



Radio,

Rain Man and

REALITY

Movies like Radio and Rain Man provide brief glimpses into what life is like for people with disabilities and their parents or family caregivers. The reality is that these caregivers face unique and difficult challenges.

Today, better services and new medical technologies have dramatically extended the life expectancy for persons with disabilities to almost match that of others. Often aging parents and family caregivers are dealing with their own age-related issues while still caring for a family member with a disability. Adults with disabilities want to enjoy their older years like others their age, but require greater levels of support. Complicated medical needs, lack of basic health care and need for specialized services compound the caregiving challenge.

SENIOR LINKAGE LINE®

1-800-333-2433

www.mnaging.org

Specializes in senior and family caregiver services.

DISABILITY LINKAGE LINE®

1-866-333-2466

www.dhs.state.mn.us

Specializes in disability services

ARC MINNESOTA

1-800-582-5256

www.arcminnesota.com

Specializes in developmental disabilities and family caregiver services.



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AGING, CAREGIVING, & DEVELOPMENTAL DISABILITIES



R E A L I T Y

- On average, the aging process starts 10 to 15 years sooner for people with disabilities than those without.
- Nationally, there are an estimated 526,000 adults age 60 and older with mental retardation and other developmental disabilities. Their numbers will double to 1,065,000 by 2030.
- Minnesota families provide 95% of the assistance needed by older persons living in the community.
- An estimated 60% of individuals with disabilities live at home. In 25% of those households, the parents or family caregivers are age 60 or older. The average age of the family member with a disability they are caring for is 38 years.
- At age 60, 60% of adults with Down's Syndrome are affected by Alzheimer's Disease, compared to 6% of the general population.



Caregiving, like any job is made up of many tasks and may require a team of family, friends and service providers to get it all done.

Here are some tips to help make the job more manageable:

CREATE a list of tasks that need to be done for the persons you care for and group them into tasks:

- *you need to do*
- *family/friends can do*
- *service providers can do*

PRIORITIZE the tasks you need to do into a manageable routine.

ASSIGN family and friends tasks. At a minimum have the list ready when someone offers to help.

LEARN about available service resources.

ROUTINELY USE respite services to maintain your health and well-being.

TALK with someone you trust or use a caregiver coaching service.

Caring for yourself is one of the most important things you can do as a caregiver. When YOUR needs are taken care of, the person you care for will benefit too.

Help is available.
Get connected!
Resources available
on the Web:

www.arcminnesota.com

Find the Arc chapter closest to you in Minnesota and connect with people dedicated to improving the lives of people with disabilities and their families across the lifespan.

www.archennepincarver.org

Arc Hennepin-Carver is one of 12 sites chosen by The Arc of the United States for its National Family Caregiver Support Project. Arc Hennepin-Carver's Senior Choices programs provide information and referral, education and advocacy on a wide variety of issues surrounding aging, disabilities and caregiving.

www.MinnesotaHelp.info

Sponsored by state agencies, non-profits, and counties, MinnesotaHelp.info offers valuable service information for seniors and persons with disabilities and their family caregivers, and those needing help purchasing less expensive prescription drugs.