



Northwest Missouri Area Agency on Aging serves older adults and their caregivers in the following counties of Northwest Missouri:

Andrew, Atchison,  
Buchanan, Caldwell,  
Clinton, Daviess,  
DeKalb, Gentry,  
Grundy, Harrison,  
Holt, Linn,  
Livingston, Mercer,  
Nodaway, Putnam,  
Sullivan and Worth



## Northwest Missouri Area Agency on Aging

888-844-5626

[www.nwmoaaa.org](http://www.nwmoaaa.org)

Email:

[nwmoaaa@nwmoaaa.org](mailto:nwmoaaa@nwmoaaa.org)

Offices in Albany and Cameron,  
and Saint Joseph by appointment



Your trusted source of unbiased  
information and services since 1973

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## Northwest Missouri Area Agency On Aging



*Helping People by Lighting the Way*



### CAREGIVER SUPPORT PROGRAM

- Resources
- Information and Assistance
- Education for Caregivers
- Support



## Basic Information for Caregivers

Taking Care of the Caregiver is an educational program designed to ease the stress and demands of caregiving. The program allows caregivers to share ways from their personal experiences of coping and taking time for themselves. The presenter will offer a variety of ideas for short rejuvenating activities to lessen the stress of caregiving. The presentation will provide information about what documents are needed to take care of business affairs and obtain healthcare for their loved one. Whether caring for aging parents, a spouse, or grandparents raising grandchildren, this program is beneficial to all caregivers.

The Northwest Missouri Area Agency On Aging Caregiver Support Program offers resources in a variety of formats, including books, DVDs, web-based resources and printed resource material.

These include topics such as caregiving with siblings, how to care for aging parents, taking care of yourself, and information about Alzheimer's and Parkinson's diseases.

We are available to assist caregivers in finding resources for services and support. Our services are offered at no charge to caregivers who are at least 60 years of age, or caregivers who are caring for persons who are at least 60 years of age; however, contributions are accepted.

Please contact Freda Miller for more information.

**660-822-6210**

or

**[fmiller@nwmoaaa.org](mailto:fmiller@nwmoaaa.org)**

Older adults might be eligible for a variety of services provided by Northwest Missouri Area Agency on Aging including

- \*Congregate and home delivered meals
  - \*Homemaker services
  - \*Transportation
  - \*Personal care
  - \*Respite care
- \*Personal emergency response systems
  - \*Information and Assistance
  - \*Benefits counseling
  - \*Options counseling
  - \*Legal assistance
  - \*Disaster Preparedness
- \*Evidence based health programs, including falls prevention
  - \*Advocacy
  - \*Support groups
  - \*and more!



Visit our website  
[www.nwmoaaa.org](http://www.nwmoaaa.org)