



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

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## **AAA7 Offers Telephone Support Group for Caregivers**

During this time when families have found 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 available for the ten core counties the Agency serves which include Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto and Vinton. The next call will take place on Thursday, March 18<sup>th</sup> from 1:30 pm – 2:30 pm. All family caregivers are welcome and invited to participate.

Each month, the group offers caregivers time to gain and give support with other caregivers and resources, and educational topics related to caregiving. The monthly telephone support group is facilitated by staff with the Caregiver Support Program at the AAA7. The telephone option provides 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 is available 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.

The telephone support group is offered monthly on the third Thursday of each month.

If you are interested in learning more about the Telephone Caregiver Support Group at the AAA7 or to register for the next call, please call Vicki Woyan at the AAA7. She can be reached by calling 1-800-582-7277, extension 215, or you can also e-mail [info@aaa7.org](mailto:info@aaa7.org). In order to receive the conference call information for the call, you must pre-register prior to March 18<sup>th</sup>.

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 assessment at no cost for those who are interested in learning more. Information is also available on [www.aaa7.org](http://www.aaa7.org), or the Agency can be contacted through e-mail at [info@aaa7.org](mailto:info@aaa7.org). The Agency also has a Facebook page located at [www.facebook.com/AreaAgencyOnAgingDistrict7](https://www.facebook.com/AreaAgencyOnAgingDistrict7).

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