

Caring for Caregivers

(Music playing)

(Spokesperson)

As the US population ages, care giving is becoming a growing trend as a means to provide care to older and disabled individuals. According to the National Family Caregivers Association in any given year more than 50 million people provide some level of care giving services. These selfless individuals perform duties such as bathing and dressing, meal prep or grocery shopping and lawn upkeep. Those services are valued at more than \$306 billion a year. Due to the high stress and physical strain care givers experience; their health often deteriorates more quickly than the person for whom they are caring.

(Duane) Sooner or later you have to realize, almost that job one is taking care of yourself so you can take care of the other person. Then, you get the respite care to give yourself a break.

(Spokesperson)

The Sedgwick County Department on Aging and Central Plains Area Agency on Aging serve as a single point of entry for caregivers to receive many types of assistance: counseling, respite, transportation and information about support groups, senior centers, meal services, home repair, case management and legal services.

(Exact wording on screen)