

Where can I get more information?

Call Greater Lynn Senior Services

Phone: 781-599-0110

Toll free: 1-800-594-5164

TTY: 781-477-9632

Toll free TTY: 844-580-1926

Ask for the Caregiver Specialist to assist you in accessing the services you need.

E-mail: info@glss.net

Web site: www.glss.net

For more information about aging services in Massachusetts, call 1-800-243-4636 or visit www.massoptions.org.

GLSS values diversity and provides services or employment to all members of the community without regard for race, color, national origin, age, sexual orientation, disability, religion, or gender.

Although many of our programs are funded in whole or in part by the Massachusetts Executive Office of Aging & Independence, MassHealth, and the United States Administration on Aging, we depend on and welcome community support to help us meet the needs of local elders.

Credits

The Family Caregiver Support program is federally funded.

Services available through GLSS:

- **Information and referral.** With one phone call, you can find the answers to many questions.
- **Help in your home.** Help with personal care, chores, and more...to help you maintain your independence.
- **Meals.** Tasty, nutritious, affordable. Served at several “community cafés” or delivered to your home by Meals on Wheels.
- **Transportation.** We help you find and navigate the options in your community, so you can safely get to the places you need to go.
- **Counseling and support.** We’re here to lend an ear and offer some advice and support in a safe, judgment-free setting.
- **Protection for elders.** We investigate and intervene in instances of elder abuse and neglect. GLSS also regularly visits every area nursing and rest home to protect patients’ rights.
- **Healthy living programs.** We offer a variety of programs to help you feel better and stay connected.

One number for everything:

Call GLSS at 781-599-0110

We’ll listen. We’ll help.

Family Caregiver Support Program



We can help make your job easier

*Are you caring for an aging parent or spouse?
A friend or a partner? Are you a
grandparent caring for a grandchild?*

Serving Lynn, Lynnfield, Nahant, Saugus, and Swampscott



Caregiving could be one of the most important things you ever do. It can be challenging and rewarding—and often frustrating.

The Family Caregiver Support program provides the support and services you need.

These are some of the services we provide:

- In-home assessments to help you determine how much and what kinds of care are needed
- Information about the resources available and referrals to the specific services and programs that meet your needs
- Counseling and support groups to help you cope with the stress, worry, and loneliness that caregivers often experience
- Education and training in the skills that caregiving requires
- Assistance in finding respite care to give yourself “time off” from your caregiving responsibilities.

Are you caring for an aging parent or spouse? A grandchild? Or are you an elder caring for a child with disabilities? Caregiving can turn your life upside down. We'll help you get it right again.

If you're a caregiver, you are not alone. Did you know...

- One quarter of American families, roughly 54 million people, care for an older family member, an adult child with disabilities or a friend.
- About 40% of all caregivers are men.
- More than one in three caregivers live with the care recipient.
- More than half the family caregivers are between the ages of 35 and 64—struggling to balance work, children, and care giving.

How we help

An adult son, John, is caring for his elderly and frail parents, both with serious medical problems. They are very resistant to outside care and will not consider any other living arrangement. John would like them to remain independent in their own home as long as possible, but their needs have become overwhelming. He is caught between the demands of his own job and family and those of his parents. As the sole caregiver, he experiences feelings of guilt, depression, and “burn out.”

With encouragement from the Family Caregiver Support program, John was able to persuade his parents to install a personal emergency response system and to accept weekly homemaking services. They continue to live independently.

John attends a caregiver support group, which has enabled him to deal more realistically with his responsibilities as a caregiver. As a result, he is no longer depressed and more able to manage—and enjoy—his job and time with his family.