



We are here to help you!

The Kenai Peninsula Family Caregiver Support Program would like to hear from YOU. We would like to understand the types of assistance that you feel you can really benefit from. As we build this program, we can't do it without hearing from our stakeholders—the Peninsula family caregivers. If you're a clergy person, a primary care provider, anyone in the community who regularly sees and hears from tired, burnt out family or friends of loved ones, call us! Let us know how we can help. If, as a family caregiver, you feel you need to learn about your loved one's challenges, let us know! We can find experts who will facilitate trainings. If you need to just talk to other caregivers to get ideas of how they deal with their day-to-day issues, we have support meetings for that! We are here to help YOU and we would love to hear your ideas.



We would like to thank the following partner agencies for their support:

- Homer Senior Center
- Independent Living Center
- Kenai Senior Center
- Ninilchik Senior Center
- Seward Senior Center
- Soldotna Senior Center
- Sterling Senior Center
- Tyotkas Elder Center
- State of Alaska Senior and Disabilities Services
- Community PCA Agencies

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SCAN ME



Kenai Peninsula Family Caregiver Support Program



Helping families and friends
care for the Peninsula's
seniors!

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Who is a caregiver?

A caregiver is any family member, friend, concerned neighbor, or community member who checks in on a senior citizen aged 60+ or anyone of any age with dementia or Alzheimer's. If you pick up meds, take the individual shopping, help with bathing, clothing, feeding, or any other Activity of Daily Living (ADL), YOU are a caregiver! We are here to help you with a wide array of free services, such as;

- **Respite**
- **Assistive technology**
- **Incontinent Supplies**
- **Taxi tokens**
- **Home delivered meals**
- **Support meetings**
- **Trainings**
- **Durable medical equipment**
- **Much more!**



CAREGIVER



The AARP estimates that family caregivers provided 36 billion hours of unpaid care worth \$600 billion in 2021. In addition, the average caregiver pays more than \$7,200 annually in out-of-pocket costs for transportation and other needs. The Kenai Peninsula Family Caregiver Support Program is here to help caregivers with those needs. Too often a caregiver doesn't even realize that he or she IS a caregiver. "I'm taking care of my wife," or "I'm helping my parents," because that's what we all do. We take care of each other. But when caring for someone else, people need to remember to care for themselves, too. All too often caregivers will put off their own doctor visits, or socializing with their friends, getting their hair done, or just taking time to read a book and be alone. They might feel guilty if they're not immersed in caring for their family member or friend at all times. Remember the old adage: "Put on your own oxygen mask first before helping others." That's what our program helps you do.

FAMILY
CAREGIVER
CONNECTION



The Kenai Peninsula Family Caregiver Support Program is dedicated to providing services tailored specifically for seniors, aimed at enhancing their quality of life and benefiting everyone involved.

This program focuses on assisting caregivers and seniors aged 60 and above. Its mission is to improve quality of life while empowering, supporting, and advocating for caregivers.

caregiver burnout

depression, exhaustion, anger, etc., that stems from feeling alone and unsupported as you care for a loved one

That's why we are here to help you!