



Your
Connection
to Care

Phone:
614-645-7250

Email:
caregiver@coaaa.org

Website:
coaaa.org/caregiver

Central Ohio Area Agency on Aging Caregiver Support Services

The National Family Caregiver Support Program operated by Central Ohio Area Agency on Aging provides:

Information on care options for adults living in the community or transitioning to/from a care facility.

Counseling for families experiencing a variety of challenges related to caregiving.

Referral to aging services include both government-funded and private fee-for-services, that can provide relief to caregivers.

Respite care and other support services to provide temporary relief to caregivers. Respite services can include: In-home care (up to 90 days), adult day services, and short-term care in a facility (up to 10 days). *Note: The length of time will vary by county and availability.*

The Caregiver Toolbox offers free, in-person and virtual workshops on topics that address the everyday challenges of caregiving. Workshops include a handbook, *The Caregiver Toolbox: A Guide to Independent Living*. Call to request a copy or download online: www.coaaa.org/guides. We offer 23 topics under 6 headings: *Accessing Aging Services*, *Planning Ahead series*, *Navigating series*, *Preventing Burnout series*, *Dementia series* and the *Nuts & Bolts of Care series*.

Call or email our caregiving specialists to schedule an in-person workshop for your organization or watch pre-recorded videos online: www.coaaa.org/cms/services/cg/caregiver-publications-videos.

Conversations about Caregiving offers free 30 minute one-on-one phone consultations with our caregiving specialists. These sessions are designed to address your unique caregiving needs and provide personalized guidance and support.

Virtual Dementia Support Group meets every Monday via Zoom from 10 AM to 12 PM. Call or email one of our facilitators if interested in attending: ptaliaferro@coaaa.org, 614-645-7300 or amooreridley@coaaa.org, 614-724-0679.

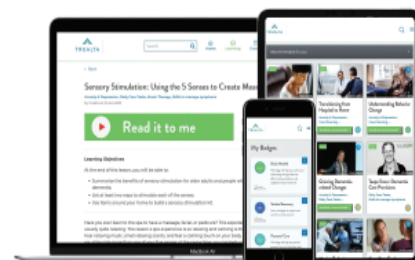


Connect with us on social media!

Trualta

COAAA is proud to offer caregivers free, unlimited access to Trualta's helpful resources to help you on your caregiving journey, including:

- Articles
- Courses
- Guided Meditations
- Interactive peer support groups
- Scenario-based training modules
- Webinars
- Toolkits
- Videos



Trualta can be accessed from a smart device (laptop, smartphone or tablet). You do NOT have to be enrolled in a COAAA case management program to access Trualta. Call our Caregiving Support Program to learn more: 614-645-7250.



Scan the QR code or visit coaaa.trualta.com to sign-up now!

Access National Family Caregiver Services near you:

To access short-term respite care, contact the partner agency for your county and ask for the caregiver support program.

Delaware County:

SourcePoint
740-363-6677
www.mysourcepoint.org

Fairfield County:

Meals on Wheels of Fairfield County
740-681-5050
www.mowfc.org

Fayette County:

Community Action Commission of Fayette Co.
740-335-7282
www.cacfayettedecounty.org

Franklin County:

Franklin County Office on Aging
614-525-6200
www.officeonaging.org

Licking County:

Licking County Aging Program
740-345-0821
www.lcap.org

Madison County:

Madison County Senior Center
740-852-3001
www.mcsenior.org

Pickaway County:

Pickaway Senior Center
740-474-8831
www.pickawayseiors.org

Union County:

Union County Senior Services
937-644-1010
www.unioncountyohio.gov/senior-services-home