



“Support caregivers so that they can keep giving.”

*Fairfax County Board of Supervisors  
October 2007*  
[www.fairfaxcounty.gov/olderadults](http://www.fairfaxcounty.gov/olderadults)

Fairfax County Department of Family Services  
Division of Adult and Aging Services  
Fairfax Area Agency on Aging



You aren't alone.  
We can help.

Respite  
Support Groups  
Education  
Information & Publications



A publication of Fairfax County, Virginia.

Funding provided by the National Family Caregiver Support Program through the Virginia Department for the Aging.

Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. To request this information in an alternate format, call 703-324-5870; TTY 703-222-9452.

September 2009



[www.fairfaxcounty.gov/aaa](http://www.fairfaxcounty.gov/aaa)



## Respite

---

Sometimes you may need a temporary break from your usual caregiving duties, whether it's for a few hours each week or for an overnight. Respite care – care that allows you to take a break – can be provided by family, friends, or paid providers. It can be provided in the home, in an adult day care center or in a nursing facility.

Visit our Web page for a listing of respite care providers in the area.

## Support Groups

---

Caregiving can involve a number of challenges – both physical and emotional. Support groups can help you swap suggestions and share stories with others in similar situations. These groups are offered throughout the Fairfax area. Some focus on specific issues such as caring for someone with Alzheimer's Disease.

We also offer free, monthly telephone support groups. For a list of support options, visit our Web page.



## Education

---

Many of the day-to-day tasks of caregiving may be unfamiliar to you.

We offer free educational seminars throughout the county on a variety of caregiver topics including the aging process, dementia care, home safety, health insurance, and advanced directives and wills. Seminars are offered in the spring and fall. Call us or visit our Web page for the schedule.



## Information & Publications

---

You may not know about available programs and services. Call our FREE Aging, Disability and Caregiver Resource Line to speak with a social worker who can help you find resources.

The following publications may also help you:

*Caregiver Corner* - a monthly online newsletter with information and caregiver tips.

*Fairfax Area Resources for Caregivers of Older Adults* - a guide listing public and private services.

*Finding Your Way Through the Home Care Maze* - a guide to selecting a home care provider.

## You're Not Alone\*

---

- There are 44.4 million American caregivers (21% of the adult population) age 18 and older who provided unpaid care to an adult age 18 or older.
- These caregivers are present in an estimated 22.9 million households (21% of U.S. households).
- Thirty-five percent of caregivers report feeling stressed by their caregiving responsibilities.

## We Can Help

---

The Fairfax Family Caregiver Support Program helps families and friends who care for older adults. We also help older adults who care for a relative's child or an adult with disabilities. Call or visit our Web page at:

**703-324-7948**

**TTY 703-449-1186**

(Monday - Friday; 8 a.m. - 4:30 p.m.)

**[www.fairfaxcounty.gov/aaa](http://www.fairfaxcounty.gov/aaa)**

Fairfax Family Caregiver Support Program  
12011 Government Center Pkwy.  
Suite 708  
Fairfax, VA 22035-1104

---

\* Caregiving in the U.S., National Alliance for Caregiving and AARP, April 2004.