

Dear Caregiver,

The CAPES team is pleased to offer you the Caregiver Wellness and Resource Guide. We hope this guide will provide you with information and inspiration as you walk through your caregiving journey.

In addition to this guide, the CAPES program offers monthly support group meetings for anyone caring for, or concerned about, older adults. These meetings are open to the public and free of charge. We encourage you to join us whenever you can.

This guide, and the CAPES support groups, are made possible by the generous contributions of individuals and organizations within the greater Asheville area. If you would like to contribute to the work of CAPES, please contact the Council on Aging of Buncombe County, Inc., at (828) 277-8288 or at info@coabc.org

With warm regards,
The CAPES Team



Thank you to our sponsors at Whitley Home Medical Equipment! Flip to the back of this booklet for a 15% discount coupon for your next purchase at Whitley!



CAPES SUPPORT GROUP

Every third Monday of each month

5:00 to 6:30 PM

For more information, call (828) 277-8288



CAPES VISION

"Caregivers in our region will find answers to their questions, access to resources, and a warm community of peers and professionals who support and understand what it means to be a caregiver."

CAPES MISSION

"Support caregiver wellness for anyone caring for, or concerned about, an aging loved one."



ABOUT THE COUNCIL ON AGING

The Council on Aging of Buncombe County is a nonprofit organization whose goal is to provide services for individuals 60-years-old and over.

Trust the Council on Aging of Buncombe County to provide personal, caring support to manage the challenges of growing older. At the Council on Aging of Buncombe County, you will find referrals and help.

We will **LISTEN** to your needs, **EDUCATE** you about your options, **ADVOCATE** with you and on your behalf, and **DEMONSTRATE** how to navigate the services system, making it work for your needs.

Learn more about the Council on Aging of Buncombe County at www.coabc.org or by calling (828) 277-8288.

CAREGIVER RESOURCES

Finding the help you need may be challenging at first. On the next page is a list of resources for initial help and where to be directed for further assistance.

Types of Resources

- **Respite** is time for you away from your loved one. Respite services can provide someone who stays with your loved one in your stead (in-home help) or a place for your loved one to stay for short periods of time (adult day services).
- **In-home help** can include:
 - **Personal care** — bathing, dressing, and monitoring vital signs
 - **Home health** — services such as skilled nursing, physical therapy, occupational therapy, speech therapy, and medical social work
 - **Companion and/or chore help** — meal preparation, errands, socialization, organizational tasks, etc.
 - **Minor Home repair** — assistance with minor home repairs including small ramps, grab bars and other general maintenance.
- **Adult day services** can provide a place for loved ones to spend a few hours or a few days so you can have some free time. Your care recipient can also benefit from the social interaction, stimulating activities, and visiting a different environment. These services are available for a private fee, or, if you are eligible, by subsidy.
- **Long-term-care ombudsman program** provides information, directories, education, and advocacy services regarding nursing homes and assisted-living residencies.
- **County Department of Social Services** provides low-income assistance, applications for Medicaid, and adult protective services.

BUNCOMBE COUNTY RESOURCES

General Information

*Council on Aging of Buncombe
County, Inc*
(828) 277-8288
<http://coabc.org>

Department of Social Services
(828) 250-5500
[http://buncombecounty.org/
governing/depts/dss/](http://buncombecounty.org/governing/depts/dss/)

Adult Day Services

CarePartners Adult Day Services
(828) 277-3399
[http://www.carepartners.org/
services_adult_adu.html](http://www.carepartners.org/services_adult_adu.html)

Day Stay Adult Day Service
(828) 665-1575
<http://daystayasheville.com/>

Marci's Adult Day Health Services
(828) 213-8442

Hospice

*CarePartners Hospice,
Palliative Care*
(828) 255-0231
[http://www.carepartners.org/
services_hospice.html](http://www.carepartners.org/services_hospice.html)

Four Seasons
(828) 692-6178
<http://www.fourseasonsfcfl.org>

In-Home Help

*Council on Aging of Buncombe
County, Inc*
(828) 277-8288
<http://coabc.org>

Legal Support

*Pisgah Legal Services
(income-based)*
(828) 253-0406
<http://www.pisgahlegal.org/>

Meals

Council on Aging Senior Dining
(828) 277-8288
<http://coabc.org>

Meals on Wheels
(828) 253-5286
<http://www.mowabc.org/>

BUNCOMBE COUNTY RESOURCES

Respite Support, Groups or Services

Alzheimer's Association of WNC
(828) 254-7363
(800) 272-3900 (24 hr.)
<http://www.alz.org/northcarolina/>

*Council on Aging Family
Caregiver Support*
(828) 277-8288
<http://coabc.org>

Family Caregiver Support
(828) 251-6622
<http://www.landofsky.org/fcsp.html>

*Project C.A.R.E.
(caregiver education)*
(828) 251-6622
<http://www.landofsky.org/projectcare>

Transportation
Mountain Mobility
(828) 250-6750
<http://www.buncombecounty.org/governing/depts/Transportation/>

Round-A-Bout Transportation
(828) 253-0057
<http://www.roundaboutwnc.com/>

Other

CarePartners PACE
(828) 213-8442
http://www.carepartners.org/services_adult_pac.html

*County Veterans
Service Officers*
(828) 250-5726

*Department of
Veterans' Affairs
(veterans and spouses)*
(828) 298-7911

ElderCare Locator
<http://eldercare.gov>

Long-Term-Care Ombudsman
(828) 251-6622
<http://www.landofsky.org/ombudsman.html>

Mission Hospital
(828) 213-4542
<http://www.mission-health.org/>

OTHER RESOURCES

Henderson County

General Information

*Council on Aging of
Henderson County*
(828) 692-4203
<http://coahc.org/>

Department of Public Health
(828) 692-4223
[http://hendersoncountync.org/
health/](http://hendersoncountync.org/health/)

Department of Social Services
(828) 697-5500
<http://hendersoncountync.org/dss/>

Meals

Meals on Wheels
<http://coahc.org/meals-on-wheels/>

Transportation

Apple Country Transportation
828 698-8571
[http://www.wcca.net/
transport.html](http://www.wcca.net/transport.html)

Madison County

General Information

*Department of
Community Services*
(828) 649-2722
[http://www.madisoncountync.org/
communityservices.php](http://www.madisoncountync.org/communityservices.php)

Health Department
(828) 649-3531
[http://
madisoncountypublichealth-
now.com/](http://madisoncountypublichealth-now.com/)

In-Home Help

Madison Home Care & Hospice
(828) 649-2705
[http://hotspringshealth-nc.org/our-
services/home-care-and-hospice](http://hotspringshealth-nc.org/our-services/home-care-and-hospice)

Meals

Madison Nutrition Sites
(828) 649-3587
[http://www.madisoncountync.org/
ComServsites.php](http://www.madisoncountync.org/ComServsites.php)

CAREGIVER WELLNESS

SELF-CARE

Self-care means tending to your own needs for physical, emotional, and day-to-day well being. Over 50% of caregivers said their health worsened after becoming a caregiver. It takes practice, perseverance, and patience to make yourself a priority. Take some time today to do something just for yourself.

Wellness Tips:

- Relax/take time each day for yourself
- Focus on what you are able to provide
 - Join a support group
 - Seek social support
 - Set realistic goals
- Set personal health goals
 - See your doctor



COPING WITH EMOTIONS

IF YOU FEEL...

Sad: Include pleasant activities in your daily schedule.

Discouraged: Take one day at a time.

Afraid: Talk to someone about the worst thing that could happen and what you would do. There's no harm in preparation.

Angry: Take a breath and leave the situation if possible, or take a few deep, deliberate breaths.

Guilty: Give yourself credit for what you do well. Be realistic about what is possible and what is not.

Lonely: Reach out to someone who understands or someone to whom you feel close.

CAREGIVER WELLNESS

SETTING LIMITS

Do you push yourself beyond the limits of your time, energy, and capabilities? Learning to say “no” will help you manage your caregiving more effectively. You may even discover your friends and relatives are pleased and relieved when you set limits for yourself; they will worry less about you, knowing you are taking care of yourself.

- Prioritize your responsibilities. What’s most important today?
- Learn to let go of some things. What can wait until tomorrow?
- Assess your expectations of yourself and others. Are they realistic?
- Get comfortable with letting others help you.
- Practice saying “no.” Begin with the “easy” situations. Does guilt keep you from saying “no?” What’s the worst that can happen?



ASKING FOR HELP

Don’t wait until you are burned out to ask for help. Utilize the resources in this guide along with others to efficiently make the most of your role as a caregiver. Remember, asking for help sooner rather than later will allow you to be the kind of caregiver you want to be. Recognize that asking for help is a sign of strength, not a weakness.

Wellness Tips:

1. Keep a running list of what needs to be done.
2. Find out about specific support services available (adult day care, in-home help for personal and household care, respite, etc.)
3. Ask for the specific support/help you need (meals, laundry, groceries, housekeeping, a break, transportation)
4. Recognize that asking for help is a sign of strength, not weakness.

CAREGIVER WELLNESS

MAKING DIFFICULT DECISIONS

Making decisions as a caregiver can be challenging, and they often result in change for you and your loved one. There is no guarantee that situations will turn out as expected or planned; however, decisions based on accurate information and reality, rather than emotions, will more likely work out. Decisions are neither right nor wrong: they are the best you can do at a given point in time.

Be sure to **plan ahead, involve your loved ones in the decision making** as much as possible, and **utilize your support network**.

Steps to making a decision:

1. Identify the problem.
2. Gather information.
3. Generate your options.
4. Evaluate your options.
5. Create a plan.
6. Act on your plan.



