



Our Mission Statement

The mission of the OEDA Area Agency on Aging is to provide services that make it possible for older persons to remain in their home, maintaining their way of life with independence and dignity as long as possible.

Established under the Older Americans Act, the Family Caregiver Support program provides a system of support services to help informal caregivers of older adults and grandparents raising grandchildren.

Caregivers who do not have access to a support system often experience burnout, which leads to increased stress and stress related problems. The TLC caregiver program helps to address these and other Caregiver challenges.

The OEDA does not discriminate in its programs or activities on the basis of race, creed, color, sex, age, ancestry, national origin, religion or disability. Attention Caregivers! Are you feeling anxious, depressed, exhausted or irritable? TLC may be able to help.

OEDA
Area Agency on Aging

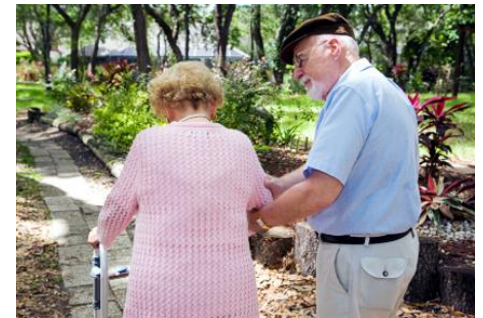
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Tips for Caregivers:

- ☀ Take one day at a time.
- ☀ Accept help others offer and trust their willingness to help.
- ☀ Make time for yourself by reading a magazine, taking a walk, watching a movie, visiting a friend or other activities.
- ☀ Every Caregiver needs someone to talk to or share their feelings- social support may help you stay healthy.
- ☀ Find or start a support group to help feel connected to others providing care, just like yourself.
- ☀ Rest, exercise and eat properly.
- ☀ And remember... You are not alone!
- ☀ 1 in 4 Americans are Caregivers.
- ☀ Family members and/or friends provide 85% of all home care.
- ☀ When you are dealing with this rewarding but demanding job TLC may be able to help.

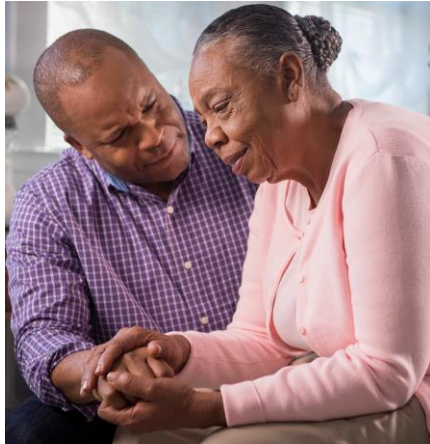
OEDA Area Agency on Aging



Help is just a call away...

Touching the Lives of Caregivers

TLC is a program that provides Information and Access to Services for Older Persons and Caregivers.



What is a Caregiver?

A Caregiver may be anyone. A family member, friend or older adult. You are a Caregiver when an older person relies on you to provide care or unpaid help with day-to-day activities.

Touching the Lives of Caregivers (TLC)

May be able to help if:

- You live in Beaver, Cimarron, Dewey, Ellis, Harper, Texas, Woods or Woodward County
- You provide care for a person 60 years of age or older.
- You are a grandparent 55 years of age or older providing care for a grandchild or other relative under the age of 18 years old

Contact TLC for more information:

15806254531

Or e-mail kshort@oeda.org

Take a Minute to Assess Your Caregiver Stress:

Do any of the statements below describe what you are going through? If so, heed these warning signs and take some time to care for yourself:

Physical

- Less Energy
- Difficulty Sleeping
- Little things take a great deal of effort
- Often ill with colds/flu
- Use medication or alcohol to relax

Emotional

- Lost your sense of humor
- Mood Swings/Crying Spells
- Feel sad, impatient, frustrated or resentful

Social

- Feel little satisfaction in life
- Less desire for social contact
- Feeling of emptiness
- Family relationships are strained

Self-Help

- Disorganized
- No time for your own needs
- Unable to eat or rest even when help is available



TLC Caregiver Services

Information and Assistance:

TLC is a program that provides access to information and services for Caregivers of older persons or grandparents raising grandchildren. TLC will make referrals to programs that best meet the needs of the Caregiver's situation, such as support groups, legal or nutrition services, etc.

Care Coordination:

TLC helps the Caregiver gain access to the needed services or programs that help equip the Caregiver with the tools they need to be a better Caregiver.

Respite Care:

It is vital that every Caregiver be given the opportunity to take a break from Caregiver responsibilities. Caregivers can obtain respite vouchers for temporary relief from their situation. For example, time away to go to the grocery store, to a movie, or visit with friends or family.

Suggested Donations

Respite \$1 per hour

Access to Assistance \$2 per contact

Information Services \$2 per event

Contributions are voluntary and no otherwise eligible person is denied services because he or she chooses not to or cannot contribute to cost of services.