



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 caregiver's 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:

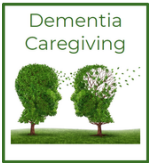
tcoa.org/resources/support-groups 🔍

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. 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** offers older adults, persons living with a disability, and their caregivers assistance in developing a plan to meet the long-term care needs that arise as individuals seek to age in the setting of their choice.

**This project has been made possible through a grant awarded to Tri-County Office on Aging by the Michigan Department of Health and Human Services.*

Call the Statewide MI Options Call Center at 1-800-803-7174 or call TCOA at 1-517-887-1440 to set up an appointment with an Options Counselor.

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

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- 1 Plan ahead
 - 2 Learn about available resources
 - 3 Take one day at a time
 - 4 Develop contingency plans
 - 5 Accept help
 - 6 Make YOUR health a priority
 - 7 Get enough rest and eat properly
 - 8 Make time for leisure
 - 9 Be good to yourself!
 - 10 Share your feelings with others

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

tcoa.org/caregiver-support

 517-887-1440



5303 S. Cedar St., Bldg. 1
Lansing, MI 48911

Phone: 517-887-1440

Toll-Free: 800-405-9141

Fax: 517-887-8071

Website: tcoa.org

Hours: 8:00AM – 5:00PM

Monday – Friday

Lobby Hours: 8:30AM – 4:30PM

Monday – Friday

Tri-County Office on Aging does not discriminate on the basis of race, color, religion, sex, national origin, ancestry, sexual orientation, age, disability, disabled or Vietnam era veteran status, marital status, and their protected characteristics in any of its programs or policies. Tri-County Office on Aging complies with all applicable laws and regulations. For detailed information on Section 1557 of the Affordable Care Act, please visit our website at tcoa.org.

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.

February 2026