

Caregiver Connection

AREA AGENCY ON AGING OF SOMERSET COUNTY

"To care for those who once cared for us is one of the highest honors."

TIA WALKER

Caring for a loved one strains even the most resilient people. If you're a caregiver, take steps to preserve your own health and well-being.

Caregiving can have many rewards. For most caregivers, caring for a loved one feels good. And it can make your relationship stronger.

But the demands of caregiving also cause emotional and physical stress. It's common to feel angry, frustrated, worn out or sad. And it's common to feel alone.

The emotional and physical demands of caregiving can strain even the strongest person. Many resources and tools can help you care for your loved one and yourself. Make use of them. If you don't take care of yourself, you won't be able to care for anyone else.

To help manage caregiver stress:

- Ask for and accept help
- Focus on what you can do
- Set goals you can reach
- Get connected
- Join a support group
- Seek social support
- Take care of your health

-Mayo Clinic Staff

Ways to Reduce Stress

Z S C R E E R S E T A A R C L T L I E U
 A A T S R H E A L T H E N C E T E C E P
 A H S R E G M T U E S S L I N L O R B I
 E S E O P S T E D C U A T C I N A E O I
 E R B E T E J T E U E O U T N A T Y A I
 E C N A T I O R H A T I E E R N O R L T
 L C S N E R U T C A L R C I E L A A S T
 E H L N B A R E S H C T E R T S T E P P
 L R E S C D N E H A I N R L L M S X P S
 E M E C P N A E H O L E X F A O T E J E
 Z H P R L U L R N N A S U A P X A R E L
 I E V J T O T Y R T C B S T E H Y C X F
 N P F O N B T T A T R O P P U S P I T C
 A A B E N E R I E E A E I E L S O S H A
 G B A H P S P R A G J H M T H S S E S R
 R R P I C L E T O A A I I E L C I A A E
 O C P D O A H A N E R R H T X G T P O G
 E R M I B E L P C O T E S E P F I U R U
 L E N T E S O E T E T A E T V E V A Y X
 Y P A R E H T A M O R A E H P X E T E R

GOALS
 CONNECTION
 SUPPORT
 HEALTH
 STRETCH
 SCHEDULE
 SLEEP
 EXERCISE
 RELAX
 BOUNDARIES
 SELF CARE
 BREATHE
 STAY POSITIVE
 JOURNAL
 AROMATHERAPY
 ORGANIZE

SIGNS OF CAREGIVER STRESS

- Feeling burdened or worrying all the time
- Feeling tired often
- Sleeping too much or not enough
- Gaining or losing weight
- Becoming easily irked or angry
- Losing interest in activities you used to enjoy
- Feeling sad
- Having frequent headaches or other pains or health problems
- Misusing alcohol or drugs, including prescription medicines
- Missing your own medical appointments

It's okay to ask
 for help; you
 don't have to
 carry it all alone.

@HAPPINESS_WITH_LILY

Are you providing unpaid care for a family member or loved one?

You may be eligible to participate in a study evaluating the PA CareKit, a collection of tools, information, and support to help caregivers learn more, plan ahead, or catch their breath.

Participants will receive free one-on-one support from a trained CareKit Coach who can help you navigate caregiving challenges, explore available resources, and use the CareKit tools.

Your participation may help you in your caregiving and will help improve supports for caregivers across Pennsylvania.

Who Can Participate:

- Older adults 60+ caring for a spouse or partner
- Adults caring for an aging parent, relative, friend or neighbor
- Grandparents raising grandchildren
- Older adults 60+ caring for adult children with intellectual or developmental disabilities

What Participation Involves:

- Work with a CareKit Coach for personalized guidance and support
- Use tools from the PA CareKit designed to help caregivers plan, manage, and find resources
- Complete brief surveys or check-ins about caregiving experiences and well-being
- Share feedback on how the CareKit could be improved

If you are interested in participating or learning more, scan the QR code to complete the Interest Form.



Scan for Interest Form or visit:
<https://form.jotform.com/260704289118055>



Pennsylvania
Department of Aging

UPCOMING:

Elder Justice Day Seminar 2026



When:
June 18th, 2026

Time:
10:00am - 2:00pm
(Registration begins at 9:30am)

- Freebox lunch from My Girls Deli & Catering
- Presented by the Protection & Advocacy Committee of Somerset County

Call 814-443-2681 to reserve a spot to attend by June 5th



"The Protection & Advocacy Committee of Somerset County is a productive community partnership to educate residents about elder abuse, how to report abuse and to educate about available advocacy supports."

Location:
Somerset Church of the Brethren; 606 Berlin Plank Rd, Somerset, PA 15501

Transportation:
Free transportation is provided from all Somerset County Senior Centers. Call your local center to reserve transportation.

June is Elder Abuse Awareness month. The Area Agency on Aging annually holds an Elder Justice Day Seminar to raise awareness on different forms of abuse, neglect and exploitation older adults may face and be vulnerable to. This year we will be having the Protection & Advocacy Committee of Somerset County present various resources available to those in our community.

THANK YOU FOR ALL YOU DO FOR OUR COMMUNITY EACH OF YOU ARE APPRECIATED AND ALL YOUR HARDWORK DOES NOT GO UNNOTICED

UPCOMING CAREGIVER SUPPORT GROUP DATES: JULY 15TH, 2026

HELD AT THE AREA AGENCY ON AGING IN OUR LARGE CONFERENCE ROOM FROM 12:00PM - 2:00PM

VIRTUAL OPTION AVAILABLE

EMAIL SGUIDRY@SOMERSETAAA.ORG FOR LINK

IF YOU HAVE ANY QUESTIONS DO NOT HESITATE TO CALL AT 814-443-2681

TO CHANGE HOW TO RECEIVE THIS NEWSLETTER (EMAIL OR MAIL) EMAIL: WEBMASTER@SOMERSETAAA.ORG

ANY QUESTIONS, COMMENTS OR CONCERNS CALL: 814-443-2681