



Additional Resources

ElderCare Locator Service

(800) 677-1116 www.eldercare.gov

Elder Abuse and Protective Services

(888) 622-9111 www.tdprs.state.tx.us

National Alliance for Caregiving

www.caregiving.com

Family Caregiver Alliance

www.caregiver.org

Alzheimer's Disease Education & Referral Center

(800) 438-4380 www.alzheimers.org

National Caregiving Foundation

(800) 930-1357 www.caregivingfoundation.org

Children of Aging Parents

(800) 227-7294 www.caps4caregivers.org

Administration on Aging

(202) 619-7501 www.aoa.gov

National Council on Aging

(202) 479-1200 www.ncoa.org

National Family Caregivers Association

(800) 896-3650 www.nfcacares.org

Bay Area 2nd Mom, Inc.

Mothering Makes The Difference!

Areas Serviced:

Greater BAY AREA All 9 Counties

Reasonable Rates

We Accept All Major Credit Cards

ADULT Caregiver



Bay Area 2nd Mom, Inc.



Are You a Caregiver?

Caring for a relative or friend may be something you never expected. It may happen slowly or suddenly. Regardless of your age, you are a caregiver if you provide routine assistance to a loved one who is frail, elderly, or disabled. Family and volunteer caregivers provide 85% of all home care in this country. While it can be a rewarding experience and a labor of love, it can also be physically and emotionally demanding.

It's okay to ask for help. There are ways to provide good care for your loved one or family member without doing everything yourself. You are not alone.

Services to Help You

The Bay Area 2nd Mom has a FamilyCaregiver Support Program to help persons of any age care for a loved one who is 60 years of age or older regardless of income. We help husbands, wives, sons, daughters, in-laws, neighbours, and friends. We want to help support the person providing care so that their loved one can remain at home or in the community as long as possible.

Our Services

Information, Referral, and Assistance: We can provide information or refer you to support groups, in-home services, legal and financial information, and other programs that can help make your situation easier.

Respite Care: Everyone needs a break sometime. We offer companion or "sitter" services in the home, in adult day care settings, and in long-term care facilities for overnight, weekend, or vacations.

Education and Training: We can provide individual or group training that can help you take care of your loved in the home. Bathing, dressing, transferring, changing, medication management are all activities that can be made easier with the right tools and information.

Care Coordination: We have care specialists who can help arrange services for your loved one and you.

Counseling: Taking care of a loved one can be difficult and it helps to talk to someone else. We can arrange services with a professional counselor or help connect you with a support group of other persons who are going through the same type of experiences.

Other Services: We provide other services such as homemaker and personal assistance. We also provide information on nursing home placement and advocate for quality of care in long term care facilities.



Take Care of Yourself

Taking care of yourself helps your loved one:

■■■■■Caring for a loved one is so important. Taking care of yourself will help you provide better care.

Take time for yourself:

■■■■■Find a private place and spend time there each day.

Involve others:

■■■■Actively look for ways to involve other family members, friends, and neighbours with your loved one.

Learn about helpful resources in the community:

■■■■■The Bay Area 2nd Mom can link you with a variety of services that are available.

Set Reasonable Goals:

■■■■■Take your feelings into the account. Be realistic about what you can and cannot do. Ask for help when you need it.

Join a Support Group:

■■■■Support groups will allow you to receive encouragement, share insights, and understanding with other caregivers.

Take a break:

■■■■■Everyone needs time to relax and regain his/her energy for another day.

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