

## Where can I get more information?

Call Greater Lynn Senior Services

781-599-0110  
Toll free 1-800-594-5164  
TDD 781-477-9632

Ask for the Caregiver Specialist or the Elder Care Advisor to assist you in accessing the services you need.

E-mail: [info@glss.net](mailto:info@glss.net)  
Web site: [www.glss.net](http://www.glss.net)

## 800AgeInfo

For Massachusetts Elders  
& Their Families



Call Now!  
(800) 243-4636  
TTY: (800) 872-0166

We are ready to help

GLSS values diversity and provides services or employment to all members of the community without regard for race, color, national origin, age, sexual orientation, disability, religion or gender.

Although many of our programs are funded in whole or in part by the Massachusetts Executive Office of Elder Affairs and the United States Administration on Aging, we depend on and welcome community support to help us meet the needs of local elders.

## Services available through GLSS:

- **Information and referral.** With one phone call, you can find the answers to many questions.
- **Help in your home.** Help with personal care, chores and more...to help you maintain your independence.
- **Meals.** Tasty, nutritious, affordable. Served at a number of Community Cafés or delivered to your home by Meals on Wheels.
- **Transportation.** Rides door-to-door, to medical appointments for people 60 and older; or to anywhere for anyone with a disability.
- **Housing.** Each year, GLSS finds safe and affordable housing for elders, including many who have lost their homes.
- **Protection for elders.** We investigate and intervene in instances of elder abuse and neglect. GLSS also regularly visits every area nursing and rest home.

One number for everything:  
Call GLSS at 781-599-0110

*We'll listen. We'll help.*

### Credits

The Lifetime Elder Care Advisor Program is funded by the Massachusetts Executive Office of Elder Affairs and administered by the Lifetime group. The Family Caregiver Support program is federally funded.

*Are you caring for an aging parent or spouse? A friend or a partner? Are you a grandparent caring for a grandchild?*



# We can help make your job easier

Family Caregiver Support and  
Elder Care Advisor Programs

Serving  
Lynn, Lynnfield, Nahant, Saugus, and Swampscott

GLSS

GREATER LYNN SENIOR SERVICES  
Lynn, Lynnfield, Nahant, Saugus, and Swampscott

GLSS

GREATER LYNN SENIOR SERVICES  
8 Silsbee Street, Lynn, MA 01901

GLSS

GREATER LYNN SENIOR SERVICES  
(781) 599-0110



## Are you caring for an aging parent or spouse? A grandchild? Or are you an elder caring for a child with disabilities? Caregiving can turn your life upside down. We'll help you get it right again.

Caregiving could be one of the most important things you ever do. It can be challenging and rewarding—and often frustrating.

The Family Caregiver Support and Elder Care Advisor programs work together to provide the support and services you need.

These are some of the services we provide:

- Assistance in finding respite care to give yourself “time off” from your caregiving responsibilities
- In-home assessments to help you determine how much and what kinds of care are needed
- Information about the resources available and referrals to the specific services and programs that meet your needs
- Counseling and support groups to help you cope with the stress, worry, and loneliness that caregivers often experience
- Education and training in the skills that caregiving requires.

If you're a caregiver, you are not alone. Did you know...

- One quarter of American families, roughly 54 million people, care for an older family member, an adult child with disabilities or a friend.
- Nearly 44% of all caregivers are men.

- More than one in three caregivers live with the care recipient.
- More than half the family caregivers are between the ages of 35 and 64—struggling to balance work, children and caregiving.

### *How we help*

An adult son, John, is caring for his elderly and frail parents, both with serious medical problems. They are very resistant to outside care and will not consider any other living arrangement. John would like them to remain independent in their own home as long as possible, but their needs have become overwhelming. He is caught between the demands of his own job and family and those of his parents. As the sole caregiver, he experiences feelings of guilt, depression and “burn out.”

With encouragement from the Family Caregiver Support program, John was able to persuade his parents to install an emergency telephone response system and to accept weekly homemaking services. They continue to live independently.

John attends a caregiver support group, which has enabled him to deal more realistically with his responsibilities as a caregiver. As a result of these interventions, he is no longer depressed and more able to manage—and enjoy—his job and time with his family.

