

# *The Campus Assistance Program*

The many challenging questions which confront us with an aging parent are extremely difficult. After all, they have been our parents for many years, and how do you begin to talk with them about such sensitive issues?

If you are being confronted with life choices created by having an elderly parent, the Campus Assistance Program can help. A counselor will be available to assist you in finding the answers and resources that can help. The CAP is a free service provided to you by the university. The CAP counseling services is short term. However, if long term services are required and a referral to an outside agency is appropriate, the CAP counselor will work with you to find the services that would best help you. Any contact that you have with the Campus Assistance Program is **Confidential**.

## **How Do I Contact the CAP?**

For more information or for an appointment with a counselor, please call: **568-8888**. A counselor is on call and available to you 24 hours a day, seven days a week. The CAP is located in the Clinical Education Building 1542 Tulane Ave. Office 866.



For Help. Call Today.

Campus  
Assistance  
Program

1542 Tulane Ave.  
Office 866  
Clinical Education Building  
New Orleans, LA  
70112

Phone: 504-568-8888  
Fax: 504-568-3892

LSU  
Health Sciences  
Center

Campus  
Assistance  
Program

Caring For an  
Elderly  
Family  
Member



Prepared by The LSUHSC  
Campus Assistance Program.  
568-8888

<http://www.lsubsc.edu/no/organizations/campushealth/>

## Caring For an Elderly Family Member



Between 7.4 percent and 11.8 percent of the workforce is involved in providing care for an older person.

Dealing with care for our parents when they become frail and in need of our help can present a challenge for both generations. As elderly persons attempt to cope with the limitations of aging they sometimes become resistant or even angry about their need for help and the loss of independence.

Because aging is often associated with an number of chronic diseases that cause disability, there is often a significant increase in the number of support activities needed. We may find ourselves becoming chauffeurs, housekeepers, shoppers, bankers, "nurses," and decision makers, to name a few. This can become a stressful time for the caregiver who often feels overwhelmed by the pressures of care giving while continuing to work or raise one's own family. Sometimes, we must face the realistic need of moving our parents into Assisted Living or a Nursing Home.

The role of the caregiver can be a stressful one. If left unchecked, chronic stress can lead to symptoms of depression or anxiety. Sometimes these symptoms become severe enough to require treatment with medication and/or professional counseling.

In order to best help yourself and offset caregiver stress it is critical that you:

- Gain Sufficient knowledge about your parents disease or health conditions.
- Learn how to better perform your new caregiver roles.
- Expand your support network.

## Facts And Figures

- One third to one half of care givers are employed outside the home.
- Work disruptions due to employee care giving responsibilities results in productivity losses of \$1,142 per year per employee.
- An estimated one out of four U.S. Households are involved in caring for a loved one aged 50 or older.
- The number of care givers has tripled since 1987.
- Negative effects on working care givers include time lost from work, lower productivity, quitting a job to give care, lost career opportunities and lower future earnings.
- The number of Americans over the age of 85 has tripled since 1960.
- Nearly one in four U.S. households is involved in caring for a relative or friend aged 50 or older.

### Resources Are Available For :

- Getting medical help and health care
- Independent living on day care issues
- Legal concerns
- Will and estate planning
- Family home, maintaining or selling
- Car and driver's license issues
- Personnel and physical safety
- Financial planning

## Helpful Resources

**Administration on Aging**  
Washington, DC 20201  
Phone: 202-619-0724  
<http://www.aoa.gov>

**Alzheimer's Services of the Crescent City**  
[www.alzheimerservicescc.com](http://www.alzheimerservicescc.com)

**Council on Aging**  
Orleans Parish 504-821-4121  
Jefferson Parish 504-888-5880

**Eldercare Locator**  
Administration on Aging  
Washington, DC 20201  
Phone: 1-800-677-1116  
<http://www.eldercare.gov>

**Family Medical Leave Act (FMLA)**  
Call your human Resource Office or  
[Http://www.dol.gov/esa/whd/fmla/](http://www.dol.gov/esa/whd/fmla/)

**Legal Services For Older Adults & Elder Law**  
<http://www.aoa.gov>