

## National Family Caregiver Month

Celebrated every November, **National Family Caregivers Month** is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers.

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.

For those caring for loved ones with Alzheimer's or other dementias, help and support can be found at [alz.org](http://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. Here in Sheridan County, Lisa Wenger, manager at La Casa Personal Care Home of Plentywood, offers advice and in-person education classes about Alzheimer's Disease and caring for those with dementia. She can be reached at 406.765.1669 or 406.594.2087.

Caregivers have a great opportunity to voice their concerns and experiences. A new 1-hour documentary about Alzheimer's disease is being produced by award-winning production company Structure Films in partnership with PBS. This documentary is part of a series slated for nationwide broadcast, which tells the stories of a diverse group of Americans living with neurodegenerative disease. The filmmakers are currently conducting preliminary research for the documentary and are seeking to learn more about the experiences of at-home family caregivers and their loved ones with Alzheimer's disease who are living in rural communities. **If you are interested in sharing about your experience** please contact associate producer Natalie Devries who can be reached at [natalie@structurefilms.com](mailto:natalie@structurefilms.com). Or you can call Vicki Ruby at 406.765.3412.

In Sheridan County, when either the caregiver OR the loved one is over age 60, the Sheridan County Aging Services provides some Respite Care through contracts with Sheridan Memorial Hospital & Nursing Home and La Casa Personal Care Home. 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 Sheridan Memorial Nursing Home or La Casa at a reduced cost. When they have the space, La Casa Personal Care Home may also offer limited Adult Day Care as well.

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](http://www.respite.mt.gov) to learn more and find an application for financial help for services.

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For more information, please call Vicki Ruby, Coordinator for Sheridan County Aging Services, at 406.765.3412.

This **Featured Resource** brought to you by Sheridan County Behavioral Health Coalition.  
Promoting individual, family, and community behavioral health awareness and wellness.

See local and area resources at [sheridancty.crcmontana.net](http://sheridancty.crcmontana.net)