



FAMILY CAREGIVER SUPPORT

The National Alliance for Caregiving and AARP discovered there are nearly 48 million caregivers in the United States age 18 and older providing unpaid care to another adult age 18 or older. The following agencies provide support, counseling, and education for caregivers in Davidson County.

Caregiver Resources in Davidson County:

- **Alzheimer's Association – Western Carolina Chapter: 800.272.3900**
offers 24/7 helpline for caregivers of Alzheimer's patients
- **Brookdale Lexington: 336.238.1700**
provides an Alzheimer's support group for caregivers
- **Cancer Services of Davidson County: 336.249.7265**
offers support groups for caregivers
- **Davidson County Caregiver Academy: 336.249.2155**
provides educational programs for caregivers
- **Epilepsy of Davidson County, Inc.: 336.300.4681**
offers support groups for caregivers
- **Family Services of Davidson County: 336.249.0237**
offers counseling for caregivers
- **Life Center of Davidson County: 336.249.2155**
offers support groups, respite and educational tools for caregivers

Caregiver Websites:

AARP

www.aarp.org

Care.com

www.care.com

Caregiver Action Network

www.caregiveraction.org

Caregivers of Davidson County

<https://caregiversofdc.com>

CaringBridge

www.caringbridge.org

Duke Family Support

<https://dukefamilysupport.org>

Family Caregiver Alliance

www.caregiver.org

The Life Center of Davidson County

<https://lifecenterdavidson.com>

Today's Caregiver

www.caregiving.com

VA Caregiver Support Program

www.caregiver.va.gov

Helpful Tips for Caregivers:

It's easy to become overwhelmed as a new caregiver. Five steps that can help are:

- **Start with a diagnosis.** Learning about a family member's diagnosis helps caregivers understand the disease process and plan ahead realistically.
- **Talk about finances and healthcare wishes.** Having these conversations can be difficult, but completing durable powers of attorney for finances and healthcare can help relieve anxiety and better prepare for the future.
- **Consider inviting family and close friends to come together and discuss the care needed.** If possible, it's helpful to include the care recipient in this meeting. This meeting gives caregivers a chance to say what they need, plan for care and ask others for assistance.
- **Take advantage of community resources such as Meals on Wheels and adult day programs.** These resources help relieve the workload and offer a break. Look for caregiver educational programs that will increase knowledge and confidence.
- **Find support.** The most important thing is for caregivers to not become isolated as they take on more responsibility and as social life moves into the background. Online and in-person groups can be very helpful in connecting with others in the same circumstances.

For more information, contact our Resource and Benefits Specialist at 336.242.2290.

*Davidson County Senior Services does not make recommendations for the resources listed. This list is for information purposes only; please do not limit yourself to what is provided within this document. NE(2023))

