

Directory of Resources and Services Toll Free 1-888-298-0065

Often unprepared, a caregiver's greatest challenge is to know what resources are available, how to find them and what to do with them. We help to shorten the learning curve and equip caregivers with useful resources.

Select number of advertisers in each of the following categories, callers can:

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- Real Estate Services
- Reverse Mortgage
- Rehabilitation Facilities
- Senior Relocation Services

Caregiver's Focus Group Findings

- *Caregivers do not self-identify*
- *Caregivers want practical "how to" information*
- *Caregivers want to find information quickly, when they need it.*
- *Communications must have a creative appeal, making an emotional connection*

Source: Centers for Medicare & Medicaid Services

Brought to you by:

Dr. H. E. Lee
Senior Fitness Specialist
1395 County Road 2445
Huntsville, Mo 65259

We appreciate your support of our growing list of sponsors and advertisers committed to providing you with the highest quality of value and service. They make it possible for us to freely provide you with answers to the most common concerns of caring for your aging family member. Let them know you heard about their product or service on the Caregiver's Resource Helpline.

* Only during business hours to advertisers and sponsors offering this feature. For more information, please visit www.caregiversresource.com or call 1-888-391-7301 x 80.

Concerned about an aging family member?



Caregiver's Resource Helpline of Mid-Missouri

Helping you to help others.

Toll-Free 1- 888-298-0065

24 hours a day

www.caregiversresource.com

**CRI CAREGIVER'S
RESOURCE INC.**

Remember how easy it used to be to just pick up a phone to get information. Now, you can call and get answers to the most common concerns of caring for an aging family member.

The Caregiver’s Resource Helpline provides you with sound professional guidance, practical “how to” information and listing of resources in an easy-to- listen format, to help plan and manage your care of an aging family member.

Simply, dial toll-free 1-888-774-9245. At any time, while you are listening to the main menu, first select one of the Programs of Interest and then select a related Topics of Interest.

For example, while you are listening to the main menu dial extension “1” for Program of Interest, Physical and Mental Conditions of Aging then dial extension “4” for the related Topic of Interest, Maintaining an Active Mind.

Listen to the Topic of Interest and when you’re ready to select another Program and Topic of Interest you must dial “0” (zero) to return to the main menu. At any time, for the Directory of Resource and Services, you must dial “0” then dial “411”.

Note: For all 3 digit extensions, you must dial “0” for the main menu then dial the 3 digit extension. Press # to repeat a recorded message.

Caregiver’s Resource Helpline of Mid-Missouri

Ext.	Programs of Interest	Ext.	Topics of Interest
1	Physical and Mental Conditions of Aging	1	Vision and Hearing
		2	Taste, Touch and Smell
		3	Help With Eating
		4	Maintaining an Active Mind
		5	Dealing With Confusion
2	Living Arrangements	1	Exploring Housing Options
		2	Long Distance Caregiving
		3	Locating Community Resources
		4	Safety In The Home
		5	Dealing With Medication
		221	Choosing A Nursing Home
		222	Subacute Nursing Home Care
		3	Financial and Legal Assistance
		2	Medicare
		3	Medicaid
		4	Help With Income & Housing Expenses
		5	Legally Protecting Your Family Member
		331	Protecting Your Family Member's Assets
		332	Getting Private Insurance
		333	Wills & Living Wills

Toll-Free
1-888-298-0065
24 hours a day!

Ext.	Programs of Interest	Ext.	Topics of Interest
4	Self Help for the Caregiver	1	Taking Charge
		2	Maintaining A Positive Attitude
		3	Determining Your Family's Needs
		4	Dealing With Professionals
		5	Involving The Family
		441	Avoiding Burnout
5	Dealing with Changes	1	Dealing With Your Feelings
		2	Changing Family Roles
		3	Avoiding Isolation
		4	Recognizing Changes
		5	Planning For Difficult Situations
		555	Planning For Death



Note: This service is not intended to diagnose or treat an illness. Always check with your doctor or other health professional. Average Topic of Interest is 3 minutes.