



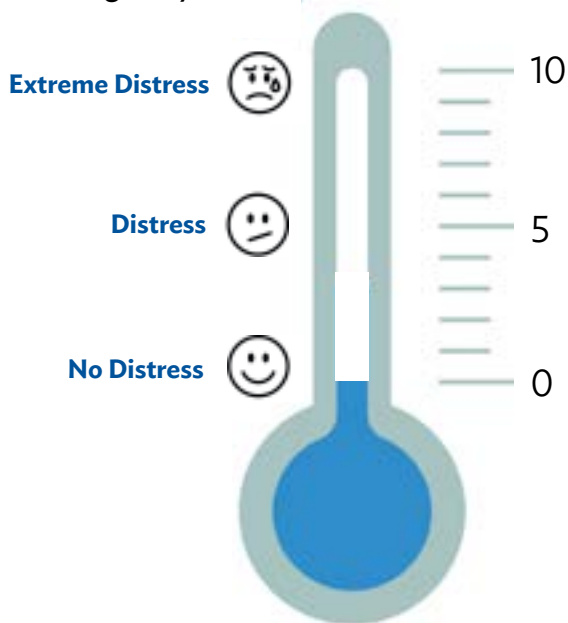
UnityPoint Health – Cedar Rapids Caregiving

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) 369-7740

unitypoint.org/caregiver

Resources Available as You Care for Your Loved One

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

(319) 398-3644

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

Milestones in Marion

1080 Cardinal Drive

Marion, IA

Phone: (319) 373-3494

Email: marionmilestones@abbehealth.org

The Heritage Agency Caregiver Support Program

(319) 398-5559

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

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

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.

Iowa State Extension Office

(319) 377-9839, Ext. 315

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

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

Family Caregiver Alliance/National Center on Caregiving (800) 445-8106 www.caregiver.org
Provides information and resources for you on long-term caregiving.

Iowa Lifespan Respite Coalition (515) 471-1958 www.iowa.gov
Through a grant from the Administration for Community Living administered by the Iowa Department on Aging, the Iowa Lifespan Respite Coalition provides funds for emergency respite care if you are in crisis. The Coalition recognizes that a crisis situation may look different for everyone and seeks to help you if you are experiencing emotional or medical crises related to familial duties and a variety of other situations through funding and a connection to respite providers.

VA Caregiver Support (855) 260-3274 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

Cancer

Helen G. Nassif Community Cancer Center (319) 558-4876 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
American Cancer Society Complete Guide to Family Caregiving: The Essential Guide to Cancer Caregiving at home.

Cancer Care (800) 813-4673 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
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

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

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

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

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 click on Support

Provides educational materials, resources and an online support network.

CardioSmart American College of Cardiology www.cardiosmart.org/For-Caregivers

Education, support and resources for caregivers.

Parkinson's Disease

American Parkinson Disease Association (800) 223-2732 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

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

unitypoint.org/caregiver

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