

Directory of Resources and Services Toll Free 1-888-791-7301 x 80

Often unprepared, a caregiver's greatest challenge is to know what resources are available, how to find them and what to do with them. The Caregiver's Resource Helpline shortens the learning curve and equips caregivers with useful resources.

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

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- request a fax brochure
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- Nursing Homes
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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

Concerned about an aging family member?



Caregiver's Resource Helpline

Helping you to help others.

Toll-Free 1-888-791-7301
24 hours a day

www.caregiversresource.com

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.

**CRI
Owner/Operator**

* Only during business hours to advertisers and sponsors offering this feature. To advertise or reorder brochures, please visit www.caregiversresource.com or call 1-888-791-7301 x 81.

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 1-888-791-7301. 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 listed below.

For example, while you are listening to the main menu press extension "1" for Program of Interest, Physical and Mental Conditions of Aging then press 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 press "0" (zero) to return to the main menu. You may press "8", at any time, for the *Directory of Resources and Services*. Press "#" to repeat a recorded message.

Caregiver's Resource Helpline

Ext.	Programs of Interest	Ext.	Topics of Interest
1	Physical and Mental Conditions of Aging	11	Vision and Hearing
		12	Taste, Touch and Smell
		13	Help With Eating
		14	Maintaining an Active Mind
		15	Dealing With Confusion

Ext.	Programs of Interest	Ext.	Topics of Interest
2	Living Arrangements	21	Exploring Housing Options
		22	Long Distance Caregiving
		23	Locating Community Resources
		24	Safety In The Home
		25	Dealing With Medication
		221	Choosing A Nursing Home
		222	Subacute Nursing Home Care

Ext.	Programs of Interest	Ext.	Topics of Interest
3	Financial and Legal Assistance	31	Help For Medical & Long-term Care
		32	Medicare
		33	Medicaid
		34	Help With Income & Housing Expenses
		35	Legally Protecting Your Family Member
		331	Protecting Your Family Member's Assets
		332	Getting Private Insurance
		333	Wills & Living Wills

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1-888-791-7301
24 hours a day!

Ext.	Programs of Interest	Ext.	Topics of Interest
4	Self Help for the Caregiver	41	Taking Charge
		42	Maintaining A Positive Attitude
		43	Determining Your Family's Needs
		44	Dealing With Professionals
		45	Involving The Family
		441	Avoiding Burnout

Ext.	Programs of Interest	Ext.	Topics of Interest
5	Dealing with Changes	51	Dealing With Your Feelings
		52	Changing Family Roles
		53	Avoiding Isolation
		54	Recognizing Changes
		55	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