



# ALABAMA CARES

SUPPORT FOR CAREGIVERS

**Family caregivers play a vital role in caring for an older individual, child, or a relative with severe disabilities. Alabama CARES provides support services to help families sustain their efforts in caring for their loved one. The services provided by the Alabama CARES program do not replace the role of the family caregiver but enhance their ability to provide informal care for as long as appropriate.**

## WHO HAS ACCESS TO THESE SERVICES?

- Primary family caregivers of frail, older adults age 60 and older
- Older relative caregivers (not parents) including grandparents age 55 and older caring for children ages 18 and younger
- Older relative caregivers (parents) including grandparents age 55 and older caring for adults ages 19 to 59 with disabilities

## ARE SERVICES BASED ON INCOME?

A person's income will not prevent them from receiving services. However, family caregivers with the greatest social and economic need are considered when prioritizing appropriateness for direct services.

## HOW DO I APPLY FOR SERVICES?

You can call your local Area Agency on Aging at 1-800-AGE-LINE (1-800-243-5463) or visit our website at [www.AlabamaAgeline.gov](http://www.AlabamaAgeline.gov).

Family caregivers have unique needs and preferences for the types of services they wish to receive. **The CARES program provides five core services:**

### INFORMATION

for caregivers and the public on resources and services available within their communities.

### ASSISTANCE

to family caregivers through short-term case management in gaining access to services and supports that are available to them within their communities.

### RESPIRE SERVICES

that offer temporary, substitute support to relieve family caregivers from their daily caregiving responsibilities. Due to limited funding, this service is available for family caregivers who have the greatest burden and highest need of relief.

### EDUCATION,

family caregiver training, and individual counseling that assist family caregivers in making decisions and solving problems related to their roles as caregivers.

### SUPPLEMENTAL SERVICES,

available on a limited basis, are intended to complement the care family caregivers provide for their loved one.