



Aging Resource Center

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Family Caregiver Support Program "FCSP"



MEAAA's Family Caregiver Support Program is available to help ease the burden of caregiving through information, assistance and support services for both full-time caregivers and their care receivers.

We strive to improve the quality of life for caregivers, which in-turn allows families to continue providing care for their loved ones as long as possible. Caregiver support empowers family caregivers and their loved ones with creating appropriate care plans to meet their needs.

Caregiver services are offered to full-time family caregivers of loved ones 60 years of age and older, residing in St. Louis, St. Charles, Jefferson, and Franklin counties.

MEAAA Family Caregiver Support Services, include:

- **Options Consulting:** One-on-one assistance to help sort through difficult life issues. Personalized actions plans are develop to assist in making informed decisions and obtain support services.
- **Respite (in-home flexible and adult day service):** In some cases, respite care provider will come to the home to relieve caregivers, allowing them time for personal matters or errands. For others, respite services through a contracted adult day center may be more appropriate.
- **Durable Medical Equipment & Minor Home Modification:** A small amount of funding is available, based on need, for both durable medical equipment (ex., shower chairs, transfer bench, lift chairs) and minor home modification (ex., grab bar installation, ramps, etc.) not covered by insurance. Supplemental assistance is limited to a lifetime cap per family and availability of funds during a fiscal year budget.
- **Incontinent Products & Nutritional Supplements:** A supplemental stipend is available to aid in purchasing these costly, yet often necessary, products.
- **Short-Term Homemaker and/or Personal Care service:** MEAAA can arrange in-home, short-term assistance of 2 hours per week, for up to 8 weeks, for emergency or unusual situations when need cannot be met through normal means.

All of these Family Caregiver Support Program services are provided on a voluntary contribution basis and can be arranged through your local MEAAA Resource Specialist:

St. Louis County

14535 Manchester Road
Manchester 63011
Phone: 636-207-1323
Email: lknoll@mid-eastaaa.org

St. Charles County

108 McMenamy Road
St. Peters, MO 63376
Phone: 636-579-0555:
Email: thirsch@mid-eastaaa.org

Jefferson County

6180 Highway MM
House Springs 63051
Phone: 636-253-0558
Email: spaul@mid-eastaaa.org

Franklin County

310 Park Avenue
St. Clair, MO 63077
Phone: 636-629-3143
Email: jmeyer@mid-eastaaa.org

Additional helpful caregiver websites and links include:

MO Aging
www.moaging.com

National Association of Area Agencies on Aging
www.n4a.org

Administration on Aging, National Family Caregiver Support Program
http://www.aoa.gov/AoARoot/AoA_Programs/HCLTC/Caregiver/index.aspx

National Alliance for Caregiving
www.caregiving.org