



FAMILY CAREGIVER SUPPORT PROGRAM

Larimer County Office on Aging

OFFICE ON AGING

- Regional Area Agency on Aging
- Includes:
 - Family Caregiver Support Program
 - Aging and Disability Resources for Colorado
 - Ombudsman



GOALS OF THE FAMILY CAREGIVER SUPPORT PROGRAM

1. Lessen the strain of a family caregiver's experience
2. Provide connection to community resources, support groups, counselling, and classes
3. Help to provide opportunities for respite





SUPPORT FOR
CAREGIVERS

CAREGIVER CONSULTATIONS

- Support groups/counseling
- Special events
- Caregiver classes
- Vouchers
- And more:
 - Meals/nutrition
 - Transportation
 - Companionship
 - Housecleaning



CAREGIVER CLASSES

Stress Busting

- In this nine-week class, caregivers learn about stress and its effects, practice stress management techniques, and develop problem solving skills.

Powerful Tools for Caregivers

- In this six-week class, caregivers learn 35 tools to help avoid burnout, lessen stress, stop negative self-talk, strengthen communication, convey needs, and deal with difficult emotions.

View classes at: larimer.gov/caregiver

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CAREGIVER EVENTS

- Periodic, free small events to gather caregivers together for fun and comradery.



RESPITE VOUCHER

- Care recipients who are 60+
OR have a diagnosis of Alzheimer's disease and related disorders (AND)
- Unable to independently perform at least two (2) Activities of Daily Living (ADLs) OR requires substantial supervision

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GRANDFAMILY RESPITE VOUCHER

- For caregivers 55+ who are the primary caregiver and relative of a child under 18
- Can reimburse for classes, camps, activity fees, babysitting, or even housekeeping services



CAREGIVER TESTIMONIALS

“Time & energy are such scarce resources for me as caregiver for my husband. I’m so grateful to LCOA for introducing me to so many sources of support & encouragement both for immediate needs but also for those we’ll need in the future! They welcome my calls & questions & provide outstanding help—they are the caregiver’s caregiver!!”

“The LCOA voucher program for respite care has been a real game changer for me. The vouchers prompted me to start bringing much needed help & services into our home. What a great help & source of relief!”



Larimer County Office on Aging · Family Caregiver Support Program

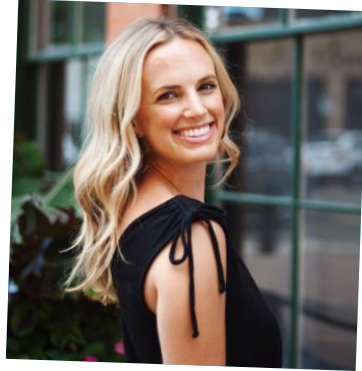
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A woman with long dark hair, wearing a white t-shirt and blue jeans, stands in the background of a meeting room, smiling and gesturing with her hands. She appears to be presenting. In the foreground, three people are seated at a table, facing her. On the left, a woman with long blonde hair tied back, wearing a green long-sleeved shirt, has her right hand raised. In the center, a woman with blonde hair in a bun, wearing a purple top, is seen from behind. On the right, a man with grey hair and glasses, wearing a grey sweater, is looking towards the presenter. Another man is partially visible on the far right. The room has large windows with black frames, and the walls are white brick. The overall atmosphere is professional and collaborative.

QUESTIONS?