

Caregiver Support

1. Does Medicare pay for in-home help?

Only when it follows a hospitalization and is ordered by a doctor. Most in-home help is paid for out of your own pocket. If you are lower income, talk to your local ADRC.

2. Who can I talk to about memory concerns?

The Alzheimer's Association has a 24 hour help line, 1-800-272-3900. You can also call your local ADRC for more resources.

3. What is an adult day center?

Adult day care is a group program in which elderly and disabled adults can spend a few hours on a daily basis away from home. They participate in activities, exercise, eat lunch and socialize in a safe, supervised setting while their family caregiver gets a break. There is an affordable daily fee and transportation is provided. Day care in this area is specifically for those experiencing Alzheimer's or a related dementia such as from a stroke. Call your local ADRC for more information about Adult day care in your area.

4. I need a break from taking care of my spouse. What are my options?

Options vary depending on where you live. There are agencies that provide supportive home care whose employees would come to your home. They can provide anything from being a companion to assisting in the bathroom. You pay for these services yourself unless you spouse is eligible for Family Care. There may be adult day services in your community. You may be able to hire someone privately through advertizing. Call your local ADRC for more specific information.

5. Is there someone I can talk to about caring for my family member?

Yes, you can call your local ADRC and talk to an information & assistance specialist. That person can assess your specific need and help you find the information you need and the people who can help you the best.