eligible for the caregiver support program services in addition to grandparents raising grandchildren.

Services provided through the AAA7 Caregiver Support Program include assessments, training, information, assistance, counseling, and answers to everyday problems. Any caregiver in

AAA7's 10-county service area who wishes to receive these services is able to with no eligibility requirements. Additional services that require eligibility requirements include respite and supplemental services that could include a resource or product that is needed to complement the care provided, such as medical supplies, home safety equipment, legal services, and more.

Your local Area Agency on Aging District 7, Inc. provides services on a non-discriminatory basis in ten counties in Southern Ohio including Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. These services are available to help older adults and those with disabilities live safely and independently in their own homes through services paid for by Medicare, Medicaid, other federal and state resources, as well as private pay. The AAA7's Resource Center is also available to anyone in the community looking for information or assistance with long-term care options. Available Monday through Friday from 8:00 am until 4:30 pm, the Resource Center is a valuable contact for learning more about options and what programs and services are available for assistance.

Those interested in learning more can call toll-free at 1-800-582-7277 (TTY: 711). Here, individuals can speak directly with a specially-trained Agency staff member who will assist them with information surrounding the programs and services that are available to best serve their needs. The Agency also offers an in-home assessment at no cost for those who are interested in learning more. Information is also available on www.aaa7.org, or the Agency can be contacted through e-mail at info@aaa7.org. The Agency also has a Facebook page located at www.facebook.com/AreaAgencyOnAgingDistrict7.

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