

Building a Supportive Community for Family Caregivers

12 Action Steps



1. Examine your own feelings about growing older. Recognize how they influence your actions.
2. Learn all you can about the physical and emotional aspects of aging.
3. Offer friendship and support to an elderly neighbor or acquaintance.
4. Listen to a co-worker, client, or friend who is providing care for a family member.
5. Spend time with aging family members. Remember the past, share the present, plan for the future.
6. Include older people in work, social, and community activities.
7. Appreciate differences in cultural and generational attitudes about caregiving and aging.
8. Find current statistics on aging for your county. Demographic data are available at Iowa Department on Aging, www.aging.iowa.gov/resources/agingstats.html.
9. Make a community presentation about aging Iowans and implications for families, communities, and Iowa.
10. Network with professionals who work with aging people and their families.
11. Connect with your Area Agency on Aging. A full listing is available at www.aging.iowa.gov/aaa/index.html.
12. Explore the Iowa State University Extension Aging website, www.extension.iastate.edu/homefamily/aging/, to learn about resources, programs, and opportunities.

Caring for a Family Member? Don't Go It Alone



6 Numbers You Should Know

- 1. National Eldercare Locator, (800) 677-1116**
Nationwide assistance for locating available services in the zip code area of the person needing care. Monday-Friday, 9 a.m.-8 p.m. EST.
- 2. Iowa Family Caregiver Support Program, (866) 468-7887**
Information and access to caregiving resources for Iowans.
- 3. Iowa Department on Aging (800) 532-3213**
Advocacy, educational, prevention, and health promotion services for older Iowans, their families and caregivers.
www.aging.iowa.gov/index.html/
- 4. Long-Term Care Ombudsman, (866) 236-1430**
Inquiries of all types related to long-term care.
- 5. Senior Health Insurance Information Program (SHIIP), (800) 351-4664**
Help with questions about Medicare, Medicare+ Choice, long-term care, and other health insurance issues.
- 6. Iowa Concern, (800) 447-1985**
Financial questions, legal issues, family transitions. ISU Extension's hotline available all hours, all days.
www.extension.iastate.edu/iowaconcern/

... and justice for all
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Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Gerald A. Miller, interim director, Cooperative Extension Service, Iowa State University of Science and Technology, Ames, Iowa.