

**ASSISTANCE.  
ADVOCACY.  
ANSWERS ON AGING.**

**Area Agency on Aging**

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Upper Coastal Plain



*Assistance. Advocacy. Answers on Aging.*

Serving Edgecombe, Halifax, Nash,  
Northampton and Wilson Counties

**For more information,  
please contact:**

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**The Family  
Caregiver Support  
Program is  
dedicated to  
empowering the  
caregiver with  
information and  
resources to make  
their caregiving  
journey successful.**

**FAMILY CAREGIVER  
SUPPORT  
PROGRAM**



The Area Agency on Aging is a service of the Upper Coastal Plain Council of Governments, a lead planning organization comprised of five (5) county governments and thirty-nine (39) municipal governments. Working under the direction of locally elected officials of these governments, the staff plans and administers a variety of federal, state and local programs and services. The counties served include Edgecombe, Halifax, Nash, Northampton and Wilson.

**WWW.UCPCOG.ORG**

## What is the Family Caregiver Support Program?

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Federal and state funding is allocated to the county level for programs that provide supportive services for those considered “caregivers.”

If you are caring for someone and need assistance, the Family Caregiver Support Program may be able to assist.

## Services

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- \* **Information** about available services and resources to help families in their caregiver roles.
- \* **Assistance** to families in gaining access to services from a variety of public and private agencies. Help in planning future needs.
- \* **Caregiver Support** to help families cope with the emotional and physical stress associated with caregiving.
- \* **Caregiver Training** events to educate families on topics such as care

techniques, communication with health care professionals, making healthcare, legal and financial decisions.



## Services Continued

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- \* **Respite Care** provided by nursing assistants in the home who perform a wide range of tasks while also providing temporary respite for the caregiver.
- \* **Limited Supplemental Services** to complement care provided by eligible caregivers. Most are one-time services such as home modifications (ramps, grab bars, assistive devices and safety inspections).

## Eligibility Requirements

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- \* Caregivers age 18 and over who are caring for someone over the age of 60.
- \* Family Caregivers of a person with Alzheimer's disease or a related dementia.
- \* Grandparents or relative caregivers who are 55 years and older and are providing care for adult children with a disability who are between 19 and 59 years of age.
- \* Caregivers must reside in the service area of Edgecombe, Halifax, Nash, Northampton and Wilson Counties.

## You are a caregiver if you...

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- \* Help a loved one bathe, dress, eat, use the toilet or move about
- \* Provide transportation for a friend, family member or neighbor to doctor appointments
- \* Help someone pay bills, balance the checkbook or make medical appointments
- \* Assist someone with household chores such as meal preparation, cleaning and grocery shopping
- \* Need help finding someone to stay with your loved one while you work, go to the doctor or take a shower
- \* Have a loved one in a nursing home or are considering a nursing home for your loved one

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