

# CAREGIVER

## RESOURCE GUIDE

NOVEMBER 2025



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SHARED WISDOM & LOCAL SUPPORT

**SANDWICHED**  
family caregivers  
of  
KANSAS CITY

# HELPING A LOVED ONE?

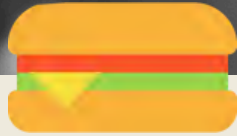


Connect with others who understand  
what you're going through



Whether you're just helping a little, you've been helping for a while, or you're a primary caregiver, caregiving comes with both rewards and challenges. If you're caring for a loved one and want to talk to others who can relate to your feelings and experiences, connect with us today!

**VISIT [SANDWICHEDKC.COM](https://sandwichedkc.com) OR CALL (816) 472-9178**



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## Editor's Note

Caring for a loved one is one of the most profound expressions of love and commitment a person can offer. Whether you are a spouse walking alongside your partner through illness, an adult child helping a parent navigate aging, a sibling offering steady support, or a neighbor who steps in out of compassion, **your care matters.**

This guide was created with deep respect for the many forms family caregiving takes across the Kansas City metro. We recognize the quiet sacrifices, the small daily decisions, the long nights, and the unwavering presence that define your role. You may not always see yourself as a “caregiver,” but if you are helping someone you love meet their needs, you belong here.

Inside, you’ll find resources and support to help lighten your load, connect you with community, and remind you that you are not alone. We hope this guide serves as a gentle companion on your caregiving journey, wherever you are on the path.

The guide is organized by topic. Each topic includes a link to the Sandwiched Resources section of our website. On our website, you can explore resources in KC that can help you as you help your loved one, as well as programs and services specifically for older adults and people with disabilities.

With respect and reverence,

Rachel Hiles  
Sandwiched KC Founder

*Pictured: Rachel with her grandma, Barbara, c. 1991*





SHAMELESS PLUG

# KC's First Stop for Caregivers

Are you helping a loved one or know someone who is?

According to our calculations, over 500,000 people living in the Kansas City Metro are caring for older parents or loved ones, helping them live independently at home or overseeing their care in the community. Caring for a loved one has its joys and rewards, but it doesn't come without stresses and challenges.

We launched Sandwiched KC in January of 2018 with the vision of welcoming, embracing, consoling, and supporting family caregivers. Our mission is to create opportunities for family caregivers to find local support and shared wisdom.

In addition to our signature virtual support groups (we've been "Zooming" since 2018), we began meeting in person in 2025 to offer even more opportunities for you to connect with your fellow family caregivers.

Looking for 1:1 support? We offer personalized recommendations, resource referrals, and a listening ear.

**Call Sandwiched KC today at (816) 472-9178 or visit us online at [sandwichedkc.com](https://sandwichedkc.com)**





## EMOTIONAL SUPPORT

# SUPPORT GROUPS

There are many benefits of connecting with others who are caring or previously cared for a loved one. Attending a support group has many advantages:

### **Emotional Support** 🍷

Support groups offer a safe space to share feelings, frustrations, and experiences and can help reduce feelings of isolation and loneliness.

### **Practical Advice & Resource Sharing** 🍷

Support groups create an avenue for us to exchange practical tips and strategies for managing caregiving challenges. In our support group, we help each other find local resources, such as respite, financial aid, and legal assistance, and share recommendations for healthcare providers and other professionals.

### **Validation** 🍷

Above all, hearing from your fellow family caregivers tends to confirm that the challenges we face are normal and shared by others. This can be truly life-changing reassurance.

### **DIAGNOSIS & DISEASE SPECIFIC**

When our loved ones have chronic illnesses or cognitive issues, those conditions can create unique challenges that are hard to cope with and understand if you haven't experienced them firsthand. Sometimes, it's helpful to connect with current and former caregivers in support groups focused on your loved one's specific condition.

For a listing of support groups for conditions like Alzheimer's and dementia, cancer, Parkinson's disease, and more, visit our website.

### **GRIEF & LOSS**

After caregiving is over, connecting with others who have also experienced grief and loss may serve as a comfort. Community or faith-based support groups provide a welcoming space to express your feelings and share your experiences. To locate a grief support group near you, visit our website and click on Resources.

**Find local support groups at [sandwichedkc.com/resources](https://sandwichedkc.com/resources)**

**“THE OLDER I GET, THE MORE CONVINCED I AM THAT THE SPACE BETWEEN PEOPLE WHO ARE TRYING THEIR BEST TO UNDERSTAND EACH OTHER IS HALLOWED GROUND.”**

**—Fred Rogers**





# THE THINGS WE DO FOR LOVE

## Families are the long-term care system of the United States.

When you think about the term “long-term care,” what comes to mind?

If you immediately thought of a nursing home or similar facility, you are not alone.

There are many misconceptions about who cares for people when they require assistance due to aging or a disability.

Long-term care is not a facility. Long-term care is something you create for a person, whether by surrounding them with the support(s) they need to stay where they are, or by moving them to a place where they can have that level of supervision.

Essentially, there are three types of long-term care older adults and people with disabilities can receive at home. No matter which path you take on your search for home care, there are risks and rewards.

Before we begin, we feel we need to explain something. When we say “home care,” we are talking about assistance with daily living activities, like meal preparation, light housekeeping, and help with dressing. This is non-medical care. It is not the same as “home health care.” Skip to Page 9 for an explanation on the difference between the two.

## Types of Long-Term Care

### IN-KIND CARE

This is the care that nobody ever talks about, and so we’re listing it first. It is the care that we family caregivers provide to our loved ones. Often, we are providing it for free.

According to *Caregiving in the US 2025 Report*, 1 in 4 Americans are now caring for a loved one. Of the estimated 59 million family caregivers providing care for a loved one over 18 years old, 89% of them (or 47.8 million) are providing this care with no reimbursement. They are bathing, dressing, toileting, feeding, mobility, shopping, managing finances, preparing meals, handling transportation, and even handling handle medical or nursing tasks such as managing catheters, performing injections, or monitoring vital signs.

The problem with relying only on in-kind care is that it often falls solely on one person, and eventually, caregiving can take its toll. The stress and responsibilities of caring for a loved one can result in poor health outcomes and quality of life for those of us who are providing the care. Another risk of relying only on the care of family caregivers is something we all worry about: What if something happens to us? Who will provide the care then?



# The Things We Do for Love

## (continued)

### HOME CARE

When loved ones are no longer able to stay by themselves or live safely on their own due to physical limitations or cognitive issues, finding home care becomes a top priority. Families often seek home care to supplement in-kind care a family caregiver is providing.

Supporting a loved one to receive care in their home often means a higher quality of life and can save money over the ever-increasing costs of moving to senior living options like retirement communities, assisted living or nursing facilities.

### FACILITY-BASED CARE

Sometimes it's simply not possible to care for a loved one at home. Whether it's due to intense medical needs, our own health issues, or some other complexity, there are times when we have to help our loved ones find a safe place to live. Even if facility-based care is not you or your loved one's first choice (or even your last choice), it's important to find a place that you can both agree on, just in case.

It's important to do your research and have conversations about long-term care before it becomes a concern—while those we are caring for are still able to contribute to making the decision. 🏠

## WHEN YOU SEE A MOVE IN THE FUTURE...

### LIVING OPTIONS FOR OLDER ADULTS

#### INDEPENDENT LIVING

Communities that provide a convenient, senior-friendly environment that may include amenities like meal plans, housekeeping, transportation, recreational activities, and social events, allowing older adults to maintain an active and independent lifestyle.

#### ASSISTED LIVING

A residential care option for older adults or individuals with disabilities who need some help with daily activities but do not need the intensive medical care provided by a nursing home.

#### SKILLED NURSING

Skilled nursing is a kind of residential long-term care where people have access to round-the-clock personal and medical care. It is not covered by Medicare but may be (at least partially) covered by Medicaid, long-term care insurance, or private pay.

#### MEMORY CARE

Memory Care is a kind of residential long-term care for people with Alzheimer's and other forms of dementia. It is not covered by Medicare but may be (at least partially) covered by Medicaid, long-term care insurance, or private pay.

# FINDING HELP

*What you need to know about finding help and hiring caregivers*



**SOMEONE TURNING AGE 65 TODAY HAS ALMOST A 70% CHANCE OF NEEDING SOME TYPE OF LONG-TERM CARE SERVICES AND SUPPORTS IN THEIR REMAINING YEARS.**

—LONGTERMCARE.GOV

Caring for a loved one is too big of a job for one person. It is important to look for people and resources to help.

## **DETERMINE YOUR NEEDS**

It is difficult to ask for help if you aren't sure what type of help you need. Tools are available to help you determine what level of assistance your loved one requires and what tasks you can delegate to others.

Check out [AARP's Prepare to Care](#) guide as a starting point. The Guide includes a goals and needs checklist that covers each major area of life to help you make a plan.

It may turn out that you can find people to help or outsource several smaller tasks, ultimately freeing up bigger chunks of time for you to take a break or tend to your own needs.

## **ALL HANDS ON DECK**

It is up to all of us collectively to care for our loved ones. Caregivers are often responsible for rallying the troops to get the help they and their loved ones need.

The first place to find help is your personal network. Who do you know who cares about you and/or your loved one? Figuring out who is at your disposal may require you to spend some time mapping your loved one's relationships. Relatives, friends, and neighbors are normally happy to offer assistance, but they may need guidance on how they can lighten the load.

## **BRINGING IN OUTSIDE HELP**

If you've figured out what kind of help you need, but don't have connections that can assist, you might have to hire outside help to provide home care.

## **RISKS OF PAYING PRIVATELY**

If you decide that hiring private caregivers is the avenue you and your loved one want to take, you should know there are risks.

If you pay household employees over \$2,700 a year, you are required to withhold taxes from their pay and report that income to the IRS.

When you hire private caregivers, you are responsible for thoroughly screening and properly training them. You may be required to purchase additional insurance coverage.

It may be a lot of work at first, but if you are able to manage the responsibilities of hiring your own caregivers, it may be well worth the reward. 🍌



**Get help navigating home care at [sandwichedkc.com](https://sandwichedkc.com)**



# HOME HEALTH CARE VS. IN-HOME CARE

## What's the difference?

If you're trying to sort out options for helping a loved one at home, the terms home health care and in-home care can get confusing. They sound similar, but they meet very different needs.

Home health care is medical help at home. Think of it as care prescribed by a doctor—like a nurse checking on medications, a physical therapist helping with recovery after surgery, or someone changing dressings and monitoring health. This kind of care is usually short term, covered by insurance, and tied to a specific health condition.

In-home care, on the other hand, is all about day-to-day support. Caregivers can lend a hand with meals, bathing, errands, light housework, or just keeping your loved one company. It's not medical, but it makes life at home safer and more manageable. Families usually pay for this privately, although some long-term care insurance may help.

The bottom line: home health care helps with medical needs, while in-home care helps with everyday living. Many families use a mix of both, creating a circle of support that keeps their loved one safe, comfortable, and right where they want to be... at home. 🏠



RewardingWork  
Connecting to Care



## Hire a Caregiver!

RewardingWork.org offers:

- ✔ Qualified caregivers near you
- ✔ Easy job posting and applicant search
- ✔ Friendly support to get you started
- ✔ Free or low-cost access

### How It Works:

1. Visit [RewardingWork.org](https://RewardingWork.org)
2. Register and Subscribe
3. Post your job and connect!

Live in Kansas? You may qualify for a free access code through your MCO. Email for more information!



[info@RewardingWork.org](mailto:info@RewardingWork.org)



(866) 212-9675

# GETTING PAID TO CARE

*Options for being reimbursed for the care you provide to a loved one*



“Time is money. No one knows this better than the nation’s 38 million family caregivers who devote 36 billion hours of free care to older parents, spouses, partners and friends with chronic, disabling and serious health conditions. **Family caregivers are the backbone of the long-term care system in the U.S.**”  
-AARP

While some of us may be able to afford to provide this in-kind care to our family members, friends, and neighbors, others find that it comes at great sacrifice. Lost wages, abandoned jobs and careers, and financial issues are often faced by those who accept the call to help a loved one in need.

Caregivers often give a lot! Nobody should just be expected to perform all of the tasks that caregiving requires. **The simple fact is that if resources are available, family caregivers should be reimbursed for their time.**

Here are some common ways family caregivers get paid:

- 1 Caregiver Contracts**  
A caregiver contract is a formal agreement between a person who needs care (or their family) and the caregiver providing that care.
- 2 Long-Term Care Insurance Policies**  
Some LTC insurance policies include a provision for family caregivers to be paid. Contact the insurance company for guidance.

- 3 Medicaid programs**  
If your loved one receives or qualifies for Medicaid, it may be possible for you to be paid as their family caregiver through the Self-Directed Services or home and community-based services (HCBS) waivers.
- 4 Consumer/Self-Directed Programs**  
These programs, often offered through your Area Agency on Aging or a community organization that serves older adults or people with disabilities or complex medical needs, allow your loved one to pay you as their caregiver.
- 5 Veteran’s Benefits**  
If your loved one is a veteran, they may qualify for the Veteran Directed Care Program and hire you as their caregiver. Contact your local VA to find out more.

 **Get help navigating caregiver assistance at [sandwichedkc.com](https://sandwichedkc.com)**

# HOME-DELIVERED MEALS



Find local home-delivered meals, both nonprofits and companies, at [sandwichedkc.com](https://sandwichedkc.com)

Local meal delivery programs like Meals on Wheels bring meals to our family members, friends, and neighbors across the metro area each day.

Home-delivered meal programs are critical programs that not only ensure the health of the ones we care for, they interrupt the social isolation experienced by many of today's seniors who live on their own.

These programs, often powered by dedicated volunteers, deliver to our grandparents, moms and dads, neighbors, and friends, making it possible for many of them to live in their own homes and avoid placement in nursing facilities. They truly change lives. 🍷



## Turning Point: We are here for you.

Suddenly, the course of your life changes unexpectedly. You or someone you love is diagnosed with a serious or chronic physical illness – and you need help coping with the new normal. **Turn to us.**

Turning Point offers classes, resources and programs to support everyone affected – all with the goal of living life to the fullest. Because serious illness is a Turning Point. Most of our classes are held virtually.

## TURNING POINT

 THE UNIVERSITY OF KANSAS HEALTH SYSTEM

[TurningPointKC.org](https://TurningPointKC.org)  
913-574-0900



ADVERTORIAL



# CARE FOR THEM. SUPPORT FOR YOU.

Caring for an aging loved one is one of life’s most meaningful roles—but it can also be one of the most exhausting. At PACE KC, we believe caregivers deserve support. That’s why we’ve built a program that cares for your loved one and helps you reclaim balance.

## LESS JUGGLING, MORE SUPPORT

From transportation to medical appointments, to in-home care and adult day services, PACE KC handles the logistics so you don’t have to. Our wraparound support means fewer errands, fewer emergencies, and more time for you to rest, work, or simply breathe.

## BETTER HEALTH, FEWER WORRIES

PACE stands for Program of All-Inclusive Care for the Elderly, and PACE programs nationwide have consistently shown better outcomes for seniors, like longer life expectancy, increased happiness, fewer falls, and reduced hospitalizations.\*

## YOU’RE NOT ALONE

We partner with caregivers to create personalized care plans that reflect your loved one’s needs and your own goals. Whether you need respite, guidance, or just someone who understands, our team is here for you.

When your loved one is enrolled in PACE KC, they receive coordinated care from a dedicated team—physicians, nurses, therapists, and social workers—all working together to keep them safe, healthy, and thriving.

## LET PACE KC BE YOUR PARTNER IN CARE

**Discover how PACE KC can help you care for your loved one—and you.**

**Visit [www.pacekc.org](http://www.pacekc.org) or call (816) 321-3300 to learn more.**

\*LaMagna, L. (2014, November 15). PACE Outcomes & Effectiveness Data. Generations Now. <https://generationsnow.net/pace-outcomes-effectiveness/>

# STATE HEALTH INSURANCE ASSISTANCE PROGRAMS



In Kansas?  
Visit **SHICK** online at [kdads.ks.gov](http://kdads.ks.gov)

In Missouri?  
Visit **MO SHIP** online at [missouriship.org](http://missouriship.org)



State Health Insurance Assistance Programs are certified by the federal and state government to provide free, unbiased, and confidential (private) Medicare services. SHIPs are not insurance companies. Many are housed within government or nonprofit agencies, and they do not sell anything or charge for their services.

SHIP programs have volunteer counselors and Community Partners who provide local Medicare counseling in their communities. Volunteers receive extensive training to become certified Medicare counselors and regularly receive updates and training. 📦



## Raise your hand to support caregivers.



Join the fight at [aarp.org/IAMACaregiver](http://aarp.org/IAMACaregiver)



# TECHNOLOGY AS A CAREGIVING TOOL

Technology is transforming the caregiving landscape, offering innovative solutions to some of the most pressing challenges faced by caregivers. From health monitoring and medication management to smart home devices and emergency response systems, these tools enhance the quality of care, promote independence, and ensure the safety and well-being of our seniors.

Here are some key tech tools that are making caregiving just a little easier:

## HEALTH-MONITORING DEVICES

Wearable health-monitoring devices like smartwatches and fitness trackers can monitor vital signs like heart rate, blood pressure, and oxygen levels. These devices often come with alert systems that notify caregivers if there are any irregularities, allowing for prompt medical attention. For seniors with chronic conditions, continuous monitoring can be a lifesaver.

## MEDICATION MANAGEMENT APPS

Managing medications can be a challenge, especially when multiple prescriptions are involved. Medication management apps provide reminders for taking medications, tracking dosages, and even alerting caregivers if a dose is missed. Some advanced apps can integrate with pharmacy services to handle prescription refills.

## TELEHEALTH SERVICES

Telehealth has revolutionized access to healthcare, making it easier for seniors to consult with healthcare providers from the comfort of their homes. Video consultations can save time and reduce the need for transportation, which is particularly beneficial for those with mobility issues. Telehealth also allows caregivers to participate in appointments, ensuring they are informed and can assist in decision-making.



Find resources for technology and equipment at [sandwichedkc.com/resources](https://sandwichedkc.com/resources)

## SMART HOME TECHNOLOGY

Smart home devices, such as voice-activated assistants (e.g., Amazon Echo, Google Home) and smart thermostats, can significantly enhance the safety and comfort of seniors. These devices can control lighting, temperature, and security systems through simple voice commands, making daily tasks easier and promoting independence.

## GPS TRACKING DEVICES

For seniors with dementia or Alzheimer's, wandering can be a serious risk. GPS tracking devices, often integrated into wearables, can help caregivers monitor the location of their loved ones in real time. These devices can send alerts if the person leaves a predefined safe zone, ensuring quick response in case of emergencies.

## VIRTUAL COMPANIONS

Loneliness and social isolation are common issues among seniors. Virtual companions, powered by artificial intelligence, can provide interaction, reminders, and entertainment. These companions can engage in conversations, play games, and even remind seniors to take their medications or follow their daily routines.

## EMERGENCY RESPONSE SYSTEMS

Emergency response systems, including wearable panic buttons and fall detection sensors, can immediately alert emergency services and caregivers in the event of a fall or other urgent situations. These systems provide peace of mind for both seniors and their caregivers, knowing that help is just a button press away.

As technology continues to advance, the possibilities for improving caregiving are boundless, offering new ways to support both caregivers and their loved ones. 🍌

# CAREGIVING APPS

## FOR MANAGING CAREGIVING CREWS AND CHECKING OFF LISTS

### Caring Village

**What it does:** Offers shared daily notes, calendars, document storage, and task lists.

**Why it helps:** Everyone knows what's happening and who's responsible for what.

### Lotsa Helping Hands

**What it does:** Creates a private care community to coordinate tasks.

**Why it helps:** Friends and family can sign up for meals, rides, or errands—no group text chaos required.

### CaringBridge

**What it does:** Provides a secure place to share health updates and messages.

**Why it helps:** Keeps loved ones informed while saving you from repeating the same update dozens of times.

### Meal Train

**What it does:** Simplifies organizing meal drop-offs from friends, neighbors, and family.

**Why it helps:** Takes one big daily stressor—"what's for dinner?"—off your plate.

**Bottom line:** These apps won't take away the challenges of helping a loved one, but they can help you feel more supported and less overwhelmed.



**Does someone you love need a little care and companionship? Would you feel happier and healthier if you had help at home?**

At Amada, we excel at making simple, everyday tasks something special. Whether you need hourly help, around-the-clock care or want to look into senior living options, Amada can offer flexible, affordable solutions. Life is for living. Let us help you make the most of it.



[www.AmadaOverlandPark.com](http://www.AmadaOverlandPark.com) | (913) 358-5881

# TECH TOOLS FOR CAREGIVERS

*Even though many of these tools and equipment are geared toward increasing the independence and safety of people in need of assistance, they often benefit those who provide that assistance by reduce caregiver burden.*

## MEALTIME

Make mealtime more manageable and comfortable with tools like **automatic feeders, adaptive utensils, non-slip placemats and plate lifters, plate guards, and even hydration reminder bottles.**

## PERSONAL HYGIENE

Make bathing and personal care safer and more comfortable with tools like **shower chairs, grab bars, handheld shower heads, raised toilet seats and commodes, automatic soap dispensers, and products like the Blue Hug shower garment.**

## MOBILITY

Enhance independence and reduce the risk of injury with **walkers and Rollators, lightweight wheelchairs, lift recliners, bed rails, car door handles, and swivel seats.**

## SECURITY

Improve safety and provide peace of mind with tools like **fall detection devices and personal emergency response systems, smart appliances, video monitoring systems, GPS trackers, smart door locks, and medication dispensers with alerts.**



## SELF-CARE & PRESERVATION

# TAKING A BREAK

## WHAT IS RESPITE?

Respite, simply defined, is taking a break from caregiving. Respite is not necessarily a service, program, or place.

## PIECEMEALING IT

We wish we could tell you there was a one-size-fits-all solution to getting a break from caring for a loved one.

Often, helping a loved one age in place or caring for them in our homes requires creative solutions. These solutions normally come from a combination of sources: family members and friends and community resources.

There are limited programs and resources available that provide in-home and off-site respite. Some programs have strict eligibility guidelines. Some of them may be covered by private or public insurance or paid for out of pocket.

If your loved one can afford it or has long-term care insurance, you may consider hiring a caregiver to be with them while you take a break, whether it be privately or through an agency.

As with anything else in life, there are risks and rewards to both agency-based and private care.

## OUT & ABOUT

If your loved one is able to get out of the house, one of the easiest strategies is to get them involved in the activities they can enjoy in the community. Finding a companion or hiring a caregiver may make this strategy a viable option if your loved one is unable to leave their home without assistance. Consider exploring activities and programming offered by the community centers, the library, senior center, faith communities, local parks and recreation departments.

## RESPITE RESOURCES

Your local **Area Agency on Aging (AAA)** may offer programs or funding to help you take a break. For the AAAs in the Kansas City area visit [sandwichedkc.com/resources](https://sandwichedkc.com/resources)

**Adult Day Care** may be a respite option if your loved one needs constant supervision or assistance. Adult day services may be covered by private or public insurance or paid for out of pocket.

**Faith communities** may be a resource. Select parishes, temples, and ministries offer volunteer respite program to give those caring for family members a break. 🍌





# BALANCING WORK & CAREGIVING

Caring for a loved one while working is a juggling act. It can feel like you're constantly on call... but with planning, support, and self-care, you can manage both roles without burning out.

## 1. KNOW YOUR WORKPLACE OPTIONS

Before making major changes, check what your employer offers. Ask about:

- **Family and medical leave:** FMLA or paid leave policies
- **Flexible schedules:** Adjusted hours, compressed workweeks, remote work
- **Employee Assistance Programs (EAPs):** Counseling, caregiving resources, referrals
- **Dependent care benefits:** Pre-tax accounts or stipends for caregiving costs

**Tip:** Even if benefits aren't advertised, HR may be able to help you find support.

## 2. EXPLORE FLEXIBLE WORK OPTIONS

If traditional schedules feel impossible, consider:

- **Freelancing or consulting:** Marketing, design, writing, tutoring, bookkeeping
- **Remote contract work:** Allows you to set your own hours
- **Part-time self-employment:** Offers control but may require handling your own benefits

**Tip:** Track your work hours carefully to avoid burnout and maintain income stability.

## 3. USE A CAREGIVING CONTRACT

A caregiving contract (or a personal care agreement) can:

- Define your responsibilities clearly
- Set compensation if family members are contributing financially
- Protect eligibility for Medicaid or other benefits

**Tip:** Work with an elder law attorney or financial planner to ensure the contract is legally sound.

## 4. BUILD YOUR SUPPORT TEAM

You can't (and shouldn't have to) do it all alone:

- **Family and friends:** Divide chores like transportation, meal prep, and appointments
- **Paid help:** Consider aides, cleaning services, or meal delivery
- **Community resources:** Adult day programs, respite care, local nonprofits

**Tip:** Regular check-ins with your team help everyone stay on the same page.

## 5. MAKE SELF-CARE NON-NEGOTIABLE

Caring for someone else can be exhausting. It's key to also make time for yourself:

- Schedule downtime like an appointment
- Prioritize sleep for energy and focus
- Seek support through friends, counseling, or caregiver groups

**Tip:** Even 15–20 minutes of "you time" daily can make a big difference.

**"I CAN DO ANYTHING,  
BUT I CAN'T DO EVERYTHING!"**

—Amy Goyer, AARP's Family  
Caregiving Expert

# PROTECTING OUR LOVED ONES: LEGAL CONSIDERATIONS FOR CAREGIVERS & OLDER ADULTS



There is often no limit to what we'll do to protect the ones we love. There are three special considerations when it comes to your caregiving journey.

## **PROTECTING YOUR LOVED ONE**

Our #1 job as caregivers is to ensure the basic safety and security of our loved ones.

That often means educating ourselves on elder abuse protections and rights related to housing, healthcare, and long-term care so we can keep them safe from harm.

## **PROTECTING YOUR LOVED ONE'S ASSETS**

Finances dictate much of our lives, and it is no different when we are in need of long-term care.

It is important to get clear on your loved one's financial situation and consult with legal professionals to find out how you can protect and preserve any assets they may have.

Common legal documents and processes when it comes to your loved one's assets may involve creating wills, trusts, and power of attorney documents to manage their affairs and distribute assets accordingly.

## **PROTECTING YOUR LOVED ONE'S WISHES**

It's a tough conversation, and it's one we often avoid. Trust us when we tell you it doesn't feel good to guess.

Legal documents and processes to think about when it comes to protecting your loved one's wishes can include advance healthcare directives, living wills and healthcare proxies, or Do Not Resuscitate (DNR) are crucial in ensuring that you and your family can protect your loved one's wishes.

Consulting with legal professionals who specialize in elder law is essential to navigate these complex matters effectively. 🍌

**Find legal, elder law & estate planning resources at [sandwichedkc.com/resources](https://sandwichedkc.com/resources)**



# A FRAMEWORK FOR NAVIGATING DEMENTIA & ALZHEIMER'S



**“There’s hope in dementia. It lies in the way we provide care.”**

-JUDY CORNISH, CREATOR



The Dawn Method is an approach to dementia care that offers hope for individuals living with dementia and their caregivers. The basic tenet of the method, developed by Judy Cornish, is that while memory may fade, emotional intelligence remains intact.

The Dawn Method of dementia care empowers caregivers by shifting the focus from memory loss to emotional well-being, making caregiving a more positive and rewarding experience. By teaching caregivers to connect through emotions, create a supportive environment, and foster moments of independence, the method reduces stress and frustration.

The Dawn Method helps caregivers feel more confident and capable, enabling them to provide compassionate care while maintaining meaningful, joyful relationships with their loved ones.

At the heart of the Dawn Method is the belief that people with dementia can continue to live with dignity, happiness, and independence.

Instead of focusing on memory loss or cognitive decline, caregivers are encouraged to build a supportive, calm, and reassuring environment that fosters emotional security. This helps those with dementia feel safe, valued, and understood.

The approach focuses on five key principles:

**1**

#### **EMOTIONAL CONNECTION**

Engaging with a person’s emotions rather than their logic helps create a more comforting and meaningful interaction.

**2**

#### **EXPERIENTIAL WORLD**

Since short-term memory is often impaired, the Dawn Method teaches caregivers to live in the present moment with the person, focusing on their immediate experiences

**3**

#### **SOCIAL SUCCESS**

Helping individuals feel competent and confident through daily interactions maintains their sense of self-worth.

**4**

#### **AUTONOMY AND CHOICE**

Providing opportunities for decision-making, no matter how small, fosters independence and a sense of control.

**5**

#### **MOOD MANAGEMENT**

Maintaining a peaceful environment and supporting positive emotions helps reduce anxiety and frustration.

The Dawn Method offers caregivers a roadmap to creating a calm, loving environment, transforming the caregiving experience into one filled with connection and hope. 🍌

**Find resources for Alzheimer’s and dementia caregiving at [sandwichedkc.com/resources](https://sandwichedkc.com/resources)**



*BOOKMARK, FOLLOW, AND SUBSCRIBE TO THESE*  
**ONLINE EDUCATIONAL RESOURCES FOR  
DEMENTIA & ALZHEIMER'S CAREGIVERS**



**The Dawn Method**  
thedawnmethod.com



**Teepa Snow's Positive  
Approach to Care**  
teepasnow.com



**Be Light Care Consulting**  
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**AlzAuthors**  
alzauthors.com



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# PALLIATIVE AND HOSPICE CARE: WHAT YOU NEED TO KNOW

## Clearing up common misconceptions about care for chronic conditions & end-of-life-care

Palliative care is a specialized form of medical care focused on providing relief from the symptoms, pain, and stress associated with serious illnesses. The goal is to improve the quality of life for both the patient and their family. Palliative care can be provided alongside curative treatments at any stage of the illness and involves a multidisciplinary team approach, including doctors, nurses, social workers, and other healthcare professionals who work together to address the physical, emotional, and spiritual needs of the patient.

Hospice care is a type of palliative care specifically designed for patients who are in the final stages of a terminal illness, typically with a life expectancy of six months or less. The focus is on comfort, dignity, and quality of life, rather than attempting to cure the illness. Hospice care provides comprehensive support to patients and their families, including pain management, emotional and spiritual support, and assistance with daily activities. Care is usually provided in the patient's home, but can also be offered in hospice centers, hospitals, or nursing homes.

### DISPELLING HOSPICE MYTHS

- 1 HOSPICE DOESN'T MEAN THAT YOUR LOVED ONE IS GOING TO DIE (soon... necessarily).** Let's face it. We're all going to die one day. Hospice services are typically called in when a person is expected to live six months or less.
- 2 GETTING HOSPICE FOR YOUR LOVED ONE DOESN'T MEAN YOU WANT THEM TO DIE.** Getting hospice actually means that you believe your loved one deserves to be as comfortable as possible at the end of life.
- 3 LOOKING INTO HOSPICE FOR YOUR LOVED ONE DOESN'T YOU'RE GIVING UP.** What it does mean is that you accept that you can do anything, but you can't do everything. Caregivers need a team, all the way up until the end.



Find palliative care and hospice providers at [sandwichedkc.com/resources](https://sandwichedkc.com/resources)

# COMING TO TERMS WITH END OF LIFE

## BECOMING BETTER PREPARED

### STEP 1: START THE CONVERSATION

**Caring Conversations® materials** help families to prepare for serious illness or the end of life.



**Also available:** *Caring Conversations®* Workshop on YouTube gives an overview of end-of-life planning.



### STEP 2: DO YOUR RESEARCH

Explore options for **alternative death care, funerals** and **final arrangements**.



Consider aspects of end of life care beyond medical - emotional and spiritual.

Attend a **Death Cafe** to hear from others about their experiences.



### STEP 3: GET IT IN WRITING

Sandwiched recommends consulting with an elder attorney to make sure all of the important legal documents are in place. Don't just arrange them for your loved one, get them done for yourself (You never know what could happen).



### IT'S TOTALLY NORMAL

## ANTICIPATORY GRIEF & AMBIGUOUS LOSS

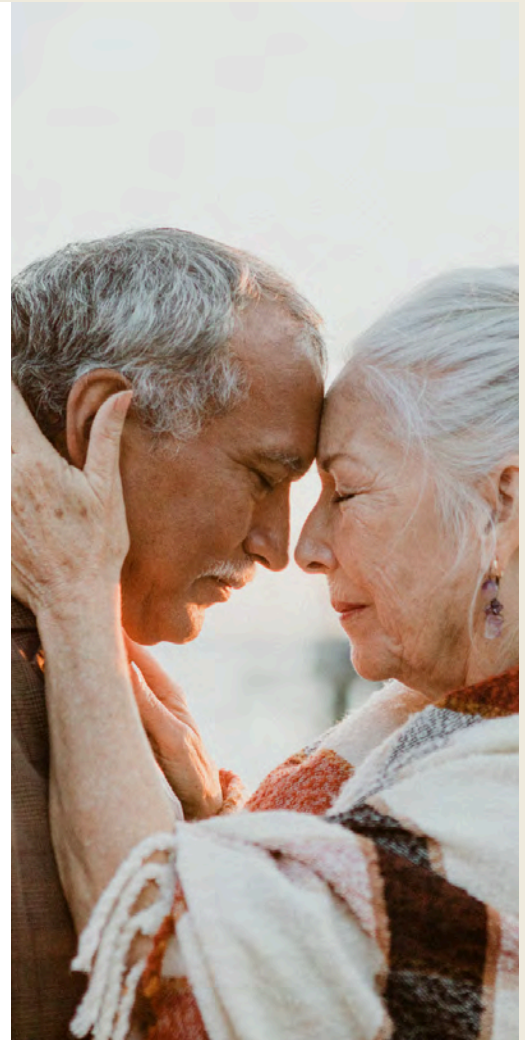
When someone you love is living with a serious illness, dementia, or another life-changing condition, you may grieve long before death. This is called **anticipatory grief**—mourning changes and future losses. You may also experience **ambiguous loss**, when your loved one is physically present but emotionally changed, or physically gone but still present in your heart.

These types of grief are uniquely difficult. There's no clear beginning or end, and often no rituals to help you process. You may swing between hope and sorrow, or feel guilty for grieving while your loved one is still here.

#### Ways to Cope:

- Embrace your feelings. Naming your grief can bring relief.
- Stay connected. Lean on trusted friends and family, or find a caregiver or grief support group.
- Create moments of meaning. Celebrate small joys and share stories.
- Practice self-care. Give yourself permission to rest.
- Seek guidance. Counselors or grief specialists can offer tools and reassurance.

**Remember:** Grief doesn't only follow loss. It can live alongside love, caregiving, and hope. Allowing yourself to feel and express it can make the journey lighter... for you and your loved one. 💛





# LIFE AFTER CAREGIVING

Caring for a loved one is one of the most important jobs a person can do. When that role ends—whether because your loved one got better, moved into long-term care, or passed away—life can feel very different.

Many people describe this time as both a relief and a loss.

It's normal to wonder: *What now?*

## GETTING BACK TO EVERYDAY LIFE

Caregiving shapes your daily schedule. You may have spent months or years focused on appointments, medications, household tasks, and your loved one's safety and quality of life. When that ends, the sudden free time can feel overwhelming.

To ease the shift, try:

- Bringing back old routines at your own pace
- Spending time on hobbies, exercise, or travel that you may have set aside
- Reconnecting with friends and family

The goal isn't to go back to your "old life," but to create a new routine that fits who you are today.

## COPING WITH GRIEF

Even if your loved one is still alive, caregiving often brings feelings of grief. You may feel sadness, guilt, or a loss of purpose.

These feelings are natural.

Some ways to cope include:

- Talking with a counselor, therapist, or support group
- Giving yourself permission to rest and heal without rushing
- Writing, drawing, or sharing your story as a way to process emotions

Grief is not something to "get over." It's something to carry with care, and it changes over time.



# Life After Caregiving

## (continued)

### USING CAREGIVING SKILLS IN WORK OR LIFE

Caregiving teaches skills that are useful in many parts of life.

These include:

- Medical tasks like personal care, transferring, ostomy and catheter care
- Problem-solving and handling challenges
- Communicating clearly and standing up for others
- Staying organized and managing time
- Showing patience and compassion

Some former caregivers use these skills to start new careers in healthcare, social services, or coaching. Others look for training or certifications to turn their experience into a professional path.

### MAKING A DIFFERENCE FOR OTHER CAREGIVERS

Many people want their caregiving journey to have a lasting impact.

You might:

- Volunteer with groups that support family caregivers (We happen to know a good one.).
- Share your experience to help others who are just starting
- Speak up for better caregiver policies, services, and workplace support

These efforts not only honor your own journey but also make things easier for those who come after you.

### MOVING FORWARD

Life after caregiving is a time of change. It may take patience to find your footing again, but it's also a chance to grow.

By caring for yourself, using the skills you've gained, and sharing your story, you can move forward with strength and purpose. 💛



**Videos & Music**

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## LOOKING BACK

We asked local family caregivers: ***What advice do you have for someone new to caregiving?***

## My advice is...

**“My advice is to connect early and often with others who are also caregiving for a loved one. That shared experience instantly creates a safe space to vent, learn, cry, brainstorm etc. for whatever may be happening in your caregiving journey.”**

-CHRIS, CAREGIVER TO GRANDMA

**“Give yourself grace. You will mess up. You will get discouraged and angry and tired and disgusted. You are human, after all. But you are giving the greatest gift you can give-quality of life for a loved one.”**

-DIANE, CAREGIVER TO MOM

**“Here are a couple pieces of advice I wish I had heard early on:**

- Caregiving will make your life look different than those around you, **but that does not mean you are falling behind.**
- There’s nothing wrong with **being a strong advocate for your loved one.** It’s easy to feel powerless in the sea of appointments and professionals but **it is okay to ask all the questions you need to better understand the care of your loved one.”**

-NATALIE, MISSION COMPLETED CAREGIVER TO MOM AND DAD





PROUDLY PRESENTS

# THE HEARTLAND CAREGIVING CONFERENCE



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## SAVE THE DATE

SATURDAY, NOVEMBER 7, 2026

NKC HEALTH

## DETAILS TO BE ANNOUNCED AT

[HEARTLANDCAREGIVINGCONFERENCE.COM](https://heartlandcaregivingconference.com)

*\*Just like life, time and activities subject to change*

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