



1-800-AGE-LINE
1-800-243-5463

www.EastAlabamaAging.org

National Diabetes Month

Diabetes is the cause of more deaths than AIDS & breast cancer combined! The **good news** is good diabetes control greatly reduces your risks! To learn more about diabetes myths & facts, [click here](#).



National Caregivers Month

November is National Caregivers Month! Caregivers play an important part in helping seniors maintain health. Do you know someone who is a caregiver? Take the time to thank them this month!

About 34.2 million Americans have provided unpaid care to an adult over age 50 in the last year. Most caregivers help friends or family members who are older, sicker, or disabled.



Caregiving is a very rewarding task, but it can also take a toll on the health of a caregiver!

Our Alabama CARES program provides assistance to caregivers taking care of those age 60 and older. It also assists Grandparents age 60 or older that are raising their grandchildren under the age of 18. With this situation, the program gives priority to those grandchildren with disabilities.

If you are a caregiver age 60 or older and would like assistance, call 1-800-AGE-LINE to see if you are eligible. If you are a caregiver of any age and would like more resources for caregiving, follow this [link](#).

Long-Term Care Awareness Month

November is Long-Term Care Awareness Month! Long-term care refers to help with basic, everyday tasks. These tasks include things such as bathing, dressing, using the toilet, transferring in and out of a bed or chair, and eating.

There is a wealth of information available online for long-term care planning. These include:

www.eastalabamaaging.org/long-term-care-ombudsman
longtermcare.gov
www.medicare.gov

