



# Family Caregiving

## CASE FOR SUPPORT

Since 1985, Care Team® members have delivered more than **2 million hours** of volunteer service to family caregivers and their loved ones.

Baby Boomers are aging, and there are growing numbers of adults in the United States who are not fully able to care for themselves. Some live relatively independently but still require some level of care and support. Others require full-time care. The need for caregiving is projected to increase substantially in the years ahead as lifetime expectancy increases and the incidence of Alzheimer's and Dementia continues to rise. In fact, every 66 seconds, someone in the United States develops Alzheimer's.

Studies show that family caregivers of people Alzheimer's or Dementia spend more hours, do more difficult work, and provide assistance for more years than family members caring for older adults without memory loss. Most caregivers cannot afford in-home or residential nursing care, and insurance rarely covers the cost. Family caregivers frequently bear the full burden of support. As their lives become increasingly centered on caring for their aging loved ones, they often face social isolation, suffer from their own physical ill-health, and struggle with significant financial hardships.

Family caregivers are crying out for support, encouragement, community, and respite to continue the long journey of caring for loved ones with memory loss. CarePartners can help.



### About CarePartners

CarePartners is a nonprofit organization that partners with faith congregations and other groups to provide practical assistance and emotional support to family members who are caring for people with Alzheimer's or related Dementia. We bring caring volunteers together with families in need of support in order to make life better for the weak and vulnerable and for those who serve them. Volunteers serve as loving companions to vulnerable people who live alone, allowing them to continue living independently. Volunteers also offer primary caregivers respite from the daily demands of caregiving, along with special programs that equip, educate, and provide them with emotional support throughout their caregiving journey.

### Serving Vulnerable People and Their Caregivers

Founded in 1985, CarePartners' mission is to provide support, education and resources for caregivers and quality care for those living with memory loss and other challenges of aging. Our programs:

1. Train volunteers from faith-based, business, and civic communities who form Care Teams® that deliver care to the elderly, impaired and vulnerable;
2. Support family caregivers by providing respite practical support, which helps lower stress and prevent burnout; and
3. Offer access to resources for family caregivers and their loved ones.





## Creating Caring Communities

*CarePartners offers four life-changing programs that are nationally recognized for their innovation and impact:*

- **THE GATHERING PLACE** is a 3.5 hourly highly engaging program specifically for an individual with early to moderate Alzheimer's, related Dementia or memory loss. Planned activities strengthen motor and social skills through games, music, crafts, lunch and socialization. Family caregivers receive 3.5 hours of respite care support while their loved ones attend each Gathering Place.
- **COMMON GROUND** is a support group for family caregivers offering emotional support, encouragement, friendships and helpful tips about selfcare and caregiving. Family caregivers caring for loved ones with Alzheimer's, related Dementia, memory loss or other challenges due to aging may join this monthly support group.
- **SECOND FAMILY** is a home-bound program that helps individuals living with memory loss or other challenges due to aging. An extended family of trained volunteers offers support and companionship for home-bound individuals who belong to a partnering congregation. Family caregivers receive respite care support through second family.
- **CAREGIVER CONFERENCES** are educational events that connect family caregivers with education and community resources on how to provide quality care to their loved one.

## CarePartners is committed to:

- Providing direct care at no cost
- Having loved ones live at home as long as possible
- Reducing the burden on family caregivers
- Helping family caregivers and their loved ones maintain or improve their quality of life over time
- Offering transformative programs via our Care Team® Model



## Join the Care Movement

There is a tremendous need for more faith congregations and Care Team® members to serve vulnerable people and their caregivers in the Greater Houston area. The need is especially great in Ft. Bend County, Baytown, and other underserved communities where there is a significant senior population but few volunteers to serve them. Our goal is to expand CarePartners' footprint in the Greater Houston area and to ensure our programs are more widely available and easily accessible, so that any person needing support can access our resources.

Your donation to CarePartners covers the cost of recruiting, training, and supporting Care Team® volunteers who work tirelessly to provide companionship and practical support for vulnerable populations and those who care for them.