

November is Family Caregivers Month

Mental Health American (MHA) has designated November as National Family Caregivers Month, which they say is a time to celebrate the contributions of caregivers and help them find tools they need to advocate for their loved ones while taking care of themselves as well.

Millions of Americans are unpaid caregivers to family, friends, and neighbors. Those who care for adults with mental illnesses or dementias are more likely to feel emotional stress than those who care for people with physical conditions, and it can be more difficult to find affordable resources or training and information that they need. During the coronavirus pandemic, stresses due to isolation can take even more of a toll than usual.

In Sheridan County, when either the caregiver OR the loved one is over age 60, the Council on Aging provides some Respite Services. When the caregiver lives with the person in need of care, In Home Personal Care services may be helpful. In addition, we can offer limited overnight stays at the Sheridan Memorial Nursing Home at a reduced cost. When the pandemic ends, we will return to offering limited Adult Day Care and Overnight Care at La Casa Personal Care Home as well, again at reduced costs. For more information, call Sheridan County Council on Aging at 765-3412.

For those under age 60, Montana Lifespan Respite may provide all family caregivers access to a quality community-based respite care service that is affordable and flexible to meet caregiver's needs. Visit their website at www.respite.mt.gov to learn more and find an application for financial help for services.

For those caring for loved ones with Alzheimer's or other dementias, help and support can be found at alz.org. The Alzheimer's Association also maintains a Help Line that is available to anyone 24 hours a day, seven days a week, at 1-800-272-3900. Trained counselors are available to talk and offer advice even in the middle of the night.

Caregiving can feel lonely and stressful. Help is available.
Sheridan County Council on Aging: 765-3412
Sheridan County Behavioral Health Coalition: e-mail - scbhcoalition@nemont.net
and website - <https://scbhcoalition.wixsite.com/wellness> for listing of local and area resources.

Information provided by Sheridan County Council on Aging in collaboration with Sheridan County Behavioral Health Coalition, promoting individual, family, and community behavioral health awareness and wellness.