

November is Family Caregiver Month

Iowa has 310,000 family caregivers, who give approximately 319 million hours of family care annually. For their vital support, Governor Culver proclaimed November as Family Caregiver Month.

John McCalley, the Director of the Iowa Department on Aging (IDA), stated that caregivers face many challenges and their tireless work in caring for a loved one helps vulnerable older adults stay out of costly health care institutions and off Medicaid services as long as possible.

Family caregivers help Iowans remain at home and out of institutionalized care for longer periods of time. However, family care giving comes at a physical, emotional, and financial price, so it is imperative that family caregivers are supported with respite and other supports and services.

To find out about help available for caregivers, contact the Iowa Family Caregiver toll-free hotline at 1-866-468-7887 or online at:

www.iowafamilycaregiver.org.

One of the tools that may help caregivers easily locate and access services is Life Long Links. This web-based initiative provides free information about current needs and future planning that connects Iowan's to aging and disability resources. To find out about local resources for older adults and people with disabilities, visit <http://www.lifelonglinks.org/>.