



## The Family Caregiver Support Program at Boston Senior Home Care

Caregivers know that caring for a parent, spouse or grandchild can be a deeply rewarding experience. However, providing around-the-clock care particularly when balancing a job, family, and other responsibilities, presents unique challenges. Boston Senior Home Care's Family Caregiver Support Program offers counseling, resources, services, and supports to alleviate the stress of caregiving and empower caregivers to provide exceptional care to their loved ones.

### How does the program work?

Our Caregiver Support Specialists are experienced in the rewards and challenges of caregiving. They understand the complexity of managing a person's care in the home and ensure that each caregiver receives services and supports that reflect their own preferences and individual needs.

### Eligibility

To participate, caregivers must live in the City of Boston or provide care to a Boston resident. In addition, care recipients must be at least 60 years of age unless they have been diagnosed with Alzheimer's Disease or related dementia. In that case, there is no age restriction. Our experienced staff will answer your questions and assist with the application process.



## Services and Supports

Boston Senior Home Care offers a wide range of services and supports to all caregivers at no charge, including:

### Individual Assessments

- Needs assessment
- In-home care planning
- Long-distance caregiving

### Personal and Family Support Services

- Adult Day Health and companion services
- In-home services and supports
- Caregiver support group
- Caregiving education and training
- Referrals to elder law offices for help with estate planning and legal documents; and to behavioral health specialists for mental health or substance use disorders
- Information and referrals to community resources
- Education and training on caring for an older adult at home, including dementia, falls prevention, cognitive health, and social engagement
- Scholarships for after-school programs, assistive technology and adaptive equipment

## About Boston Senior Home Care

Boston Senior Home Care is a private, non-profit human services agency dedicated to ensuring that older adults and individuals with disabilities, particularly those of limited means, can remain safely in their homes with dignity and independence. Since 1974, the agency has provided older adults with affordable in-home care and community-based services. Today, we also offer long-term services and supports for people with disabilities, education to help individuals maintain a healthy lifestyle and manage their chronic diseases, as well as services and supports for caregivers.

**For more information, visit [bshcinfo.org](http://bshcinfo.org) or call Boston ElderINFO at 617-292-6211 (TTY: 617-451-6404). Our experienced staff will answer your questions, provide valuable information, and assist with the application process.**

