



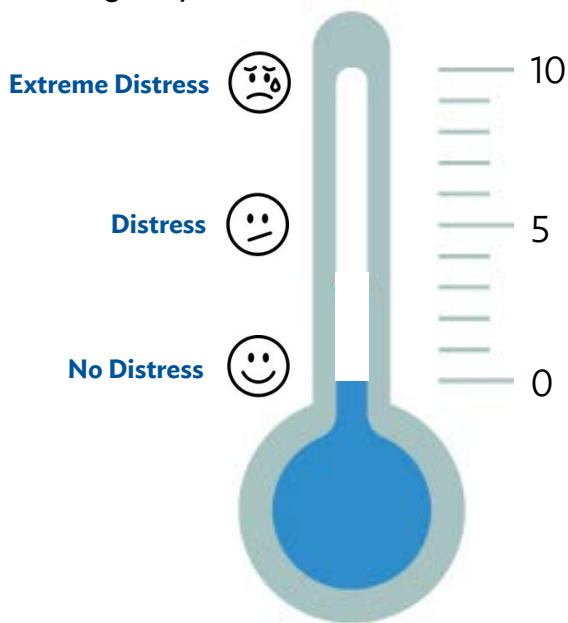
# UnityPoint Health – Cedar Rapids Caregiving

Support and Resources for Caregivers

## Caregiver Self-Assessment

UnityPoint Health is dedicated to providing caregivers the support they need to take care of themselves as they are caring for someone they love. Please take a moment to complete the two exercises below.

**Exercise A** - Use the thermometer as a guide to circle a number (0-10) that best describes how much distress you have experienced in the past week, including today.



**Exercise B** - It is helpful to be aware of your specific stressors. Please place a check next to the statements below to identify what you have experienced in the past week, including today.

- Difficulty leaving my loved one alone
- My own health concerns
- Ignored my own basic needs
- Lack of support from family and/or friends
- Feeling torn between responsibilities
- Feeling edgy or irritable
- Feeling down, depressed or hopeless
- Feeling disconnected
- Loss of meaning of life
- Feeling nervous, anxious, on edge
- Not being able to stop worrying
- Little interest/pleasure in doing things

Feeling distressed? We can help; call (319) 362-2174

[unitypoint.org/caregiver](http://unitypoint.org/caregiver)



UnityPoint Health  
Cedar Rapids

## Resources Available as You Care for Your Loved One

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### **Abbe Health - Aging Services** **An Affiliate of UnityPoint Health**

(319) 398-3644

[www.abbehealth.org](http://www.abbehealth.org)

Aging Services has a Respite Program designed to provide a break for you. Hourly rates and schedule are determined by you and the respite provider. Financial assistance may be available for eligible caregivers.

#### **Milestones Adult Day Health Centers**

Milestones programs are designed to enhance the lives of adults and caregivers by providing day support services in a home-like environment. The two locations are:

##### **Milestones Adult Day Health Center**

1725 O Ave. NW

Cedar Rapids, IA

Phone: (319) 398-3647

Email: [crmilestones@abbehealth.org](mailto:crmilestones@abbehealth.org)

##### **Milestones in Marion**

1080 Cardinal Drive

Marion, IA

Phone: (319) 373-3494

Email: [marionmilestones@abbehealth.org](mailto:marionmilestones@abbehealth.org)

#### **Aging Services Caregiver Support Groups**

- **Cedar Rapids Milestones:** Meets the second Wednesday of each month from 3 - 4:30 p.m.
- **Milestones in Marion:** Meets the fourth Thursday of each month from 3 - 4:30 p.m.
- **Co-Sponsored by Pathways in Iowa City:** Meets the first and third Wednesday of each month from 1 - 2:30 p.m. at the Iowa State Extension Office (4625 Oakcrest Hill Rd SE, Iowa City)

### **The Heritage Agency Caregiver Support Program**

(319) 398-5559

[www.heritageaaa.org](http://www.heritageaaa.org)

A Family Caregiver Specialist provides information for caregivers of older adults. The Family Caregiver Specialist supports you by helping identify solutions to your unique caregiving needs and challenges.

### **Family Caregivers Center of Mercy**

(319) 221-8866

[www.familycaregiverscenter.org](http://www.familycaregiverscenter.org)

A comprehensive resource for you. Services available include: one-on-one interviews, caregiver coaches, companion respite, educational sessions and events, resource library, music, art, chair yoga, and journals.

### **AARP**

(877) 333-5885

[www.aarp.org/caregiver](http://www.aarp.org/caregiver)

Resource information for you. Short videos to show you how to help relatives and friends using a walker or wheelchair with transfers, bathing, etc. at [www.aarp.org/nolongeralone](http://www.aarp.org/nolongeralone).

### **Iowa State Extension Office**

(319) 377-9839, Ext. 315

[www.extension.iastate.edu](http://www.extension.iastate.edu)

Offers “Powerful Tools for Caregivers”, a series of classes designed to empower you to take better care of yourself. The “tools” learned in the six-week series benefit you by helping you reduce stress, improve your confidence as a caregiver, establish balance in your life, communicate your needs, make tough decisions and locate helpful resources.

**Lifelong Links** (866) 468-7887 [www.lifelonglinks.org](http://www.lifelonglinks.org)

Lifelong Links can connect you to many of the State's information and referral resources, including Iowa COMPASS, the Iowa Association of Area Agencies on Aging, the Iowa Family Caregiver Support Program and Iowa 2-1-1. Information and referral specialists will help you identify community-based services available in your area and help you determine which programs best fit your individual situation.

**National Alliance for Caregiving** (800) 896-3650 [www.caregiving.org](http://www.caregiving.org)

Coalition of organizations focused on caregiving issues; provides a resource for ideas and helpful advice for family caregivers ([www.familycaregiving101.org](http://www.familycaregiving101.org)).

**Family Caregiver Alliance/National Center on Caregiving** (800) 445-8106 [www.caregiver.org](http://www.caregiver.org)

Provides information and resources for you on long-term caregiving.

**VA Caregiver Support** (855) 260-3274 [www.caregiver.va.gov](http://www.caregiver.va.gov)

If you are caring for a veteran, calling the Caregiver Support Line is a great first step to take to learn more about the support that is available to you. The Caregiver Support Line can tell you about the assistance available from the VA, help you access services and connect you with the Caregiver Support Coordinator at the VA Medical Center near you.

## Disease-Specific Resources for Caregiver Support

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### Cancer

**Helen G. Nassif Community Cancer Center** (319) 558-4876 [www.communitycancercenter.org](http://www.communitycancercenter.org)

This local resource provides patient-centered care that focuses on support services to all cancer patients and their loved ones. This includes help for all family members and other loved ones who provide care and support for the person living with cancer.

Emotional support services for patients and their families focus on the unique needs of:

- Family caregivers
- Children and teens
- Communication within the family

**American Cancer Society: What You Need to Know as a Cancer Caregiver** (800) 227-2345 [cancer.org](http://cancer.org)

American Cancer Society Complete Guide to Family Caregiving: The Essential Guide to Cancer Caregiving at home. View the American Cancer Society's [Caregiver Support Video Series](#).

**Cancer Care** (800) 813-4673 [www.cancercare.org](http://www.cancercare.org)

Offers free professional support services, including telephone counseling, online support groups and educational materials to individuals with cancer and their caregivers.

**Cancer Support Community** (888) 793-9355 [www.cancersupportcommunity.org](http://www.cancersupportcommunity.org)

Provides support for those living with cancer and their loved ones. Offers online support groups led by professionals.

## Amyotrophic Lateral Sclerosis (ALS or Lou Gehrig's Disease)

**ALS Association, Iowa Chapter** (515) 369-2572 [www.alsaiowa.org](http://www.alsaiowa.org)

Provides local care services to help patients and families living with ALS. The ALS Association has an equipment loan program, monthly support groups and multidisciplinary ALS Clinics.

**Muscular Dystrophy Association** (319) 393-8905 [www.mda.org/office/iowa](http://www.mda.org/office/iowa)

Provides an ALS Clinic, support groups, equipment loan program, online community, financial assistance for equipment repairs and tips for family caregivers.

## Alzheimer's Disease and Related Dementias

**Alzheimer's Association, East Central Iowa Chapter** (319) 294-9699 [www.alz.org/eci](http://www.alz.org/eci)

Offers free educational programs, information and referral, support groups and caregiver training. Access to a 24/7 help-line for patients and caregivers available at (800) 272-3900.

## Chronic Obstructive Pulmonary Disease (COPD)

**COPD Foundation** (866) 316-2673 [www.copdfoundation.org](http://www.copdfoundation.org)

Provides educational materials and an online social network to answer questions and provide resources for caregivers.

## Heart Disease

**American Heart Association Caregivers** (319) 536-3900 [www.heart.org](http://www.heart.org) click on Support

Provides educational materials, resources and an online support network.

**CardioSmart American College of Cardiology** [www.cardiosmart.org/For-Caregivers](http://www.cardiosmart.org/For-Caregivers)

Education, support and resources for caregivers.

## Parkinson's Disease

**American Parkinson Disease Association** (800) 223-2732 [www.apdaparkinson.org](http://www.apdaparkinson.org)

Focuses on research, services, education and raising public awareness. Free brochures on coping with symptoms, research and caregiving.

**American Parkinson Disease Association Information and Referral Center, UnityPoint Health - Des Moines** (877)-872-6386 or (515) 241-6379 [www.apdaiowa.org](http://www.apdaiowa.org)

Statewide information about support groups, community resources and exercise classes.

[unitypoint.org/caregiver](http://unitypoint.org/caregiver)

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