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# Caregiver Resources in Arizona

## WHAT IS A CAREGIVER?

A caregiver is someone who provides care for another person. This includes doing tasks such as driving someone to a doctor's appointment, preparing meals, and reminding them to take their medication. It also includes hands-on tasks like getting someone out of bed, bathing them, and helping them get dressed.

The AARP has estimated that there are 53 million adult caregivers in the US. This means informal, unpaid caregivers, such as family members and friends. It also includes paid professionals.

## WHO NEEDS CARE?

People who aren't able to do activities of daily living (ADLs) need someone to help them. There are two kinds of ADLs. Basic ADLs focus on taking care of yourself. Instrumental ADLs are about managing life. The fewer tasks a person can do on their own, the more help they need.

- **Basic ADLs:**
  - Walking or transferring to a wheelchair
  - Feeding yourself
  - Dressing yourself
  - Personal hygiene, such as bathing, and caring for teeth and hair
  - Getting to the toilet, using it appropriately, and cleaning yourself
  
- **Instrumental ADLs:**
  - Transportation, either driving or organizing other ways of getting places
  - Paying bills and managing finances
  - Shopping for groceries and other items, and preparing meals
  - Housework to keep areas clean and tidy
  - Communication with others, including using the telephone and mail
  - Medications, taking over-the-counter and prescription drugs as the doctor instructs

## RESOURCES

Caregiving can be a big job, but there are community resources to support caregivers and make things a little easier.

The links below are to services found in the 2-1-1 Arizona database. Select a link and add a location under Custom Search at the top.

If you are taking care of someone on a 24-hour basis, it's important to take a break. Respite is a short break and allows the caregiver to run errands or just have some down time. It can last from a couple of hours to a couple of days.

- [In-Home Respite for Adults](#)
- [Out of Home Respite for Adults](#)
- [In-Home Respite for Children](#)
- [Out of Home Respite for Children](#)

Adult day care facilities are a longer-term option. They offer supervision and structure, exercise programs, social activities, and meals. Some include transportation to and from the center, and other services. They are usually available for full and half days.

- [Adult Day Care](#)

Find day care for children with disabilities or other special needs:

- [Child Care Referrals](#)

Another possibility is hiring someone to help. This can be mean finding a private caregiver or finding someone through a home health agency.

If you are helping someone who is more independent, there are programs for social interaction:

- [Senior Centers](#)
- [Senior Meals](#)
- [Friendly Visiting & Phone Calls](#)
- [Supported Employment for Adults with Disabilities](#)
- [Center Based Employment for Adults with Disabilities](#)

**PAYING FOR ASSISTANCE:**

The options for paying for out of home care, in home services, and assistive devices depend on income requirements, and how much help is needed.

- [Medicare](#)
- [AHCCCS Arizona Long Term Care System \(ALTCS\)/Medicaid](#)
- [Family Caregiver Subsidies](#)
- [Finding & Applying for Additional Benefits](#)

**ADDITIONAL SUPPORT:**

Caregiving can be very fulfilling. It can also be very difficult if the person has dementia or other mental health issues, if they have physical limitations, or if they cannot be safely left alone.

It's natural to feel overwhelmed sometimes. According to the CDC, informal caregivers are at risk for depression, anxiety, substance abuse, and physical health problems.

Get the training you need to feel confident about being a good caregiver:

- [Caregiver Training](#)

Get support from others in your situation:

- [Caregiver Support Groups](#)

Get more information about agencies that provide services to help older adults remain in their home:

- [Area Agencies on Aging](#)

Make your home more accessible, such as having a wheelchair ramp built to the front door.

- [Home Barrier Removal Services](#)

An alert device is a bracelet or necklace that can be pressed in an emergency. The device will call a friend or family member to check on that person:

- [Personal Emergency Alert Devices](#)

There are also programs that call people on a daily basis to check that they are okay.

- [Telephone Reassurance Programs](#)

**CRISIS RESOURCES:**

- [Elder Abuse Reporting](#)
  - [Suicide Prevention Hotlines](#)
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SOURCES: AARP (formerly the American Association of Retired Persons); Family Caregiver Alliance; United States Census Bureau; United States Centers for Disease Control and Prevention (CDC); United States Department of Health and Human Services, National Institutes of Health, National Library of Medicine

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