

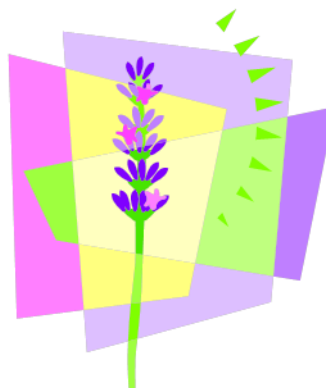
## Top Ten Hints for Caregivers

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1. Take care of your self – “...caregivers who provide support to their spouse and report caregiving strain are 63% more likely to die within 4 years than non-caregivers.” – Richard Schulz, PhD; Scott R. Beach, PhD
2. Develop a support system/caregiving team.
3. Develop a plan.
4. Be honest with yourself.
5. Be prepared and proactive.
6. Promote your person’s independence – Completing simple tasks can lead to better health and feelings of fulfillment and involvement.
7. Modify your home – Arrange your environment to meet your needs and the needs of your person.
8. Advocate for your person – Remain in regular contact with your person’s doctors. Get a diagnosis and ask questions.
9. Address the mental state of your person and you – Explore whatever might improve the quality of life for your person and you.
10. Laugh – Focus on strengths, cultivate smiles, and try to stay positive.



## Support Groups for Family Caregivers



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8 Falcon Road  
Lewiston, Maine 04240  
1-800-427-1241  
207-795-4010  
207-795-4009 (Fax)  
Email – [info@seniorsplus.org](mailto:info@seniorsplus.org)

[www.seniorsplus.org](http://www.seniorsplus.org)

## Resources

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SeniorsPlus  
Aging and Disability Resource Center  
1-800-427-1241  
[www.seniorsplus.org](http://www.seniorsplus.org)

Alzheimer’s Association  
1-800-272-3900  
[www.alz.org/maine](http://www.alz.org/maine)

National Institute on Aging  
[www.nihseniorhealth.gov](http://www.nihseniorhealth.gov)

Full Circle of Care  
[www.fullcirclecare.org](http://www.fullcirclecare.org)

National Family Caregiver Alliance  
<https://caregiver.org/national-family-caregivers-association-nfca>

American Society on Aging  
<http://www.asaging.org/web-seminars>

Legal Services for the Elderly  
Elder Rights Handbook  
1-800-750-5353  
[www.mainelse.org](http://www.mainelse.org)

Caring for You as You Care for Family  
& Friends  
[www.caregiving.com](http://www.caregiving.com)

Connecting Caregivers  
<http://www.agingcare.com/>

## Androscoggin County

### Auburn

Clover Manor  
Alzheimer's Support Group  
207-784-3573  
2<sup>nd</sup> Wednesday of each month  
3 pm to 4:30 pm

### Lewiston

SeniorsPlus  
Alzheimer's Support Group  
207-795-4010  
2<sup>nd</sup> Monday of each month  
5:30 pm to 7 pm

## Oxford County

### South Paris

Maine Veterans Home  
Alzheimer's Support Group  
207-743-6300  
1<sup>st</sup> Monday of each month  
1:30 pm

### South Paris

First Congregational Church  
Support Group for any reason  
207-743-2437  
Every Thursday  
3 pm to 4 pm

### West Paris

West Paris Town Office  
Caregiver Support Group  
207-795-4010  
2<sup>nd</sup> Tuesday of each month  
10 am to 11:30 am

### Rumford

Rumford Community Home  
Alzheimer's Support Group  
207-364-7863  
3<sup>rd</sup> Wednesday of each month  
7 pm to 9 pm

## Franklin County

### Rangeley

Rangeley Town Office  
Caregiver Support Group  
207-795-4010  
2<sup>nd</sup> Thursday of each month  
2 pm to 3:30 pm

### Farmington

Franklin Memorial Hospital  
Bass Room  
Alzheimer's Support Group  
207-577-9410  
3<sup>rd</sup> Wednesday of each month  
4 pm to 5 pm

### Farmington

Farmington Town Office  
Caregiver Support Group  
207-795-4010  
1<sup>st</sup> Monday of each month  
3 pm to 4:30 pm

**Telephone Caregiver Support Group** — The Alzheimer's Association, Maine Chapter is hosting a Telephone Caregiver Support Group for caregivers of individuals with Alzheimer's disease and related dementias who may find it difficult to travel to a meeting site. The group meets on the last Thursday of each month from 10:00 - 11:30 a.m. For more information about joining the Telephone Caregiver Support Group contact Bill Kirkpatrick at [bkirkpatrick@alz.org](mailto:bkirkpatrick@alz.org).

**Caregiver Message Board and Blog** — This is a wonderful resource! Caregivers for Alzheimer's and dementia face special challenges, You are not alone. Read more: <http://www.alz.org/care/overview.asp>

**Care Team Calendar** — This is a free, personalized online tool to organize family and friends who want to help with caregiving. Read more: <http://www.alz.org/care/alzheimers-dementia-care-calendar.asp>