



A Guide to Caregiver Supports and Services

Resources, supports, and services for
caregiving families, friends, neighbors,
and other informal supports.





Are You a Caregiver?

Do you provide unpaid care for an adult with a chronic health condition, memory loss, or physical impairment?

Yes No

Does another adult depend on you for safety, finances, and/or errands?

Yes No

Do you feel responsible for the health and well-being of another adult?

Yes No

Does another adult depend on you to go grocery shopping and/or prepare meals?

Yes No

Do you assist another adult with personal care, such as bathing, dressing, and grooming?

Yes No

Do you manage medications and/or appointments for another adult?

Yes No

If you answered “Yes” to any of these questions, you are a caregiver!

“Are you a Caregiver?” [Questionnaire] Retrieved and adapted from caregivercalifornia.org/caregiver-quiz

What is Burnout?

Burnout is a state of complete mental, physical, and emotional exhaustion.

Burnout happens when caregivers endure prolonged stress from the demands of their caring role. It isn't the caregivers fault.

Recognize the Signs

- Changes in appetite or weight
- Getting sick more often
- Anxiety and depression
- Fatigue or lack of energy for tasks
- Difficulty concentrating
- Withdrawing from social activities or hobbies
- Anger towards your care recipient
- Losing control emotionally or physically
- Increased substance use (like alcohol or nicotine)
- Thoughts of wanting to hurt yourself or your care recipient

Caregiver Supports and Resources are intended to:

Educate, support, and help provide a break and relieve some of the stress from the daily routine of caregiving.

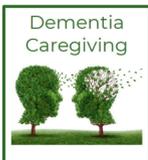
Find Support Groups at:

tcoa.org/resources/support-groups 🔍

Educational Programs



Powerful Tools for Caregivers is an interactive workshop designed to help family caregivers take better care of themselves while caring for a family member or friend. This workshop meets for two and a half hours once per week for six weeks.



Dementia Caregiving Series provides basic dementia information for individuals caring for a person with dementia or for anyone who wants to learn more about dementia. Professionals are welcome. This workshop meets for one and a half hours once per week for three weeks.





Savvy Caregiver Program provides in-depth dementia information and communication skills for individuals caring for a person with dementia at home. This workshop meets for two hours once per week for six weeks.

Each workshop meets in small groups in community locations throughout Clinton, Eaton, and Ingham counties, and may be available online. All workshops are offered at no cost. Donations are accepted. **View the full workshop schedule on TCOA's website below.**

tcoa.org/classes/evidence-based-programs 



Tri-County Office on Aging has partnered with **Trualta** to provide a no-cost, self-paced, interactive eLearning tool for caregivers. Use the following link to access audio, video, and printed material on a variety of topics intended to help develop skills to best care for your loved one and yourself.

tcoa.trualta.com 



Other Caregiver Resources

Options Counseling is an interactive process, directed by the participant, to fully discuss and explore choices, opportunities, and resources with people of all ages and incomes seeking long-term supports and services (LTSS) to address their personal service and support needs.

Information and Assistance specialists provide information on topics of importance to older adults and persons with disabilities. such as housing, financial eligibility for programs, in-home services and long-term care options.

Case Coordination/Respite is available for people who can benefit from limited support. A specialist conducts an assessment and can arrange in-home services for eligible persons who need some assistance with personal care, homemaking, chores, or need respite from caregiving.



Caregiver Survival Tips



For more information on caregiver resources contact
Tri-County Office on Aging at:

tcoa.org/caregiver-support

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TCOA is devoted to attracting and retaining a diverse staff this is representative of our community and the participants we serve. TCOA is dedicated to creating and maintaining a work environment that is inclusive, equitable, and welcoming to all.



Tri-County Office on Aging is an Equal Opportunity Employer.

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