



Are you a caregiver at risk?

Family caregivers work tirelessly and selflessly to provide assistance to loved ones who are aging or living with disabilities, and often to the detriment of their own health and emotional well being.

Warning signs:

- Taking time from work to accompany a loved one to doctor appointments
- Changing plans to accommodate the needs of a loved one
- Making calls on behalf of a loved one to resolve questions
- Neglecting time with family and friends to care for a loved one
- Limiting recreation and activities
- Laying awake nights worrying about a loved one

Equal Opportunity Employer/Program • Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI & VII), and the Americans with Disabilities Act of 1990 (ADA), Section 504 of the Rehabilitation Act of 1973, the Age Discrimination Act of 1975, and Title II of the Genetic Information Nondiscrimination Act (GINA) of 2008; the Department prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, disability, genetics and retaliation. The Department must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity. For example, this means if necessary, the Department must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. To request this document in alternative format or for further information about this policy, contact the Division of Aging and Adult Services at 602-542-4446; TTY/TDD Services: 7-1-1. • Free language assistance for DES services is available upon request. • Disponible en español en línea o en la oficina local.



DEPARTMENT OF ECONOMIC SECURITY

Your Partner For A Stronger Arizona

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AZ Caregiver.org



Serving the

Needs of

Family Caregivers

in Arizona

1-888-737-7494

www.azcaregiver.org



Help is just a phone call away!

If you're caring for a loved one who is aging, dealing with a chronic condition, or living with a disabled child or adult, you need support, and we're here to help.

Call our statewide toll free Caregiver Resource Line **1-888-737-7494** to speak with a trained volunteer who is ready to listen and connect you with resources and services in Arizona that can help ease your caregiving duties.

Hours of Operation

Available for English and Spanish speaking caregivers

- Monday through Friday from 9 a.m. to 5 p.m. to speak with a Caregiver Advocate Volunteer
- Messages left after 5 p.m. or on weekends will be returned within 24 hours

Relax and take the break you need!

Respite Vouchers worth up to \$300 are available to reimburse costs for in-home or facility-based respite care, so family caregivers can relax and enjoy a brief break from their duties.

Benefits for the family:

- Reduces family stress
- Increases opportunities for social activities
- Reduces risk of abuse and neglect

Benefits for caregivers:

- Stay healthier
- Feel better about themselves
- Have more energy and enthusiasm to continue providing care

Call the statewide toll free Caregiver Resource Line, 1-888-737-7494, to begin the Respite Voucher application process and review program guidelines.

Help us help family caregivers:

Everyone knows a caregiver – they are in our workplaces, neighborhoods, churches and schools, but mostly they're in our families. They need and deserve our support so their role does not become overwhelming.

You can help the Arizona Caregiver Coalition by:

- Offering support for caregivers by recognizing what they do and giving them a hand
- Learning about volunteer opportunities to support caregivers
- Visiting **AZCaregiver.org** and joining a larger organized effort to get caregivers the supportive services they need

