





## Who is a caregiver?

A caregiver may be someone who goes to doctor's appointments, picks up prescriptions, prepares food, assists with walking or physical needs, coordinates care and services, listens to, talks with and provides emotional support to another.

While this can be extremely gratifying; it can also be extremely difficult. Often it is easy for a caregiver to put their own feelings, desires, health and needs aside to care for another. This can be detrimental to their health. It can lead to increased stress, diabetes, depression, hypertension, heart disease and more.

It is important that caregivers put time and energy into taking care of themselves. There are many resources to help caregivers do this. Just ask your physician or Community Health Team!

## Tips for Caregivers:

- ❖ Plan Ahead
- ❖ Take one day at a time
- ❖ Accept help
- ❖ Get enough rest and nutrition
- ❖ Be good to yourself
- ❖ Learn about available resources
- ❖ Develop back-up plans
- ❖ Make time for leisure, rest, and relaxation
- ❖ Share your feelings with others
- ❖ Make your own health a priority

## Watch for Signs of Burnout:

- ❖ Losing interest in activities you enjoyed
- ❖ Trouble sleeping
- ❖ Feeling isolated
- ❖ Feeling guilty about spending time on yourself
- ❖ Getting sick more often
- ❖ Showing impatience or irritability

## Caregiver Support

### In-home/Respite Care

- Champlain Valley Agency on Aging (1-800-642-5119) can help set you up with:
  - Caregiver classes and support groups
  - Case Management
  - Weekly senior companionship
  - Housekeeping needs
  - Meals on Wheels
- Residential Care Homes and Nursing homes also offer space on a weekly basis for respite care
- Homeshare Vermont [www.homesharevermont.org](http://www.homesharevermont.org); 802-863-5625

### Transportation

- Addison County – 802-388-1946
- Chittenden County – 802-878-1527
- Franklin County – 802-527-1527
- Grand Isle County – 802-371-6425

### Caregiver Registry

- Vermont Direct Care Registry  
[www.rewardingwork.org/vt](http://www.rewardingwork.org/vt); 1-866-212-9675

### Adult Day Programs

- CarePartners Adult Day Center; St. Albans  
[www.carepartnersvt.org](http://www.carepartnersvt.org); 802-527-0548
- Project Independence; Middlebury, VT  
[www.elderlyservices.org](http://www.elderlyservices.org); 802-388-3983
- Visiting Nurse Association; Colchester, Williston, South Burlington, VT [www.vnacares.org](http://www.vnacares.org); 802-658-1900

### Support Programs

- The Community Health Team
- Lotsa Helping Hands [www.lotsahelpinghands.com](http://www.lotsahelpinghands.com)  
A free caregiving coordination web service where caregivers can create a private calendar accessed by friends and family members willing to help out.
- National Family Caregiver Support Program  
Designed to provide unpaid caregivers with the assistance they need.