



Additional Resources for Caregivers of Older Adults

Your local **Area Agency on Aging** (see [list of Pennsylvania Area Agencies on Aging](#)) is the first place to turn for caregiver resources. Some additional resources are provided below.

- **Caring.com** ([http://www.caring.com](#)) hosts a variety of online caregiver support groups.
- **The Alzheimer's Association** ([http://www.alz.org](#)) provides education and support groups about dementia and Alzheimer's disease
- **The National Healthcare Decisions Day** ([http://www.nhdd.org](#)) and the American Bar Association Commission on Law and Aging ([http://www.abacomm.org](#)) provide resources to appoint a Power of Attorney or create an Advance Directive or Living Will.
- **The AARP Caregiving Resource Center** ([http://www.aarp.org/caregiving](#)) and **Family Caregiver Alliance** ([http://www.caregiveralliance.org](#)) provide additional information and resources for caregivers.
- **The PA Department of Military and Veterans Affairs' Office for Veterans Affairs** ([http://www.dmvva.pa.gov/officeforveterans](#)) provides advice and assistance to Pennsylvania's veterans and their families, and also provides quality care to aging veterans through its six **State Veterans Homes** ([http://www.dmvva.pa.gov/stateveteranshomes](#)).

Pennsylvania Caregiver Support Program

The Pennsylvania Caregiver Support Program provides resources and assistance to individuals who assume the primary responsibility for the provision of care to encourage a healthy, ongoing relationship with their care receiver. The program aims to alleviate the stresses associated with caregiving by focusing on the well-being of the caregiver, providing access to respite care, addressing the need for formal and informal supports, and providing financial reimbursement for out-of-pocket costs associated with caregiving-related services and supplies. See [http://www.dhs.gov/aging-services/aging-services/long-term-care/pennsylvania](#) for more information about the program and eligibility requirements.

The program is administered by your local **Area Agency on Aging** (see [list of Pennsylvania Area Agencies on Aging](#)). Each caregiver is assigned a care manager who will come to the care receivers' home, conduct a comprehensive assessment of the needs of the caregiver, provide support, and work with them to develop a person-centered plan of care.

Local Area Agencies on Aging

Delaware County Office of Services for the Aging (COSA)

1510 Chester Pike, Suite 250
Eddystone, PA 19022
1-610-490-1300 or 1-800-416-4504

COSA offers a wide range of services to Delaware County's aging population as well as to caregivers. All In-Home services are provided after a required COSA assessment is completed to determine needs and eligibility. Respite is listed as one of their offered services.

The Montgomery County Office of Senior Services (MCOSS)

MCOSS is responsible for planning, coordinating, and monitoring services for county residents age 60 and older. As the area agency on aging, OSS is part of a state and national network of agencies established to aid older adults by offering a wide range of services. An assessment of consumer need may be required before providing service. To make a referral for in-home care, please call 610-278-3601 and ask to speak to Enrollment Specialist.

Chester County Aging Services

601 Westtown Road, Suite 130
West Chester, PA 19380-0990
Ph: 610-344-6350

The mission of the Chester County Department of Aging Services is to provide home and community-based protection, advocacy, and information and assistance services to people aged 60 and over and their families so they can have choices about how they want to live with dignity and respect, lead independent and active lives, and be free from abuse and neglect. See ***A Guide for Aging Services*** at

<http://www.chestercounty.org/CommunityServices/Programs/Adults/Adults%20Services.aspx>.

Additional Resources for Finding a Mental Health Provider for Older Adults

Psychology Today (<http://www.psychologytoday.com>) is a useful tool for individuals looking for therapists, support groups, psychiatrists and treatment facilities. This website is helpful because you can search for a provider or service by zip code. Once the initial search is completed, you can narrow down the results by insurance provider, type of therapy, specific issue or illness, age, etc. For example, a search for therapists that treat elders (65+) in and around zip code 19085 yielded three pages of results.

LifeStance (<http://www.lifestance.com>) is another useful search tool for individuals looking for therapists, psychiatrists, and psychologists. This website is helpful because you can search for providers by zip code. Once the initial search is completed, you can further narrow down the results by insurance, age, specific issue, type of therapy, etc.