

Department for Aging and Independent Living

Caregiver Support Services

National Family Caregiver Support Program

The national Family Caregiver Support program offers flexible benefits and supports services to informal caregivers of people 60 years of age or older, and individual with Alzheimer's disease or a related disorder. The services include:

- Information about available programs and services
- Assistance accessing services
- Counseling, support groups and training to help caregivers make decisions and solve problems related to their caregiver role
- Respite care to give caregivers time off from care giving responsibilities
- Supplemental services on a limited basis, to supplement caregiving tasks.

Contact your local Area Agency on Aging and Independent Living for more information about this program

Bluegrass AAA | Anderson, Boyle, Bourbon, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, Woodford
699 Perimeter Drive Lexington, KY 40517 | Phone: 859-266-1116 or 866-665-7921

Barren River AAA | Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson and Warren
177 Graham Avenue Bowling Green, KY 42101 | Phone: 270-781-2381 or 1-800-395-7654

Big Sandy AAA | Floyd, Johnson, Magoffin, Martin, and Pike
110 Resource Court Prestonsburg, KY 41653 | Phone: 606-886-2374 or 1-800-737-2723

Buffalo Trace AAA | Bracken, Fleming, Lewis, Mason, and Robertson
201 Government St., Suite 300 Maysville, KY 41056 | Phone: 606-564-7084 or 1-877-564-7084

Cumberland Valley AAA | Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle and Whitley
342 Old Whitley Road London, KY 40743 | Phone: 606-864-7391

FIVCO AAA | Boyd, Carter, Elliott, Greenup, and Lawrence
32 FIVCO Court Grayson, KY 41143 | Phone: 606-929-1366 or 1-800-499-5191

Gateway AAA | Bath, Menifee, Montgomery, Morgan and Rowan
110 Lake ark Drive Morehead, KY 40351 | Phone: 855-882-5307

Green River AAA | Daviess, Hancock, Henderson, McLean, Ohio, Union and Webster
300 GRADD Way Owensboro, KY 42302 | Phone: 270-926-4433 or 1-800-928-9094

KIPDA AAA | Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, and Trimble
11520 Commonwealth Drive Louisville, KY 40299 | Phone: 502-266-5571

Kentucky River AAA | Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry and Wolfe
941 North Main Street Hazard, KY 41701 | Phone: 606-436-3158

Lake Cumberland AAA | Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor and Wayne
2384 Lakeway Drive Russell Springs, KY 42642 | Phone: 270-866-4200 or 800-264-7093

Lincoln Trail AAA | Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson and Washington
613 College Street Road Elizabethtown, KY 42702 | Phone: 800-264-0393

Northern Kentucky AAA | Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, and Pendleton
22 Spiral Drive Florence, KY 41042 | Phone: 859-692-2480

Pennyrile AAA | Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd, and Trigg
300 Hammond Drive Hopkinsville, KY 42240 | Phone: 270-886-9484 or 1-800-928-7233

Purchase AAA | Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, McCracken, Marshall
1002 Medical Drive Mayfield, KY 42066 | Phone: 270-247-9426 or 1-800-866-4213

24/7 Helpline

The Alzheimer's Association® 24/7 Helpline (800.272.3900) is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information to people living with dementia, caregivers, families and the public.

Contact the Helpline day or night to:

- Speak confidentially with master's-level care consultants for decision-making support, crisis assistance and education on issues families face every day.
- Learn about the symptoms of Alzheimer's and other dementias.
- Find out about local programs and services.
- Get general information about legal, financial and care decisions, as well as treatment options.
- Receive help in your preferred language through our bilingual staff or translation service, which accommodates more than 200 languages.
- Dial 711 to connect with a TRS operator.

Our professional staff has the knowledge to address a variety of topics:

- Memory loss, dementia and Alzheimer's disease.
- Medication and treatment options that may delay clinical decline or help temporarily address symptoms for some people.
- Safety issues.
- Tips for providing quality care.
- Recommendations for finding quality care providers.
- Strategies to reduce caregiver stress.
- Legal and financial documents for future care.
- Aging and brain health.
- Referrals to local community programs and services.

Three ways you can connect with our Helpline:

1. **Call us.** We are available around the clock, 365 days a year at 800.272.3900. Dial 711 to connect with a TRS operator.
2. **Chat with us.** Visit alz.org/helpline and click the "Live Chat" green button on the page to connect with a member of our Helpline staff. Live chat is typically available from 7a.m.-7p.m. (CST) Monday through Friday.
3. **Online.** Complete the form found at alz.org/contactus to let us know how we can help you. We will respond to you within 24 hours.

Note: Our Helpline staff does not perform diagnosis. If you or someone you care for is having memory problems, please see your doctor. The 24/7 Helpline is supported in part by a grant from the Administration on Aging, U.S. Department of Health and Human Services.

The Alzheimer's Association 24/7 Helpline is supported in part by grant number 90ADCC0001-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged