

You are not alone. Unpaid caregivers (family members and friends) provide most of the care to older individuals who need help with everyday activities. More older adults are also caring for grandchildren, other young relatives, and adult children with disabilities.

Services offered through the North Dakota Family Caregiver Support Program promote a more positive and successful caregiving experience.

Program Purpose:

- To provide a system of support services to unpaid caregivers to help them address caregiver challenges
- To enable caregivers to provide care in their homes and community for as long as they choose
- To provide support and services that safeguard the caregiver's own health and emotional well-being

Who qualifies for services?

- Individuals caring for an adult age 60 or older
- Older relative caregivers who are age 55 or older, and who are caring for a grandchild or other young relative age 18 or younger
- Older relative caregivers age 55 or older who are caring for an adult child age 19 to 59 who has a disability
- Individuals who are caring for a person with Alzheimer's or another type of dementia regardless of age

What services are provided?

- **Information** about local community services and supports
- **Assistance** from a trained caregiver coordinator to help caregivers assess needs and access support services

- **Counseling, Support Groups and Training** services to meet caregivers' individual needs for assistance
- **Respite Care** for temporary relief to caregivers who provide 24-hour care
- **Supplemental Services** to assist with the cost of incontinence supplies and assistive devices such as a shower bench or safety rails

What is the cost for services?

- Services are provided at **no cost** to qualifying people and are federally-funded under the Older Americans Act.
- Caregivers have the opportunity to contribute toward the cost of services.

Contact information:

Aging Services Division N.D. Department of Human Services

ND Aging and Disability Resource-LINK

1-855-462-5465 (1-855-GO2-LINK)

ND Relay TTY 1-800-366-6888

E-mail carechoice@nd.gov

Website www.carechoice.nd.gov

or

Regional Human Service Centers

Bismarck 701-328-8787 / 888-328-2662

Devils Lake 701-665-2213 / 888-607-8610

Dickinson 701-227-7557 / 888-227-7525

Fargo 701-298-4420 / 888-342-4900

Grand Forks 701-795-3017 / 888-256-6742

Jamestown 701-253-6396 / 800-260-1310

Minot 701-857-8627 / 888-470-6968

Williston 701-774-4685 / 800-231-7724