

Sound Familiar?

“The person I care for is growing frail and needs assistance. Where should I start to learn about services for older people in the community?”

“The person I care for needs help putting financial affairs in order - making a will, creating a trust and writing an advance directive.”

“The person I care for lives too far away for me to stop by everyday and make sure everything is okay. Can anyone help?”

“The person I care for is alone most of the time. I worry that if there’s an accident, no one will even know about it.”

“The person I care for places so many demands on me. This makes me angry and then I feel guilty. What about me?”

“The person I care for and I are clashing over everything. I feel like my opinions don’t count, but they should. How do I communicate my needs?”

If you are a caregiver, you probably have many questions and concerns. Identifying, understanding and resolving problems related to your caregiver role can be emotionally exhausting.

Contact Us

EICAP helps the people of our nine county service area.



Bonneville	Jefferson
Butte	Lemhi
Clark	Madison
Custer	Teton
Fremont	

For more information about any of our services, please call/walk in to one of the following offices or visit eastidahoaging.com on the internet.

EICAP MAIN OFFICE

935 E Lincoln Road
Idaho Falls, ID 83401
Phone: (208) 522-5391
Toll Free: (800) 632-4813

OUTREACH OFFICES

SALMON

955 Riverfront Drive, Suite A
Salmon, ID 83467
Phone: (208) 756-3999
Toll Free: (800) 359-9163

REXBURG

275 Stationery Place
Rexburg, ID 83440
Phone: (208) 356-8849

Email us at seniors@eicap.org



Caregiver Services



(208) 522-5391

www.eastidahoaging.com

www.eicap.org

Eastern Idaho Community Action Partnership helps at-risk individuals and families meet their basic needs and increase independence through support and education.



Caregiver Services

Helping those who dedicate their lives to care for loved ones.

SHARE THE CARING

- Are you a primary caregiver to a loved one?
- Are you experiencing stress and frustration?
- Do you have questions on health care needs for your loved one?
- Do you know where to go to find help?
- Do you have a chance to vent?
- Do you need a friend to talk to, that is experiencing the same thing you are going through?

The Area Agency on Aging has a **Caregiver Support Group** that meets the 1st and 3rd Tuesdays of each month at:

EICAP Conference Room
1:00 pm - 3:00 pm
935 E Lincoln Road
Idaho Falls

THE GIFT OF TIME

The Area Agency on Aging contracts with providers to offer Respite to caregivers providing 24 hour care. This service gives the caregiver some valuable personal time while ensuring that their loved ones are still being cared for.

Please contact us at (208) 522-5391 to determine eligibility and availability.

WHEN ONE IS SICK, TWO NEED HELP

Today, 59 percent of American adults report they either are or expect to be the primary caregiver for a loved one. Almost everybody knows somebody who is a caregiver, but they don't know what it's really like for a caregiver behind closed doors where much of the caregiving takes place. Right now there are more than 25 million family caregivers whose hard work, labor, time and care often go unnoticed.

ONLINE RESOURCES

- **Building Better Caregivers™**
An online workshop developed by Stanford University. Designed for caregivers of people with dementia. www.caregivers.selfmanage.org
- **Steps & Stages™**
Providing family caregivers with expert guidance and community support specific to their loved one's stage of Alzheimer's. www.caring.com/steps-stages/alzheimers
- **Video Caregiving**
A visual education center for family caregivers. www.videocaregiving.org

CAREGIVER MESSAGES TO LIVE BY

1. **Choose to take charge of your life.** We fall into caregiving often because of an unexpected event, but somewhere along the line you need to step back and consciously say, "I choose to take on this caregiving role."
2. **Love, honor and value yourself.** Self care isn't a luxury, it is your right as a human being. Step back and recognize just how extraordinary you are, and remember your own good health is the very best present you can give your loved one.
3. **Seek, accept and at times demand help.** Caregiving is definitely more than a one person job. Asking for help is a sign of your strength and an acknowledgement of your abilities and your limitations.
4. **Stand up and be counted.** Recognize that caregiving comes on top of being a parent, a child, a spouse. Honor your caregiving role and speak up for your well deserved recognition and rights. Become your own advocate, both within your own immediate caregiving sphere and beyond.

