

## PRESS RELEASE

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### **November is National Family Caregivers Month: *Local Resources Help with Care of Loved Ones***

**RICHMOND, VA October 30, 2015** – Nationally, more than 34 million individuals are caregivers for family members and friends. Of these, research shows that the majority, 83%, are caring for older adults, families and friends. These informal caregivers are unpaid. They have many challenges and often need support. Over the course of their lifetime, many individuals will find themselves taking care of loved ones who may need temporary or long-term assistance with daily activities. Being a caregiver can be fulfilling as individuals do their best to support loved ones, friends or neighbors with needed help and reassurance. However, sometimes caregivers may find themselves needing assistance and not knowing where to turn. Senior Connections, The Capital Area Agency on Aging offer programs and services to help caregivers in their efforts to support loved ones.

Programs and services that provide support to caregivers include:

- **Caregiver Support:** Assists family members with their caregiving roles by providing information about available resources, assistance in gaining access to supportive services, individual counseling and respite support.
- **Friendship Cafes:** Provides balanced meals, health education and screenings for older adults. Participants receive nutritious meals and opportunities for socialization, recreation and wellness activities. Currently there are 21 cafes in the metropolitan Richmond area.
- **Home Care:** Provides personal care, homemaker/companion care and caregiver respite on the basis of need.
- **Coordinated Transportation:** Transportation is provided for critical medical appointments and is available for individuals who meet eligibility requirements. Assistance is also provided in finding transportation resources.
- **Home Delivered Meals:** Provides meals for homebound seniors who have significant health conditions or physical or mental impairments.
- **Money Management and Counseling:** Provides one-on-one check writing and bill paying services and assists seniors age 60 and over with managing personal finances.
- **TeleBridges:** A telephone reassurance program in which volunteers make phone calls to seniors as needed to check on their wellbeing.
- **Virginia Insurance Counseling and Assistance Program (VICAP):** Volunteers counsel seniors and other about making informed decisions on Medicare and other insurance including health, Medicaid and long-term care. Assistance with tracking medical bills and resolving complaints is also provided.

For additional information about these programs or other Agency services, **please call 804-343-3000 or visit our website at [www.seniorconnections-va.org](http://www.seniorconnections-va.org).**

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#### **About Senior Connections, The Capital Area Agency on Aging**

Senior Connections, The Capital Area Agency on Aging is a private, nonprofit organization governed by a Board of Directors with guidance from a diverse Advisory Council. The Agency receives funding from the Older Americans Act through the Virginia Department for Aging and Rehabilitative Services. Established in 1973 as part of a nationwide network of over 650 area agencies on aging, Senior Connections provides information, advocacy, and home and community services to seniors and family caregivers residing in the Counties of Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent, Powhatan, and the City of Richmond.