



For Help, Call Today

The Campus Assistance Program

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. CAP is a free service provided to you by the university. The CAP counseling services are 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: **(504) 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 Human Development Center at 411 S. Prieur St. New Orleans, LA 70112.

LSUHSC Campus Assistance Program

About Us

The mission of the LSUHSC Campus Assistance Program (CAP) is to support the mental, emotional, and physical well-being of students, faculty, staff, and immediate family members in order to promote the overall health and effectiveness of the LSUHSC-NO community.

Contact Us

Phone: (504) 568-8888

Email: cap@lsuhsc.edu

Web:

<https://www.lsuhs.edu/orgs/campushealth/cap.aspx>



Campus Assistance Program
411 S. Prieur St.
2nd Floor Office 233
New Orleans, LA 70112

Phone: (504) 568-8888



Campus Assistance Program



Caring for an Elderly Family Member

*Prepared by the LSUHSC Campus Assistance Program.
(504) 568-8888*

Caring For an Elderly Family Member

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.

Aging is associated with a few chronic diseases that cause disability, so there is often a significant increase in the number of supporting activities needed. We may find ourselves becoming chauffeurs, housekeepers, shoppers, bankers, and decision makers, to name a few. This can become a stressful time for the caregiver who often feels overwhelmed by the pressures of caregiving 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.

To best help yourself and offset caregiver stress it is critical that you:

- Gain sufficient knowledge about your parent's diseases or health conditions.
- Expand your support network.
- Take care of your own health and wellness.

Facts and Figures

- Older adults age 65+ are one of the fastest-growing groups in the nation, expected to reach 80.8 million in 2040.
- There were 55.7 million adults age 65+ living in the US in 2020.
- There were 104,819 people age 100 or older in 2020.
- Today's older Americans are healthier overall and living independently for longer; however, most older people have at least one chronic illness.
- From 2015 to 2020, the amount of family caregivers in the US have increased by 9.5 million.
- Nearly 1 in 5 (19%) of Americans are providing unpaid care to an adult with health or functional needs.
- 61% of all family caregivers are in the workforce.
- In 2017-2018, 40.4 million family caregivers provided unpaid care to a family or non-family member age 65+.

Gathered from the National Alliance for Caregiving and the National Council on Aging.

Helpful Resources

Council on Aging

Orleans Parish: (504) 821-4121

Jefferson Parish: (504) 888-5880

St. Bernard Parish: (504) 278-7335

Louisiana Governor's Office of Elderly Affairs

<https://goea.louisiana.gov/>

(225) 342-7100

Eldercare Locator

<https://eldercare.acl.gov/Public/Index.aspx>

1-800-677-1116

Family and Medical Leave Act (FMLA)

Call your Human Resource Office or go to

<https://www.dol.gov/agencies/whd/fmla>

Family Caregiver Alliance

<https://www.caregiver.org/>

1-800-445-8106

Centers for Disease Control & Prevention Health Aging

1-800-232-4636

https://www.cdc.gov/aging/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Faging%2Findex.htm

AARP

1-888-687-2277

<https://www.aarp.org/>

Ageing Care

(239) 594-3222

<https://www.agingcare.com/>