

ADDITIONAL SERVICES FOR FAMILY CAREGIVERS

EMPLOYER SERVICES

On average, two out of three caregivers are employed outside the home. National studies have shown that caregiving has a significant impact on the employer as well as the employee.

The Caregiver Assistance Network works with area employers to provide educational programs in the workplace on caregiving concerns, such as dealing with stress and balancing work and caregiving.

Also, the Caregiver Assistance Network collaborates with employers to set up at the workplace support groups for employed caregivers.

BALANCE

The Caregiver Assistance Network publishes a free newsletter, Balance, on family caregiver issues.

COMMUNITY PROGRAMS

A variety of programs and workshops for caregivers, healthcare professionals, and seniors are offered throughout the year.

WEBSITE

www.catholiccharitiesswo.org

Click on "Programs and Services", and then on "Caregiver Assistance Network".

VOLUNTEERS

Volunteers are vital to many of our programs and services. Your talents, skills, and expertise can provide the strength and support needed to bring our programs to caregivers. Call (513) 929-4483 for volunteer opportunities.

Mission

Catholic Charities SouthWestern Ohio, an agency of the Archdiocese of Cincinnati, exists to advance the human dignity and well-being of people in need by providing comprehensive social services in response to the teachings of Christ and the Catholic Church. The agency is committed to extending God's love for the human family by assisting people to live more fully and freely, to accept that love for themselves and to share it with others.



Caregiver CAREline
(513) 929-4483 or
(800) 606-2560

The Caregiver Assistance Network is sponsored by Catholic Charities Southwestern Ohio, and funded in part by the Ohio Department of Aging through the Council on Aging of Southwestern Ohio.

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www.catholiccharitiesswo.org



Catholic Charities
SouthWestern Ohio®

Providing Help. Creating Hope.



A Helping Hand
for you,
the Family
Caregiver

Cincinnati Service Center

Serving Family Caregivers of All Faiths

Are you caring for an elderly or disabled loved one?

Whether you devote as much as 24 hours a day or as little as five minutes a week to someone you care for, YOU ARE A CAREGIVER.

The Caregiver Assistance Network, a program of Catholic Social Services of Southwestern Ohio for people of all faiths, offers a variety of free services to assist you, the Caregiver, TO TAKE CARE OF YOURSELF AS YOU CARE FOR THOSE YOU LOVE.

The Caregiver Assistance Network links volunteers and professionals with local agencies, faith communities and other caring institutions, all sharing a commitment to providing and expanding resources and services for caregivers.

Caregiver CAREline

SUPPORT, RELIEF, RESOURCES for family and volunteer caregivers and care receivers are just a phone call away!

Hamilton & Clermont Counties
(513) 929-4483

Butler, Clinton & Warren Counties
(800) 606-2560

Weekdays: 9 a.m. – 4 p.m.

“Besides giving me a chance to talk with a person who really understood caregiving, you directed me to resources I had not known, and sent me several articles that helped immensely. Thank you!”
A CAREline caller.

Educational Programs for Caregivers and Seniors

Through the Caregiver Assistance Network knowledgeable and skilled professionals with backgrounds in social work, psychology, healthcare, and elder law are available to provide AFTERNOON AND EVENING TALKS ON CAREGIVER AND SENIOR-RELATED CONCERNS. The presentations are tailored to meet the needs of the audience and are offered throughout the Tri-State area at no charge.

These presentations can be set up, singly or as a series, for community and church groups, senior facilities, professional organizations, and employers.

Topics include, but are not limited to:

- “The Caregiver’s Challenge: Taking Care When Giving Care”
- “Where to Turn for Help”
- “Legal and Financial Issues for Seniors and Caregivers”
- “Communicating Effectively with Healthcare Professionals”
- “Caring for Aging Parents: Looking Ahead”
- “Tools for Caregivers”
- “Dealing with Age-related Changes”
- “The Long-term Care Decision”

Note: Many of our programs offer professional continuing education units.

Family Caregiver Support Groups Throughout the Tristate Area

Join us as we explore caregiving together and share our insights and concerns:

- How to maintain balance as a caregiver
- Ways to cope with feelings of guilt and stress
- Finding helpful resources to support the caregiver as well as a loved one
- Balancing responsibilities as an employee and a caregiver

Who should come?

- A spouse feeling overwhelmed with the responsibilities of caring for a mate
- An adult child who is concerned about an aging parent
- A person who feels responsible for checking on an ailing friend or neighbor who has no family
- A sibling who visits a brother or sister on a regular basis

Where?

- Support groups, led by trained facilitators, meet monthly at no charge throughout Butler, Clermont, Clinton, Hamilton, and Warren counties and in Northern Kentucky.

Registration:

- Advance registration required for your first support group meeting. Call (513) 929-4483.

Questions:

- Call the CAREline (513) 929-4483.

“The group lets me know I am not going through this alone.”

“The facilitators and group have helped me through a hard time.”