

CARE FOR THE CAREGIVER.....



- ❖ **Respite care** is a program funded by a federal grant that allows Central Illinois Agency on Aging, Inc. to help those providing informal care to someone in the community to have the ability to take time for self-care. Respite care is normally provided in 90 day increments after the informal care provider is determined eligible. Central Illinois Agency on Aging, Inc. has agreements with licensed home health, adult day health (Senior World), skilled nursing and assisted living facilities to enable informal care providers to do errands, rest and take some personal time all the while ensuring peace of mind that the care recipient is in the care of trained professionals.
- ❖ **Eligibility** is based on the family member, neighbor, or friend being the informal care provider or primary caregiver. The primary caregiver helps with cooking, cleaning, laundry, and personal care needs for their loved one. The care receiver must be an older adult who is 60 years old or older, has a brain dysfunction and/or dementia (care receiver does not have to be 60 years or older), and is living independently. To obtain an initial evaluation for respite care eligibility, please call CIAA's Family Caregiver I & A Program Manager at (309)674-2071.
- ❖ **Prior to notifying** you of your eligibility, we will need to obtain authorization from our Finance Director and President/CEO. After we have confirmed your eligibility to receive respite care, we will contact counselors from Bradley University. Bradley University counselors will contact you and administer a phone stress test to determine emotional coping skills that are associated with the demands of direct care.
- ❖ **When your request** is authorized, you will receive a confirmation call from the CIAA Family Caregiver I & A Program Manager. You will also receive a call from the agreed upon respite provider to schedule an initial visit with you and your loved one. If your respite is approved for Senior World **you** must contact them in order to begin the process of enrollment. You may contact Senior World at (309)495-4530.
Please note: It is important to schedule respite care as soon as you know that you will require it. With all that goes on in day to day life, it is easy to forget about this opportunity and someone else could benefit from unused respite hours.
- ❖ Whether or not you decide to benefit from Central Illinois Agency on Aging respite services, you may access Bradley University Counseling and Research Department for individual counseling and/or Caregiver Support Groups at no cost to you. You may contact Bradley University Counseling and Research Department at (309)677-3189 to benefit from these services.
- ❖ Home health or adult day respite is paid for through a federally funded grant and we **ask for a donation in any amount once a year to help offset our costs. We thank you in advance for your support.**



“It is health which is real wealth and not pieces of gold and silver.”
~ Mohandas Karamchand (Mahatma) Gandhi

Central Illinois Agency on Aging, Inc.

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An independent not-for-profit organization ● Serving Fulton, Marshall, Peoria, Stark, Tazewell and Woodford Counties
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