



## JeffCo Caregiver Support Group

At JeffCo we know work/life balance is exceptionally difficult for employees with caregiving responsibilities! If you are interested in joining an ERG that provides support, resources and valuable information for the caregiver, email Beth Carter at [carterb@jcccal.org](mailto:carterb@jcccal.org).

# NPR Broadcasts on Caregiving

You can download the NPR App on your phone or listen on your laptop at [A Doctor Cares For A Parent With Alzheimer's : Fresh Air : NPR](#). It is a Fresh Air podcast with Dr. Sandeep Jauhar in which he reflects on the challenges of caring for a parent with Alzheimer's. Dr. Jauhar is the author of a memoir entitled *My Father's Brain*.

Among other things, he discusses:

- The first 'red flags' that were a precursor to his father's Alzheimer's diagnosis.
- The denial that dementia patients exhibit regarding their impairment.
- The difference between normal, age-related cognitive issues and dementia onset.
- What a dementia/Alzheimer's diagnosis can mean.
- What medications are used/not used for these diagnoses and the importance of intervention before cognitive degradation.
- The nature of the disease and the frustration that results from the anger, mood swings and the tendency of Alzheimer's patients to 'act out'.

WBHM, our local NPR station, aired a program discussing what it's like to balance caring for young kids and aging adults simultaneously and answer questions about how to manage your money or time as a family caregiver. Click this link to listen: [Confronting the nation's crisis of care | 1A \(the1a.org\)](#).

Blue Cross Blue Shield of Alabama has an entire webpage devoted to caregivers. The link is: [Caregiver Resources \(bcbsal.org\)](https://www.bcbsal.org/caregiver-resources). You may have to create a login at: [Health Insurance Alabama | Blue Cross and Blue Shield of Alabama \(bcbsal.org\)](https://www.bcbsal.org/health-insurance-alabama).

Here's a look at some of the BCBS Senior Caregiving resources:



### Articles on Caregiving

- Website: [Caregiving 101](#)
- Website: [Tips for Taking Care of Yourself as a Caregiver](#)

### Apps to help stay organized

- Website: [Caring Bridge](#)
- Website: [Lotsa Helping Hands](#)
- Website: [Caring Village](#)
- Website: [eCare21](#)

## Other BCBS Caregiving Resources (links available at [Caregiver Resources \(bcbsal.org\)](https://bcbsal.org))

### [Alabama CARES Program](#)

Alabama CARES Program Provides caregivers with support services in Alabama.

- Caregiver Information
- Caregiver Assistance
- Caregiver Respite
- Caregiver Education
- Caregiver Supplemental Information
- Virtual Support Group contact 205-670-5770 or email Jeremy Raines at jraines@m4a.org

### LEARN MORE

#### [Find Help](#)

Information, education, and services for family caregivers on relief for caregivers, food, transportation and much more. Including a search engine of services by zip code and in various languages.

### LEARN MORE

#### [National Association Area Agency on Aging](#)

The National Association of Area Agencies on Aging can help you connect to your local Area Agency on Aging to get a listing of resources in your community that provides information and assistance for older adults and caregivers.

**Need a specific area in Alabama for help? Visit US Aging and enter your zip code to search for services in your area.**

Website: <https://www.n4a.org>

**Local to Alabama? Use the AAA locator at county level on the Alabama Department of Senior Services.**

Website: <https://alabamaageline.gov>

#### [Veteran's Administration Caregiver Resources](#)

Support for families caregiving for Veterans

### LEARN MORE

#### [Alabama 2-1-1](#)

Callers can access a wide array of services in Alabama such as support groups, home health care, respite care, and community involvement opportunities.

### LEARN MORE

#### [Alzheimer's Caregiver Support](#)

Alzheimer's Caregiver Support - Alabama Department of Public Health

### LEARN MORE

#### [Caregiver Resources - ARCHANGELS](#)

Library of care resources to assist caregivers.

- Stress
- Quick low-cost meals
- Exercise
- Managing time
- Talking with your employer
- Asking for help
- Household tips
- Finances
- Talking with healthcare providers

### LEARN MORE

#### [Caring.com](#)

Resources to navigate caregiver resources for Seniors.

<b>CAREGIVER RESOURCES/ORGANIZATIONS</b>	<b>PROGRAMS &amp; SERVICES</b>	<b>CONTACT</b>	<b>WEBSITE</b>
ALABAMA FAMILY TRUST	Special Needs Trusts Services	(205) 313-3915	<a href="http://www.alabamafamilytrust.com">www.alabamafamilytrust.com</a>
ALABAMA LIFE SPAN RESPITE	Unskilled Respite Care	(256) 859-8300	<a href="http://www.alabamarespite.org">www.alabamarespite.org</a>
ALZHEIMER'S OF CENTRAL ALABAMA (ACA)			
	Support Groups	(205) 871-7970	<a href="http://www.alzca.org/materials/">www.alzca.org/materials/</a>
	Incontinence supplies	(205) 871-7970	<a href="http://www.alzca.org">www.alzca.org</a>
	Scholarships for Adult Daycare	(205) 871-7970	<a href="http://www.alzca.org">www.alzca.org</a>
	Tracking Bracelet	(205) 871-7970	<a href="http://www.alzca.org">www.alzca.org</a>
COLLATE JEWISH FAMILY SERVICES	CARES Respite Program	(205) 879-3438	<a href="http://www.cjfsbham.org">www.cjfsbham.org</a>
DAISYDIAPERBANK	Incontinence Supplies	daisydiaperbank@gmail.com	<a href="http://www.daisydiaperbank.org">www.daisydiaperbank.org</a>
POSITIVE MATURITY	Senior Companion program	(205) 802-3211	<a href="http://www.positivematurity.org">www.positivematurity.org</a>
REGIONAL PLANNING COMMISSION	Medicaid Elderly Disabled Waiver Program	(205) 623-3551	<a href="http://www.rpcgb.org">www.rpcgb.org</a>
STATE VETERAN AFFAIRS OFFICE	Veterans Services	(205) 521-7305	
UNITED WAY OF CENTRAL ALABAMA/ADRC DEPT.			
	Alabama Cares for Jefferson County (Unskilled Respite/ Incontinence Supplies/ Adult Day Care/Support Groups)	(205) 458-3330	<a href="http://www.uwca.org/need-help/senior-services/aging-and-disability-resource-center/">www.uwca.org/need-help/senior-services/aging-and-disability-resource-center/</a>
	Free Legal Services (w/referral age 60+)	(205) 458-3330	<a href="http://www.uwca.org/need-help/senior-services/aging-and-disability-resource-center/">www.uwca.org/need-help/senior-services/aging-and-disability-resource-center/</a>
SENIORDIRECTORY.COM	Directory of Senior Care & Services Resources		<a href="http://www.seniordirectory.com">www.seniordirectory.com</a>
CENTRAL AL AGING CONSORTIUM (CAAC)	Dementia Resource Guide (available for download)		<a href="https://centralalabamaaging.org/caac-resources">https://centralalabamaaging.org/caac-resources</a>

- [seniorlifestyle.com](http://seniorlifestyle.com)
- [caregiver blogs](#)
- [Family Caregiver Alliance](#) (FCA -provides caregiver video instruction, self-care help, research, legal help, etc.);
- [National Alliance on Caregiving](#)
- [National Council on Aging](#) - focuses on more practical aspects of caregiving like finances and applying for benefits
- The local Area Agency on Aging (AAA) found through Elderlocator [administers the Meals on Wheels Program, the Caregiver Support Program, and Senior Transportation];
- [Medline Plus](#) is a service of the National Library of Medicine, which is part of the National Institutes of Health.