


**51%** 

of caregivers said providing care reduced the time they spent with their children and spouses/partners as well as time to take care of themselves

One in three caregivers report a **high burden of care**. Many caregivers describe having less time for family and friends, having increased emotional stress, and neglecting self-care such as healthy sleep, exercise, and dietary habits. Yet only one-quarter of these caregivers providing substantial assistance **utilize supportive services**.

**Talk with your doctor about your caregiver burden.** Try to take breaks, take care of your own health, maintain a healthy diet, exercise, seek preventative health care, join a support group, and locate respite care when needed.

### Support Groups

- Alzheimer's Association  
Phone: 800-272-3900  
Website:  
[alz.org/care/alzheimers-dementia-support-groups.asp](http://alz.org/care/alzheimers-dementia-support-groups.asp)
- Ann's Place Cancer Support:  
Danbury  
Phone: 203-790-6568  
Website: [annsplace.org](http://annsplace.org)
- VA Counseling: Danbury  
Phone: 203-790-4000

### Transportation

- Danbury Senior Resources  
Website:  
[danburyseniors.org/reources-category/transportation-transportation/](http://danburyseniors.org/reources-category/transportation-transportation/)
- BrightStar Care: Danbury  
Phone: 203-826-8291  
Website: [brightstarcare.com](http://brightstarcare.com)

### Hospice vs. Palliative Care

- Hospice: focuses on caring, not curing, in the last six months
- Palliative care: aims to relieve suffering for people of any age and at any stage in a serious illness, whether that illness is curable, chronic, or life-threatening.

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A Community Health Project by Zac Wunrow  
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# Caring for Caregivers

Taking care of a loved one and helping to relieve their suffering can yield **immense personal fulfillment**.

Yet studies have shown that caregiving can also be associated with a **myriad of physical and psychological stresses**.

Do you have the **support** that you need?

# Who Do You Want on Your Caregiver Team?

## Where You Might Start

- United Way 2-1-1: one-stop connection to local services including food, housing, child care, elder care, and crisis intervention  
Phone: 211  
Website: [uwc.211ct.org](http://uwc.211ct.org)
- Ask to speak with a care coordinator at Newtown Primary Care to discuss available services
- If you are experiencing stress and fatigue associated with caregiving, ask to speak with a Behavioral Health Counselor at Newtown Primary Care

## Online Resources

- AARP: [aarp.org/home-family/caregiving](http://aarp.org/home-family/caregiving)
- *Caring Today* online magazine: [caringtoday.com](http://caringtoday.com)
- Family Caregiver Alliance: [caregiver.org](http://caregiver.org)

## Caregiving Guides

- Do you need help in assessing your loved one's needs?
- Assist Guide Information Services: [agis.com/caregiverkit](http://agis.com/caregiverkit)
- AARP: [aarp.org/home-family/caregiving/prepare-to-care-planning-guide/](http://aarp.org/home-family/caregiving/prepare-to-care-planning-guide/)

## Financial Assistance

- Paying for Senior Care  
Website: [payingforseniorcare.com](http://payingforseniorcare.com)
- Western Connecticut Area Agency on Aging: Waterbury  
Phone: 203-757-5449  
Website: [wcaaa.org](http://wcaaa.org)

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*“You may not control life's circumstances, but getting to be the author of your life means getting to control what you do with them.”*

*Atul Gawande, [Being Mortal: Medicine and What Matters in the End](#)*

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## Advanced Care Planning

- Studies show that end-of-life discussions (particularly those that occur before the last month of life) are associated with improvements in quality of life, receipt of desired care, reduced physical suffering, and improved family coping
- An advance directive or living will documents patient preferences about resuscitation and their appointed healthcare proxy  
Phone: 800-842-1508  
[ct.gov/agingservices/lib/agingservices/pdf/advancedirectivesenglish.pdf](http://ct.gov/agingservices/lib/agingservices/pdf/advancedirectivesenglish.pdf)
- Give a copy to your primary care doctor, and bring a copy whenever admitted to a hospital

## Health Insurance Assistance

- Do you have questions regarding Medicare or Medicaid coverage?
- CT Health Insurance Assistance  
Phone: 800-994-9422

## Adult Day Care

- Non-residential facilities that support the health and daily living needs of adults in a professionally staffed group setting
- Almost Home: Danbury  
Phone: 203-743-6456  
Website: [almosthomeadc.org](http://almosthomeadc.org)
- Old Glory Days: Southbury  
Phone: 203-648-5983  
Website: [glorydaysllc.com](http://glorydaysllc.com)

## Home Care Agencies

- Connecticut Community Care: Bristol  
Phone: 866-845-2224  
Website: [ctcommunitycare.org](http://ctcommunitycare.org)
- Bethel Visiting Nurse Association  
Phone: 203-792-0864  
Website: [bethelvna.org](http://bethelvna.org)
- Western Connecticut Home Care  
Phone: 203-792-4120  
[westernconnecticuthealthnetwork.org](http://westernconnecticuthealthnetwork.org)

## Senior Living

- A Place for Mom: free service allowing you to connect to a local senior living advisor and browse nearby senior living communities.  
Phone: 203-788-8922  
Website: [aplaceformom.com](http://aplaceformom.com)