



*“There are four kinds of people in this world: those who have been caregivers, those who currently are caregivers, those who will be caregivers, and those who will need caregivers.”*

*-Rosalynn Carter  
Former First Lady*



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Serving Cass, Dodge,  
Douglas, Sarpy, &  
Washington counties



# Caregiver Support Program

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Omaha, Nebraska 68137

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Caregiving is not a perfect science. Caregivers do not get to go home at the end of the day and leave the care to someone else.

Caregivers often feel guilt - guilt for taking time off, guilt at words misspoken, and guilt at not always providing care with a smile and a bright attitude.

The Eastern Nebraska Office on Aging recognizes the challenges of being a caregiver and offers assistance to caregivers through the Caregiver Support Program. This program offers a wide range of services to support family caregivers such as:

- Information to caregivers about available services;
- Assistance to caregivers in gaining access to the services;
- Opportunities for counseling, support, and teaching;
- Respite care, which provides temporary substitute support or living arrangements for brief periods of relief or rest for the caregiver;
- Supplemental services which complement the care provided by caregivers such as emergency respite, nutritional counseling, or training materials.

## Eligibility

- A caregiver age 18 or older who provides in-home care to a person who is age 60 or older or a person with a diagnosis of Alzheimer's disease or related disorder verified by a physician's statement;
- The care receiver resides in ENOA's five county service area of Cass, Dodge, Douglas, Sarpy, and Washington counties;
- The care receiver meets the definition of frail, which is defined as the inability to perform two activities of daily living (bathing, dressing, eating, mobility, toileting, or transfers) without substantial assistance, cues, or supervision;
- The care receiver is in need of long-term care;
- The caregiver acknowledges increased stress related to caregiving, lacks needed support, or has personal health issues that may impact abilities to continue caregiving;
- The caregiver agrees to participate in the Caregiver Support Assessment and in the development of a service plan;
- Neither the caregiver nor the care receiver are receiving Medicaid Waiver or Service Coordination/Care Management from another agency.

## Respite is our primary goal

The "client" in this program is the Caregiver. Caregivers are doing this work 24/7, 365 days a year as "unpaid volunteers" taking care of family members and other significant persons.

Unfortunately, caregiving can also take a toll on these loving givers of care. Some side effects include: lack of sleep, a decline in health, financial stresses, family conflicts, and feeling all alone.

The Caregiver Support program may be able to help. Our primary goal is to provide RESPITE for the caregiver. And by respite we mean: "a rest, break, breathing space, or time out." Our purpose is to support the Caregiver in such a way as to keep them healthy, strong and encouraged in the important work they do.

## Supplemental Services:

In addition to the in-home respite or adult day program respite, we may be able to help in these areas as well:

- Durable Medical Equipment (such as safety grab bars, washable bed pads, and toilet risers)
- Personal Emergency Response System (to provide security while the Caregiver is away from home)
- Nutrition Consultation
- Home Delivered Meals (Meals on Wheels)

Receiving Supplemental Services is dependent on qualifying for them. We can help you determine eligibility.