

Time Off for Senior Caregivers

By Vern Chong, Lincoln Hills Foundation

Family caregivers of seniors with chronic disabling conditions assume a major responsibility and burden. A respite or time away from their demanding responsibilities helps to ease their burden. They need relief and an opportunity to take care of their own needs.

One caregiver who has been caring for a loved one for four years uses the respite program at the Lincoln Public Library. Family is nearby, but not helpful. She knows her loved one is in good hands while she is away for a few hours. Another caregiver stated that respite services "Let's me get in touch with myself". These are only examples of the need for time off or relief for caregivers.

Seeing the need, the Lincoln Hills Foundation has given a grant to the Del Oro Caregivers Resource Center for support services to unpaid caregivers to seniors living in Lincoln and Sheridan or the ZIP codes 95648 and 95681. Funding is limited to \$400 a year for each caregiver. The household must meet financial and age eligibility requirements and the diagnosis of the recipient of care must meet certain parameters. Del Oro will make the determination of the eligibility of the caregiver for services.

This is a first for the Lincoln Hills Foundation. The Foundation has donated more than \$80,000 to various organizations in the community. It usually responds to requests for grants. The Foundation actively sought out this service because of the need.

If you are an unpaid caregiver to a senior or know a caregiver who may need respite services, please contact the Del Oro Caregivers Resource Center at 5725 Marconi Avenue, Suite B, Carmichael, CA 95608. Telephone: 916-971-0893.

The Lincoln Hills Foundation has provided grants to the Lincoln Police Department for two Automatic External Defibrillators (AEDs) for their patrol cars; AEDs to the Lincoln Hills Community Association; funding to the Seniors First for the Senior Cafe, Meals on Wheels and Door to Door Rides programs; wheelchairs to the Lincoln Public Library; funding to Neighbors InDeed; Neighborhood Watch; the Super Seniors; the Bereavement Group; and the Alzheimer's/Dementia Caregivers Support Group.

The Foundation raises funds through an annual fund drive as well as through various activities such as Bingo, Dine Around Lincoln discount coupon sales, cruise raffles, a biannual dinner dance Gala or golf tournament.