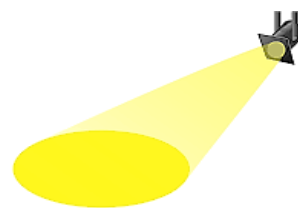


Northwest Missouri Area Agency on Aging Services Spotlight



FAMILY CAREGIVERS

Who is a Family Caregiver?

A "family caregiver" is anyone who provides any type of physical and/or emotional care for an ill or disabled loved one at home. Loved ones in need of care could be suffering from a physical or mental illness, disability, substance misuse, or other conditions.

There are different types of family caregivers:

- Parents
- Adult children
- Spouses
- Family members
- Neighbors
- Friends

Regardless of how you became a caregiver, you are about to take on a new role for which you may not feel prepared. It is normal for you to feel nervous or overwhelmed about what is expected of you. You may experience a number of mixed emotions including anxiety, anger and sadness. At the same time, you will probably feel the desire to care for your loved one the best way you possibly can.

For more information on the Caregiver Support Program, please contact the Northwest Missouri Area Agency on Aging at 888-844-5626.

Eligibility: A person at least 60 years of age who has been assessed and shows an appropriate need for the service. The caregiver does not need to be over 60 years of age.

Cost: None – voluntary contribution