

CARE FOR THE CAREGIVER.....



- ❖ **Respite care** is a 6 ¾ hour period of rest time authorized, if eligible, every 90 days by a certified home health CNA (Certified Nursing Assistant), RN (Registered Nurse), Skilled Care nursing facility, or the ability to enroll your loved one in Senior World, an adult day care health facility (for a total of 12 ½ hours every 90 days). This will enable you to do your errands, rest, take some time to care for yourself, all the while ensuring your peace of mind that your loved one is in the care of trained professionals.
- ❖ **Eligibility** is based on the family member, neighbor, or friend being the 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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