

***Philippians 2:4***

***Let each of you look not only to his own interests, but also to the interests of others.***

*Caregiving is a responsibility best managed with plenty of help. Yet many of the nearly one in four adults who are caring for another adult miss out on the bounty of resources available through dozens of local and national organizations whose mission is to help caregivers, either because they're not aware that they exist or they don't realize what they offer.*

*Caregiving groups can help you solve practical problems, save time, lighten your stress load, learn about common problems of aging, connect with others in similar situations, and otherwise simplify the many challenges that caring for an older adult can bring.*

## **Golden Triangle Planning and Development District/Area Agency on Aging**

Address: 106 Miley Road  
PO Box 828  
City: Starkville  
State : MS  
Zip : 39760

**Website :** <http://www.gtpdd.com> 

**Contact Email :** [bgann@gtpdd.com](mailto:bgann@gtpdd.com)

**Office Phone :** (662) 324-7860

**Information Phone :** (888) 324-9000

**Regional Phone :** 662-324-9000

**TTY Phone :** (888) 324-9000

**Description :** Private, not-for-profit, part of Planning and Development District. Counties: Choctaw, Clay, Lowndes, Noxubee, Oktibbeha, Webster, Winston

**Special Notes :** \* Home Delivered Meals \* Medicaid Waiver Program \* Homemaker Program \* Senior Citizen Craft Shop \* Senior Transportation \* Congregate Meals \* Childcare Program \* E911 Addressing \* Tax Parcel Overlay \* Administrative Assistance \* Workforce Investment Act Programs \* Technological Implementation / Assistance \* Geographic Information Systems (GIS) \* Community Planning / Economic Development  
**Hours :** 8:00 AM - 4:30 PM - Central Time, M-F

## **Aging and Adult Services, MDHS**

**Website:** <http://www.mdhs.state.ms.us/aging-adult-services/>

**Description:** The mission of the Division of Aging and Adult Services is to protect the rights of older citizens while expanding their opportunities and access to quality services. Our vision is for each older citizen to live the best life possible. The Division of Aging and Adult Services plans, coordinates and advocates for, and ensures the provision of services to all older Mississippians.

### **Agency Contact information**

**Agency Address:**

750 North State Street  
Jackson, MS 39202

**Phone:** 1-800-345-6347

## Mississippi Department of Human Services

**Website:** [//www.mdhs.state.ms.us/programs-and-services-for-seniors/adult-protective-services/aging@mdhs.ms.gov](http://www.mdhs.state.ms.us/programs-and-services-for-seniors/adult-protective-services/aging@mdhs.ms.gov)

**Contact Email:** [aging@mdhs.ms.gov](mailto:aging@mdhs.ms.gov)

**Office Phone:** (601) 359-4929

**Information Phone :** 1-800-222-8000

**National Toll Free Phone :** 800-948-3090

Description : The mission of the Adult Protective Services (APS) program is to protect vulnerable persons whose safety and protection may be adversely affected by abuse, neglect, self-neglect or exploitation- raise public awareness- and educate mandated reports of their reporting responsibilities.

**Special Notes :** Elder Abuse Hotline: 1-800-222-8000 (Toll free in Mississippi)

## MS State Health Insurance Assistance Program (SHIP)

**Address :** 750 North State Street

City : Jackson

State : MS

Zip : 39202

**Website :** <http://www.mdhs.state.ms.us/programs-services-for-seniors/state-health-insurance-assistance-program/>

**Office Phone :** (601) 359-4457

**Information Phone :** (800) 948-3090

Description : Mississippi's State Health Insurance and Assistance Program (SHIP) is administered through the Department of Human Services, Aging and Adult Services Division. At the state level, a full time director provides technical support and training. Local services are provided by ten Area Agencies on Aging (AAA), each staffed by a full time local coordinator. MS SHIP services are accessed via a nationwide toll free line that directly routes the call depending on the caller's location. Mississippi's geography presents a challenge as MS SHIP works to reach under-served populations. Activities targeted to reach rural beneficiaries include hosting health fairs, partnering with churches and post offices in rural areas, and developing plain language materials.

**Hours :** 8:00 a.m. - 5:00 p.m.

## Area Agency on Aging

The primary goal of the Golden Triangle Area Agency on Aging is to provide services that assist older persons in leading independent, meaningful and dignified lives in their own homes and communities as long as possible.

- Be the focal point for leadership in the field of aging for the area
- Engage in the continuous process of planning in order to increase and improve services
- Pool resources from both public and private sectors to strengthen existing programs
- Monitor and assess existing programs

By dialing 1-888-324-9000, a toll-free number, senior citizens can receive information and/or a referral on health care, financial problems, legal services, congregate meals, home delivered meals, transportation, personal care service, ombudsman services, case management and other services.

Bobby Gann is the Director for the Golden Triangle Area Agency on Aging.

Anyone interested in this program, or simply desiring additional information, should call the GTPDD Department of Aging at (662) 324-7860 and select **Option**

## SMART (Starkville-MSU Aread Rapid Transit)

**Are S.M.A.R.T. buses ADA accessible?** Yes, our goal is to operate at least one bus per route which is ADA accessible.

**How much does it cost to ride the bus?** Currently, there is no charge to ride S.M.A.R.T.

**Can anyone ride S.M.A.R.T.?** Yes, S.M.A.R.T. transit operates a fixed route shuttle service which welcomes all passengers. However, any passenger under the age of 16 must be accompanied by an adult.

**Access** is a curb-to-curb demand response service provided to disabled and elderly citizens.

S.M.A.R.T. Paratransit is an ADA paratransit service, required by Federal law, which S.M.A.R.T. elects to provide for disabled residents. ADA service eligibility and certification is required in order to use the service.

The downloadable applications must be filled out completely and legibly. The Physician's Verification of Disability Form must be completed by a doctor, licensed health care provider, or licensed rehab/social worker familiar with your disability.

Once S.M.A.R.T. receives your completed application, you may be contacted to schedule an in-person interview to aid in the determination of your eligibility. Upon request, transportation will be provided to you free of charge both to and from the interview site.

## Contact Us

**Phone:** (662) 325-5204

**Fax:** (662) 325-3605

**Physical Address:** 95 Bucker Lane, Mississippi State, MS 39762

**Mailing Address:** P.O. Box 6350, Mississippi State, MS 39762  
**Campus Mailstop:** 9744

You will receive a determination letter within 21 days. **If you require any assistance in completing this application, you may call our office at (662) 325-5204.**

**Website :** <http://www.smart.msstate.edu> (Click on Paratransit at the top of the screen to access the application).

## **MSU Extension- Oktibbeha County**

**Telephone:** 662-323-5916

**Fax:** 662-323-5865

**MSU Mailstop:** 9353

**Mailing Address:** 106 Felix Long Drive, Starkville , MS 39759

**Physical Address:**  
106 Felix Long Drive  
Starkville , Mississippi  
39759

## **National Research and Training Center on Blindness and Low Vision Mississippi State University**

### **Phone, Fax, and Email**

Main office: 662-325-2001

Fax: 662-325-8989

Email: [nrtc@colled.msstate.edu](mailto:nrtc@colled.msstate.edu)

### **Mailing Address**

National Research and Training Center on Blindness and Low Vision (NRTC)  
108 Herbert - South, Room 150 Industrial Education Department Building  
PO Drawer 6189  
Mississippi State University  
Mississippi State, MS 39762

### **On Campus**

The main office of the NRTC on Blindness and Low Vision is in the Industrial Education Building on the Campus of Mississippi State University, just outside of Starkville, Mississippi.

## Technical Assistance

Technical assistance is offered to businesses and potential employers, service providers, and persons with vision loss and their families. Much of our TA comes through our website, including the National Technical Assistance Center, and individual assistance offered through email, phone calls, and personal visits.

If your loved one has has mobility or eye-related problems, contact **B. J. LeJeune (325-2694)**

## National Center on Caregivers

**How they can help you:** This advocacy, research, and education group focuses on family caregivers (of aging parents and of other disabled adults or children). Sign up for webinars about tough topics like paying for care or dealing with siblings, access a trove of fact sheets about common conditions and problems, or participate in online discussion groups.

**Extra help:** The [Family Care Navigator](#) tool is a handy list of safety-net services in each state. You'll find links to government agencies and nonprofit and for-profit services in your area. The Family Care Navigator also includes links to national agencies and services.

**Who they are:** Pioneers in the area of promoting and supporting caregiver needs, FCA was founded in 1977 to create support for long-term care services in San Francisco. They still operate many California-based educational and support programs -- including one-on-one social work counseling for San Francisco Bay Area residents -- but their advocacy work and caregiver education outreach is now nationwide. [The National Center on Caregiving](#) is an FCA offshoot formed in 2001 to develop policies and programs to support caregivers in all 50 states.

**How to find:** Go to [Family Caregiver Alliance](#).

## National Alliance for Caregiving

**How they can help you:** Mainly, this influential advocacy group helps individual caregivers indirectly by analyzing public policy and conducting research on topics like the economic and personal impact of caregiving. It also produces public awareness campaigns and promotes state and local caregiving coalitions. But its website points you to tip sheets, webcasts, podcasts, and publications providing basic caregiver advice on issues like caring for someone who's depressed or long-term care planning.

**Extra help:** [Family Care Resource Connection](#) rates and reviews books, websites, videos, and fact sheets.

**Who they are:** The National Alliance for Caregiving is a nonprofit coalition of a wide mix of more than 30 groups that share an interest in family-based eldercare. Members include service and advocacy groups, corporations, grassroots groups, and more. Formed in 1996, the coalition produces research and policy suggestions intended to improve the quality of life for family caregivers.

**How to find:** Visit [National Alliance for Caregiving](#).

## Meals on Wheels Association of America

**How they can help you:** Find one of the more than 5,000 senior nutrition programs serving hot meals to older adults with its [Find a Meal](#) tool.

**Extra help:** While primary caregivers may not have the time, your relatives and friends can "give back" by going through the MOWAA site to volunteer time in their communities making deliveries, preparing meals, driving, or providing office help. Volunteers are the program's backbone.

**Who they are:** Meals on Wheels is the largest and oldest meal-services organization in the U.S., dating to a Philadelphia program in the 1950s. In 1976 it began working with senior nutrition programs nationwide to provide the resources, manpower, tools, and information needed to fight the problem of senior hunger.

**How to find:** Go to [Meals on Wheels Association of America](#).

## Independent Transportation Network

**How they can help you:** Those who need rides apply through a local affiliate group, paying a membership fee (\$40 annually) and financing a transportation account based on estimated usage. Rides, in private cars driven by screened volunteers, average \$9. Rides can be planned in advance or arranged as needed. This fast-growing service is mainly still in urban areas.

**Extra help:** [Gift certificates](#) let family members pitch in.

**Who they are:** A national nonprofit transportation service for older adults, the group marries information technology with grassroots support. It was founded by Katherine Freund, the mother of a toddler injured by an older driver; she decided that a flawed transportation system for older adults, not the older driver himself, was the cause and vowed to change this.

**How to find:** Visit [ITN America](#).

## National Council on Aging

**How they can help you:** Find out what benefits your loved one is entitled to through [BenefitsCheckUp](#), a comprehensive benefits screening tool. NCOA's [Home Equity Advisor](#) provides tools to help you use and protect the value of a home.

**Extra help:** [ReStartLiving](#) is a program to help older adults who are living with one or more chronic conditions enhance their health through better self-management. Evidence-based workshops are available online and in person and can support your loved one's ability to remain independent longer.

**Who they are:** A nonprofit service and advocacy group in Washington, D.C., NCOA calls itself a national voice for older Americans and the community organizations that serve them. The organization works with thousands of groups nationwide to build creative solutions to aging-services needs, including many programs for the public. Formed 60 years ago as the National Committee on Aging (and renamed in 1960), this influential mega-group has been involved in the formation of many influential initiatives, including the American Association of Homes for

the Aging, Meals on Wheels, Foster Grandparents, and the Center for Healthy Aging.

**How to find:** Go to [National Council on Aging](#).

## Next Step in Care

**How they can help you:** Because they tend to be left out of the discharge planning loop, caregivers are often caught off guard by the added complexities of transitioning a loved one from one care situation to another, such as from home to a hospital, from the hospital to a rehab facility or back home, or to a long-term care facility. Next Step in Care has created detailed guides and checklists to help you ask smart questions, know how to best prepare, and not overlook anything.

**Extra help:** Next Step in Care materials can be viewed from a smartphone or other device so you have them on hand in the event of an ER visit or while away from home; the checklists and forms are also downloadable as PDFs.

**Who they are:** Next Step in Care: Family Caregivers and HealthCare Professionals Working Together is a program of the United Hospital Fund, a New York-based organization that promotes high-quality, patient-centered care. In 2006, the fund created a task force to develop an initiative that would help family caregivers through these care transitions, and Next Step in Care was born. It's unique in that it addresses healthcare providers as well as family caregivers, and it focuses on transitions not just in and out of hospitals but also to and from nursing homes, in-home care, and rehabilitation programs.

**How to find:** Visit [Next Step in Care](#).

## Well Spouse Association

**How they can help you:** Providing care to a chronically ill husband, wife, or life partner brings particular challenges. This group connects you with others who have been there (or are also there now), for a unique kind of support. A forum and chat line are available to everyone; paying members (\$30 per year) also have access to local support groups, new telephone support groups, newsletters, and weekend respite events.

**Extra help:** A mentor program pairs caregivers with someone who's been through a similar experience before for one-on-one advice and support

**Who they are:** Ten spousal caregivers between the ages of 30 and 57, whose mates had diseases ranging from multiple sclerosis and diabetes to heart and brain conditions, came together in Wallingford, Pennsylvania, in 1988 to create the Well Spouse Association. They now count more than 3,000 members (and say there are 7 million spousal caregivers nationwide). WSA mottoes: "You are not alone" and "When one gets sick, two need help."

**How to find:** Visit [Well Spouse Association](#).

## VA Caregiver Support

**How they can help you:** Resources specifically designed for caregivers of U.S. military veterans include professional support coordinators who match you to services for which you're eligible, adult daycare centers, home-based care services (skilled and unskilled), a telehealth program (education, training, and support for those who don't live near a VA center), and a home hospice program.

**Extra help:** The National Caregivers of Veterans Support Hotline (1-855-260-3274) can help you access services, connect you with a VA support coordinator near you, or just listen.

**Who they are:** Part of the federal U.S. Department of Veterans Affairs, the Caregiver Support program is a recent addition to the large roster of veterans' services. The VA was formed to fulfill President Abraham Lincoln's promise, "To care for him who shall have borne the battle, and for his widow, and his orphan."

**How to find:** Go to [VA Caregiver Support](#).

## Medicare Resources for Caregivers

**How they can help you:** Find out what type of expenses the various Medicare programs each cover, see videos about topics like hospital discharge planning, and learn about sources of caregiver support, including first-person stories, to-do lists, and state-by-state lists of helpful organizations. You can also submit questions about which tests, items, and services are covered and get pointed to a list of links with possible answers.

**Extra help:** [Ask Medicare](#) is a service for caregivers, expanded in early 2012, that gives information about care options, financial support, and billing terms. You can also sign up for a free Ask Medicare e-newsletter that gives caregiver advice and resources.

**Who they are:** Medicare is the federal health insurance system for people with certain disabilities or who are over age 65. While the whole website offers all kinds of Medicare-related information, its Caregiving section is written specifically for family caregivers.

**How to find:** [Medicare.gov](#) is the official U.S. government site for Medicare.

Assisted Living Costs Near You

Compare pictures, pricing, options.

## Area Agency on Aging

**How they can help you:** Get general information about eldercare and referrals to aging-related services and programs in your community. These resources include case managers, transportation, meals, adult day services, in-home caregivers, legal assistance, home repair and modification, housing options, and more. The exact name of the organization can vary by community. Area Agencies on Aging are your single best bet for identifying eldercare services in a specific community.

**Extra help:** Information and referrals are free, and services referred to are often free or inexpensive.

**Who they are:** The 629 Area Agencies on Aging are a key part of the National Aging Services Network, operating under the U.S. Administration on Aging.

**How to find:** Check the [National Association of Area Agencies on Aging](#) website. Or go directly to the federal [Eldercare Locator](#) or call 800-677-1116.

## Family Caregiver Alliance

**How they can help you:** This advocacy, research, and education group focuses on family caregivers (of aging parents and of other disabled adults or children). Sign up for webinars about tough topics like paying for care or dealing with siblings, access a trove of fact sheets

about common conditions and problems, or participate in online discussion groups.

**Extra help:** The [Family Care Navigator](#) tool is a handy list of safety-net services in each state. You'll find links to government agencies and nonprofit and for-profit services in your area. The Family Care Navigator also includes links to national agencies and services.

**Who they are:** Pioneers in the area of promoting and supporting caregiver needs, FCA was founded in 1977 to create support for long-term care services in San Francisco. They still operate many California-based educational and support programs -- including one-on-one social work counseling for San Francisco Bay Area residents -- but their advocacy work and caregiver education outreach is now nationwide. [The National Center on Caregiving](#) is an FCA offshoot formed in 2001 to develop policies and programs to support caregivers in all 50 states.

**How to find:** Go to [Family Caregiver Alliance](#).

## National Alliance for Caregiving

**How they can help you:** Mainly, this influential advocacy group helps individual caregivers indirectly by analyzing public policy and conducting research on topics like the economic and personal impact of caregiving. It also produces public awareness campaigns and promotes state and local caregiving coalitions. But its website points you to tip sheets, webcasts, podcasts, and publications providing basic caregiver advice on issues like caring for someone who's depressed or long-term care planning.

**Extra help:** [Family Care Resource Connection](#) rates and reviews books, websites, videos, and fact sheets.

**Who they are:** The National Alliance for Caregiving is a nonprofit coalition of a wide mix of more than 30 groups that share an interest in family-based eldercare. Members include service and advocacy groups, corporations, grassroots groups, and more. Formed in 1996, the coalition produces research and policy suggestions intended to improve the quality of life for family caregivers.

**How to find:** Visit [National Alliance for Caregiving](#).

## Meals on Wheels Association of America

**How they can help you:** Find one of the more than 5,000 senior nutrition programs serving hot meals to older adults with its [Find a Meal](#) tool.

**Extra help:** While primary caregivers may not have the time, your relatives and friends can "give back" by going through the MOWAA site to volunteer time in their communities making deliveries, preparing meals, driving, or providing office help. Volunteers are the program's backbone.

**Who they are:** Meals on Wheels is the largest and oldest meal-services organization in the U.S., dating to a Philadelphia program in the 1950s. In 1976 it began working with senior nutrition programs nationwide to provide the resources, manpower, tools, and information needed to fight the problem of senior hunger.

**How to find:** Go to [Meals on Wheels Association of America](#).

## Independent Transportation Network

**How they can help you:** Those who need rides apply through a local affiliate group, paying a membership fee (\$40 annually) and financing a transportation account based on estimated usage. Rides, in private cars driven by screened volunteers, average \$9. Rides can be planned in advance or arranged as needed. This fast-growing service is mainly still in urban areas.

**Extra help:** [Gift certificates](#) let family members pitch in.

**Who they are:** A national nonprofit transportation service for older adults, the group marries information technology with grassroots support. It was founded by Katherine Freund, the mother of a toddler injured by an older driver; she decided that a flawed transportation system for older adults, not the older driver himself, was the cause and vowed to change this.

**How to find:** Visit [ITN America](#).

## National Council on Aging

**How they can help you:** Find out what benefits your loved one is entitled to through [BenefitsCheckUp](#), a comprehensive benefits screening tool. NCOA's [Home Equity Advisor](#) provides tools to help you use and protect the value of a home.

**Extra help:** [ReStartLiving](#) is a program to help older adults who are living with one or more chronic conditions enhance their health through better self-management. Evidence-based workshops are available online and in person and can support your loved one's ability to remain independent longer.

**Who they are:** A nonprofit service and advocacy group in Washington, D.C., NCOA calls itself a national voice for older Americans and the community organizations that serve them. The organization works with thousands of groups nationwide to build creative solutions to aging-services needs, including many programs for the public. Formed 60 years ago as the National Committee on Aging (and renamed in 1960), this influential mega-group has been involved in the formation of many influential initiatives, including the American Association of Homes for the Aging, Meals on Wheels, Foster Grandparents, and the Center for Healthy Aging.

**How to find:** Go to [National Council on Aging](#).

## Next Step in Care

**How they can help you:** Because they tend to be left out of the discharge planning loop, caregivers are often caught off guard by the added complexities of transitioning a loved one from one care situation to another, such as from home to a hospital, from the hospital to a rehab facility or back home, or to a long-term care facility. Next Step in Care has created detailed guides and checklists to help you ask smart questions, know how to best prepare, and not overlook anything.

**Extra help:** Next Step in Care materials can be viewed from a smartphone or other device so you have them on hand in the event of an ER visit or while away from home; the checklists and forms are also downloadable as PDFs.

**Who they are:** Next Step in Care: Family Caregivers and HealthCare Professionals Working Together is a program of the United Hospital Fund, a New York-based organization that

promotes high-quality, patient-centered care. In 2006, the fund created a task force to develop an initiative that would help family caregivers through these care transitions, and Next Step in Care was born. It's unique in that it addresses healthcare providers as well as family caregivers, and it focuses on transitions not just in and out of hospitals but also to and from nursing homes, in-home care, and rehabilitation programs.

**How to find:** Visit [Next Step in Care](#).

## Well Spouse Association

**How they can help you:** Providing care to a chronically ill husband, wife, or life partner brings particular challenges. This group connects you with others who have been there (or are also there now), for a unique kind of support. A forum and chat line are available to everyone; paying members (\$30 per year) also have access to local support groups, new telephone support groups, newsletters, and weekend respite events.

**Extra help:** A mentor program pairs caregivers with someone who's been through a similar experience before for one-on-one advice and support

**Who they are:** Ten spousal caregivers between the ages of 30 and 57, whose mates had diseases ranging from multiple sclerosis and diabetes to heart and brain conditions, came together in Wallingford, Pennsylvania, in 1988 to create the Well Spouse Association. They now count more than 3,000 members (and say there are 7 million spousal caregivers nationwide). WSA mottoes: "You are not alone" and "When one gets sick, two need help."

**How to find:** Visit [Well Spouse Association](#).

## VA Caregiver Support

**How they can help you:** Resources specifically designed for caregivers of U.S. military veterans include professional support coordinators who match you to services for which you're eligible, adult daycare centers, home-based care services (skilled and unskilled), a telehealth program (education, training, and support for those who don't live near a VA center), and a home hospice program.

**Extra help:** The National Caregivers of Veterans Support Hotline (1-855-260-3274) can help you access services, connect you with a VA support coordinator near you, or just listen.

**Who they are:** Part of the federal U.S. Department of Veterans Affairs, the Caregiver Support program is a recent addition to the large roster of veterans' services. The VA was formed to fulfill President Abraham Lincoln's promise, "To care for him who shall have borne the battle, and for his widow, and his orphan."

**How to find:** Go to [VA Caregiver Support](#).

## Medicare Resources for Caregivers

**How they can help you:** Find out what type of expenses the various Medicare programs each cover, see videos about topics like hospital discharge planning, and learn about sources of caregiver support, including first-person stories, to-do lists, and state-by-state lists of helpful organizations. You can also submit questions about which tests, items, and services are covered and get pointed to a list of links with possible answers.

**Extra help:** [Ask Medicare](#) is a service for caregivers, expanded in early 2012, that gives information about care options, financial support, and billing terms. You can also sign up for a free Ask Medicare e-newsletter that gives caregiver advice and resources.

**Who they are:** Medicare is the federal health insurance system for people with certain disabilities or who are over age 65. While the whole website offers all kinds of Medicare-related information, its Caregiving section is written specifically for family caregivers.

**How to find:** [Medicare.gov](#) is the official U.S. government site for Medicare.

### Caregiver Tips:

- ▶ Put your health first. If you are tired during the day, take a nap, get regular checkups and if you are depressed and feel extreme sadness, talk to your doctor. Make your life priority #1.
- ▶ Reach out to family and friends – do not isolate yourself.
- ▶ Get support and ask for help. Make a list of what needs to be done and ask others to pitch in.
- ▶ Locate and call local resources like the Area Agency on Aging. They can suggest and make recommendations for assistance. Contact a homecare agency to request the help of an aid. Volunteers from faith-based organizations or local groups can help with cooking or driving (Check with the Greater Starkville Development Partnership (662) 323-3322 for volunteers).
- ▶ Take a break and consider downtime care. Ask a friend to step in while you have lunch or run an errand.
- ▶ Address your emotions. Don't keep them bottled up. Call a friend or family member and share your frustrations. It is very easy to become resentful of your siblings who don't pull their weight, but keep an open dialogue with them (don't worry about sharing your grievances with them). Join a local Caregiver support group or see a professional counselor.
- ▶ Once a day, each day, do something you enjoy. Take a walk outside, call a friend, read, dance and listen to music. You can also meditate or pray.
- ▶ Get prepared and organized. Use a calendar to make a to-do list. Start the day by completing one task and work your way through it. Don't panic if you can't get them all done.
- ▶ Don't be a people pleaser. It's okay to set boundaries and to say no. You can't do everything and meet everybody's demands. Resist the urge to do more than you can handle.
- ▶ Avoid pessimism and give yourself credit. By taking action, you can solve issues before they become problems. Remember that providing care to another person puts strain even on the most active and spirited humans.
- ▶ Individuals with dementia are easily frustrated, hard to understand verbally. They can't remember what was just said, but they have long-term memory. Don't expect an immediate response from them when you ask questions. Be patient.
- ▶ Dementia patients also have a tendency to walk around at night, so the caregiver want get much sleep.
- ▶ If you have a loved one in a nursing home or care facility, don't feel like you need to be there all of the time.

- ▶ Remember you are doing everything you can and tell them you love them every time you see them.
- ▶ You have to accept that your loved one will never be the same.
- ▶ Talk with other caregivers for recommendations of service providers and other pertinent information.
- ▶ Hospital of local community-sponsored senior health fairs and caregiver seminars provide a wealth of information.

### **Suggestions:**

- ▶ Know who is in charge of your loved one's finances (you will need legal documentation).
- ▶ Have an updated Power of Attorney.
- ▶ Make sure your loved one has a current will. Also, have legal documents in place that clearly express what treatment they want or don't want in the end. Arrange the support team (palliative or hospice care) and advocates (family and professionals) to say when "enough is enough" for medical interventions.
- ▶ Your child or children should know what is in your lock box at the bank and be on the list to be able to access your box. Also, have a list of what steps need to be taken in case of your death and any funeral requests you may have.

### **Agencies and Businesses:**

Better Living Home Care, LLC  
 Comfort Keepers  
 Gentiva Hospice  
 Gentiva Home Health  
 Legacy Hospice  
 LIK DME & Medical Supplies, LLC  
 Mississippi Home Caregivers  
 Montgomery Gardens  
 North Mississippi Retina Center  
 River Bend Services  
 The Carrington  
 The Claiborne at Adelaide  
 Trinity Place  
 Vineyard Court Nursing & Rehab  
 Vital Health Caregivers  
 Windsor Place Nursing Center