



Click Here for Help

People who care for older adults face special challenges in their lives. The additional time requirements and stress of coping with an older adult's changing medical and social needs takes its toll. But help is available.

You Don't Have To Go It Alone!

Caregivers now have an online resource. Go to our website www.SeniorConnection.org and click on **Connection for Caregivers**. You'll find a wealth of information and interactive options to support you at home or at work.

How Can I Find Out More?

Come to the **SeniorConnection** website, click on **Connection for Caregivers**, and keep checking back. It's a fast way to find the answers you need when you need them. New online resources are added and updated all the time.

Connection for Caregivers is part of **SeniorConnection.org**, a website packed with information for anyone dealing with older adult and caregiver needs. It includes a searchable database with more than 2,000 agencies, programs and services for older adults and caregivers, favorite links to useful websites and information about specific services provided by Central Massachusetts Agency on Aging.

Stay in touch with us through Facebook, Twitter, LinkedIn, and our Blog. Check out our website www.SeniorConnection.org to find out how and sign up for our weekly e-newsletter.

Who We Are

Central Massachusetts Agency on Aging is a private, non-profit organization established to identify and serve the needs of older adults and their caregivers in Central Massachusetts. Financial support under the Older Americans Act provided by Massachusetts Executive Office of Elder Affairs and United States Administration on Aging. Other funding comes from private corporations, foundations, and individual donors like you.

Our Service Area



Join Our Team

If you would like to help support our work with your time or with a tax-deductible contribution, please contact us at:

Central Massachusetts Agency on Aging
360 West Boylston Street, West Boylston, Massachusetts 01583
Tel: 508-852-5539 V/TDD • 1-800-244-3032 V/TDD
Fax: 508-852-5425 • Email: info@SeniorConnection.org
Office Hours: Monday through Friday 8:30AM-4:30PM
www.SeniorConnection.org



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Stay Connected



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Go to www.SeniorConnection.org and click on **Connection for Caregivers**



A website dedicated to the needs of those who help older relatives and friends.

Who is a Caregiver?

A caregiver can be a family member, friend or professional who provides physical, financial or emotional support for an older adult whose daily activities are limited by diminished mental or physical function.

Caregivers may live with the older adult or live nearby. Some may even live across the country. But no matter where they live, their responsibilities may include providing personal care or finding and managing supplemental care in the local community. They may organize an older adult's home health care services, help manage finances or provide transportation to medical appointments, grocery shopping or other chores.

People over 85 years of age are the fastest growing segment of our population. And half of them need some help with personal care. For the most part, that care is provided by family members.

Nearly 60 percent of all caregivers today are also employed outside the home. They may lose time at work to cope with health care or other emergencies. It's been estimated that businesses lose upwards of 33 billion a year due to employees' need to care for an individual aged 50 or older.

Most adult children do not recognize themselves as caregivers. They willingly accept additional responsibilities as a natural part of their relationship with their older parent.

Does this sound like you?

What is the Connection?

Connection for Caregivers offers a home on the Internet for people balancing the demands of work and home responsibilities that include elder care. It's informative. It's interactive. And it's free!

The **Connection for Caregivers** offers online:

- Live monthly caregiver support group facilitated by a licensed social worker.
- Realtime chats with local professionals about reverse mortgages, health insurance, legal issues & prescription drugs.
- Ongoing peer support group for informal support from others facing similar challenges, available online anytime, day or night.
- Browse **Helping An Older Adult-A Caregiver's Journey** to learn the effects of providing care to an older adult has on your physical and mental well-being. Read through a variety of resources to ease your caregiving journey.
- Articles by experts in the **Four Corners** section, featuring four articles each month on medical and legislative issues, ways to maintain your well-being, plus a spotlight on resources available for older adults and caregivers. Previous months' articles are archived for easy searching.
- **"The Caregivers' Guide,"** an extensive resource guide for caregivers facing new decisions on behalf of older friends or family members, available to download.
- Calendar of events of interest to caregivers and their families.
- Questions answered by email when you're not sure where else to turn.
- **Connection for Caregivers** is a community effort. We welcome new ideas from you, our partners.

AND REMEMBER....

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