

# AGING IN PLACE IN THE COMMUNITY

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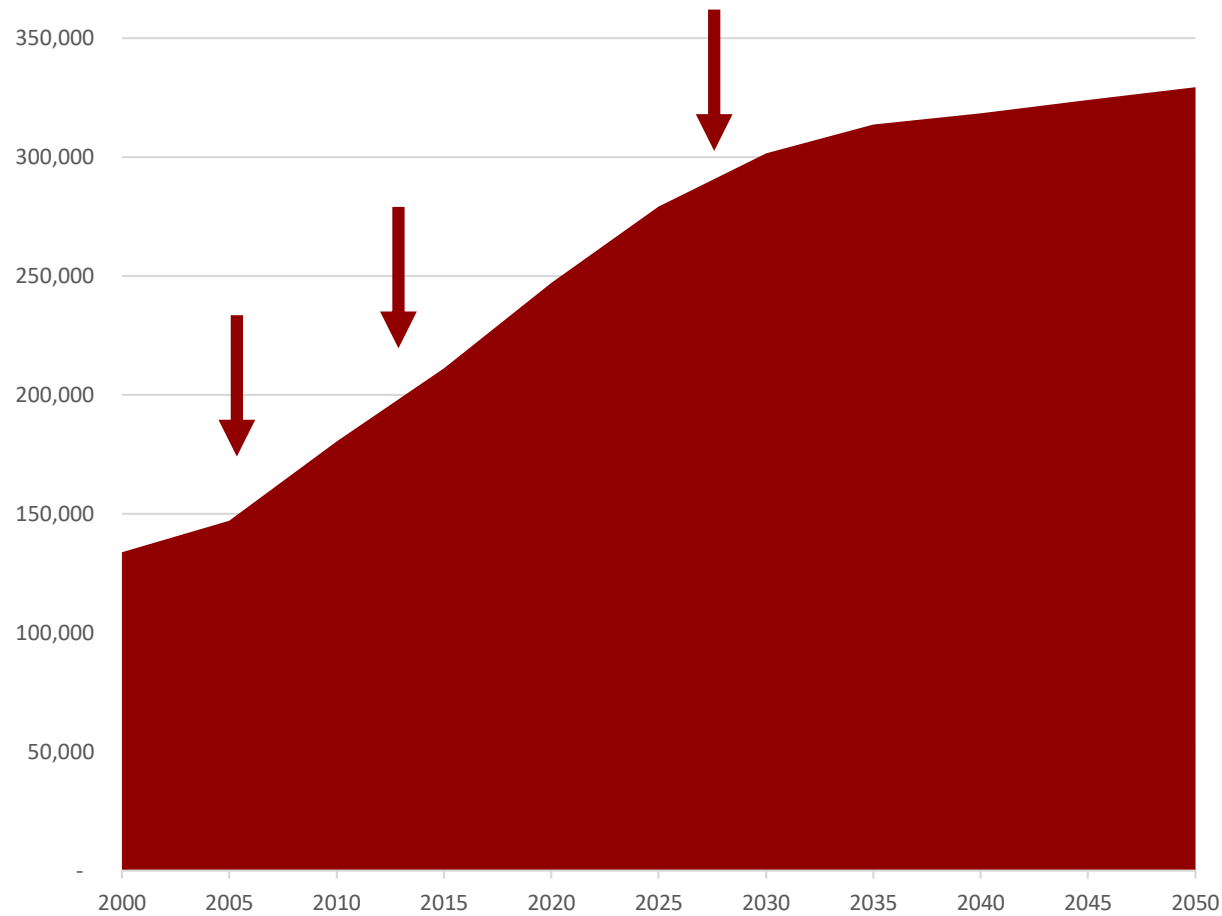
*Resources for Aging Adults and their Caregivers*

Dava Newnam, Director  
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Physical Disabilities (DSAAPD)

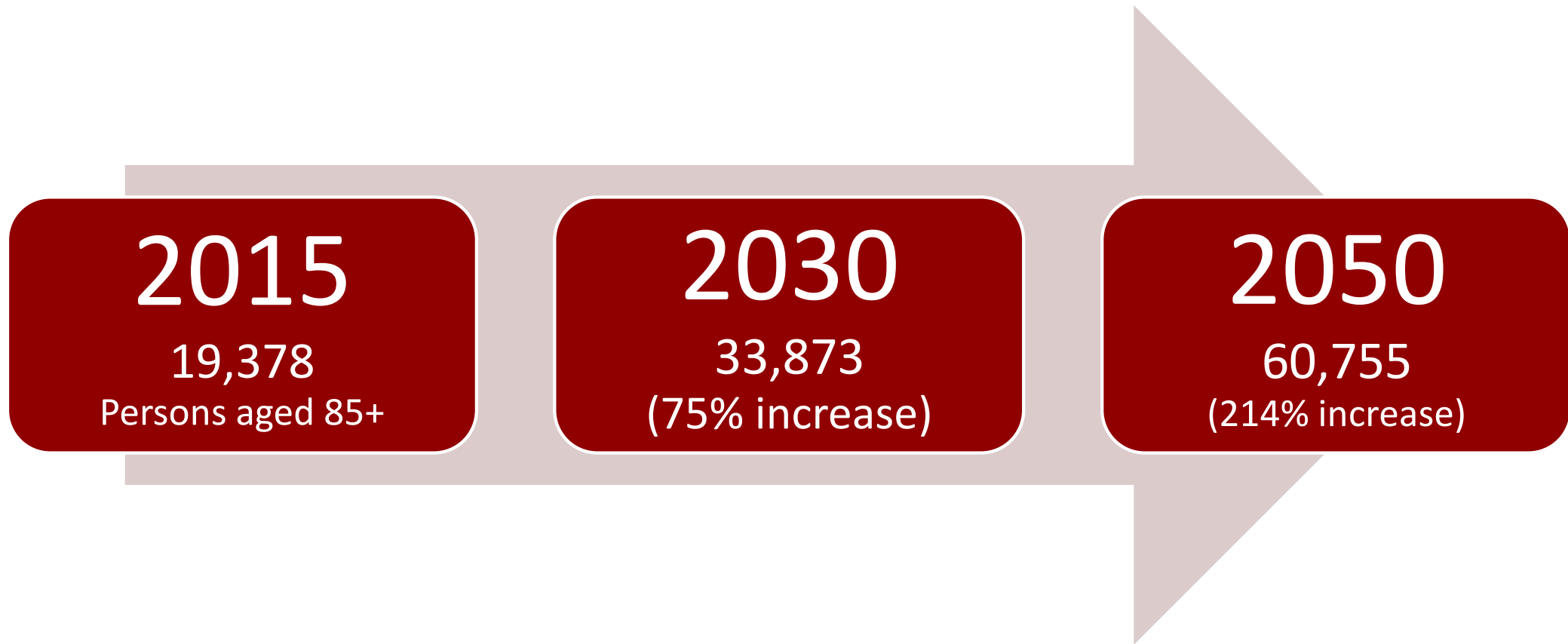


[www.dhss.delaware.gov/dsaapd](http://www.dhss.delaware.gov/dsaapd)

# Impact of the Baby Boom and Beyond: Growth of the 60+ Age Group in Delaware



# Projected Growth of Delaware's 85 and Over Population



# Impact of Family Caregivers

- Over 202,000 family caregivers at any given time during the year provide an estimated 132 million hours of care with an estimated value of \$1.56 billion.
- About half (45%) of Delawareans age 35 and older are currently providing or have provided unpaid care to an adult loved one who is ill, frail, elderly or has a physical or mental disability.
- The average caregiver in Delaware is a 52-year-old woman who has provided care for 18 years and provides about 65 hours a week of care for a person between the ages of two and 90.
- Delawareans face financial concerns and stress when caregiving.

# Caregiver Burnout

- Signs of Caregiver Burnout

- Lack of energy
- Overwhelming fatigue
- Feeling sick (e.g. cold or flu)
- Neglecting of own needs
- Inability to relax
- Feelings of helplessness
- Increased irritability

- Tips to avoid Burnout

- Set reasonable goals
- Know your limits
- Understand what you're dealing with
- Learn to accept your feeling
- Reach out and trust someone
- Find a support group
- Stay healthy and positive
- Be realistic

# Assistance for Caregivers

## **Sample services and resources to assist caregivers.**

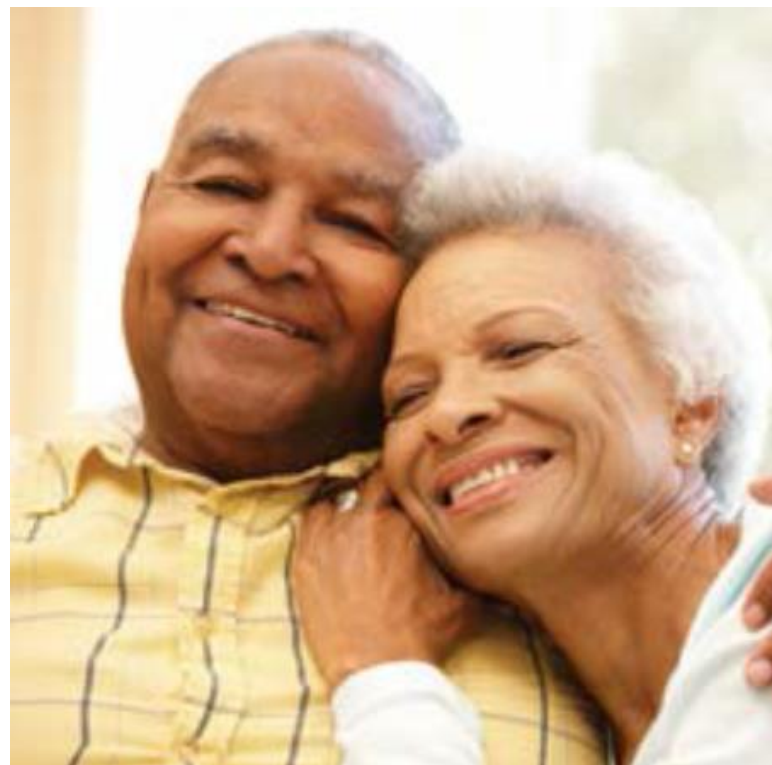
- Adult Day Services
- Alzheimer's Day Treatment
- Early Memory Loss Programs
- Lifespan Respite
- Respite Care
- **Related Plans and Resources :**
  - *Caregiver Support Blueprint for Delaware - A Report to the Delaware General Assembly*
  - *Delaware State Plan to Address Alzheimer's Disease and Related Disorders*
  - [Alzheimer's Toolkit](#)

# Assistance for Caregivers Cont.

- DSAAPD supports six Caregiver Resource Centers located throughout Delaware.
- Serve as community access points where caregivers can obtain info and assistance on a range of caregiver issues and concerns.
- Staffed by social service coordinators who help caregivers navigate and connect to relevant services and supports.
- Offer personal and group support, training and diverse resources.
  - *Savvy Caregiver* Program
- *Delaware Cares* Newsletter
- Long-Distance Caregiving
  - National ADRC Map via [www.ACL.gov](http://www.ACL.gov)
  - Elder Locater [www.eldercare.gov](http://www.eldercare.gov)

# Other Resources To Help You Age in Place

- Nutritional Resources
  - Home Delivered Meals
  - Congregate Meals
  - Farmer's Market Nutrition Program
- Financial Resources
  - \$tand By Me 50+
  - Long Term Care Medicaid Application Assistance
- Legal Resources
  - Elder Law Program





# Other Resources To Help You Age in Place Cont.

- Disease/Injury Prevention
  - Trainings & Classes (Falls Prevention/Matter of Balance, etc.)
  - Exercise Regularly
  - Eat and Drink Healthy
  - See Medical Professionals Annually
  - Have a Doctor or Pharmacist Review Your Medications At Least Once a Year
  - Get Enough Sleep
  - Stay Mindful
- Disease Management
  - Training & Classes (Diabetes and Chronic Disease Self-Management, etc.)
  - Have a Treatment Plan, Updated Annually
  - Monitor and Manage Signs & Symptoms
  - Adopt a healthy lifestyle
  - See Medical Professionals Regularly

# DSAAPD Resources

- Many home and community-based services (HCBS) are available for older persons and adults with physical disabilities in Delaware.
- These services provide various types of support to persons in their homes or in locations in their communities.
- HCBS are among the most requested suite of long term services and supports.
- In FY 2017, DSAAPD served 18,625 people in home and community-based services.

# DSAAPD Services and Programs

## Information and Support

Delaware Aging and Disability Resource Center  
Information & Assistance/Referral  
Options OR Person-Centered Counseling Case Mgmt.  
Care Transitions (Discharge Planning/Transition Support)

Initial/Ongoing Assessments

## Home and Community Based Services

- Attendant Services
  - Assistive Technology
  - Community Living
  - Home Delivered Meals
- Home Modifications  
Personal Care  
Personal ERS  
Self-Management Programs

## Caregiving Support

- Adult Day Services
- Alzheimer's Day Treatment
- Caregiver Support/Caregiver Resource Centers
- Respite Care

## Rights and Protections

- Adult Protective Services
- Legal Services

# Connect with Resources

## **Delaware Aging and Disability Resource Center (ADRC)**

At your service 24/7 by phone or online

Phone: 1-800-223-9074 – 24/7 hours

Email: [delawareadrc@state.de.us](mailto:delawareadrc@state.de.us)

Website: [www.DelawareADRC.com](http://www.DelawareADRC.com)



Delaware  
Aging & Disability  
Resource Center

## **Facebook -**

<https://www.facebook.com/DEaginganddisabilities>

## **Guide to Services for Older Delawareans and Persons with Disabilities -**

[https://www.dhss.delaware.gov/dhss/dsaapd/files/aging\\_and\\_disabilities\\_guide.pdf](https://www.dhss.delaware.gov/dhss/dsaapd/files/aging_and_disabilities_guide.pdf)

# THANK YOU

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*DELAWARE HEALTH AND SOCIAL SERVICES*

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Division of Services for Aging and Adults with Physical Disabilities