

## Caregiver Support Resources

### Pima County

***Pima Council on Aging Helpline: 520-790-7262***

[Caregiver Resources – Pima Council on Aging](#)

[Caregiver Training – Pima Council on Aging](#)

If you are a caregiver, you know the demands that come with caring for your loved one can be stressful, and your own uncertainty can lead to additional stress. To relieve stress and uncertainty, PCOA and our dedicated community partners provide monthly caregiver training workshops that will teach you the skills you need to safely care for your loved ones.

[Caregiver Support Groups – Pima Council on Aging](#)

Support groups provide safe, welcoming, and confidential settings for you to share your experiences and emotions, as well as your questions and wisdom. You can learn and practice ways to manage stress as you connect with others. PCOA provides monthly support groups in various Pima County locations. Support groups are open to any adult providing care for someone 60 and older, or for someone of any age with Alzheimer's disease or related dementia.

[One-on-One Caregiver Consultation – Pima Council on Aging](#)

If you provide care to another person, whether they are a friend or family member, whether they live with you or across the country, you may benefit from the guidance and support of a knowledgeable professional who understands all that caregiving entails.

The Caregiver Specialists at PCOA understand that caring for a loved one creates many challenges. Our aim is to decrease stress and increase support and coping skills for caregivers by providing:

- Information and assistance in gaining access to resources, services, and benefits.
- Individual and family consultations, in person or by phone, to support decision-making and problem-solving related to the caregiving role.
- Specialized expertise in the needs of LGBTQ older people.

Caregiver Specialists also assist older adults planning for their own future by exploring options, providing resource information, and helping them develop a plan that meets their goals.

## Caregiver Support Resources

### [Long-Term Care – Pima Council on Aging](#)

The Arizona Long Term Care System (ALTCS) is a Medicaid program in the state of Arizona that pays for long-term care services in the home or in a facility. This program is for people who cannot afford to pay for their own care, and financial and medical eligibility criteria must be met to qualify.

### [Time Away \(Respite\) – Pima Council on Aging](#)

Caring for a loved one creates many challenges. PCOA is here to help you decrease stress and increase support and coping skills. It is critical that if you are a caregiver, you take time to attend to your personal needs, as well as the needs of the person you are caring for. Respite care provided by caregiving professionals allows you to have time off from caregiving and attend to your needs while ensuring that your family member or friend is well cared for. Respite can be provided in-home or in an adult day program to qualified caregivers.

## Cochise County

### [Area Agency on Aging | Cochise County, AZ](#)

The Area Agency on Aging (AAA) Case Management Program is operated by the Cochise County Public Fiduciary, a division of Cochise Health and Social Services (CHSS). The program is funded by the Southeastern Arizona Governments Association (SEAGO) and Cochise County. Services are available in languages other than English by assignment of a Spanish-speaking case manager or through a telephone translation service.

Case Managers work with individuals 60 years and over, their unpaid family caregivers, and disabled adults to identify support systems enabling older adults to maintain maximum independence and dignity in their homes and communities. Beyond the possibility of authorizing grant-funded services such as an attendant, home-delivered meals, and respite, the AAA case managers possess a wealth of knowledge regarding other resources available in the community. AAA case managers provide information and referral to other agencies that may be able to assist older or disabled adults.

## Caregiver Support Resources

### [SouthEastern Arizona Governments Organization \(SEAGO\)](#)

Maintaining the health and well-being of caregivers is an important priority of the SEAGO AAA. Through the National Family Caregiver Support Program, Older American's Act Title III E, Area Agencies on Aging provide information to caregivers about available services, assist caregivers in gaining access to those services, provide individual counseling, and organize support groups, caregiver training, respite care, and other supplemental services.

### **Santa Cruz County**

#### [Santa Cruz Council on Aging Home](#)

The Mission of the Santa Cruz Council on Aging is to improve the quality of life for the elderly community and the Seniors we serve through transportation, nutrition, home-delivered meals, and referrals for social and health services in Santa Cruz County.

#### [County of Santa Cruz Human Services Department](#)

The In-Home Supportive Services (IHSS) Program helps elderly, blind and disabled people to safely remain in their own homes when they are not able to fully care for themselves or handle routine household tasks. IHSS encourages independence and self-reliance where possible. IHSS is an alternative to out-of-home care in institutions.

### **Statewide Resources**

#### [Home - Arizona Caregiver Coalition](#)

The Arizona Caregiver Coalition was founded to support and advocate for family caregivers in Arizona. We partner with the Arizona Department of Economic Security, Area Agencies on Aging, and other community-based organizations. The mission of the Caregiver Coalition is to improve the quality of life for family caregivers across Arizona through Collaborative Partnerships, Advocacy, Resources, and Respite Support.