

**ASSISTANCE.  
ADVOCACY.  
ANSWERS ON AGING.**

**Area Agency on Aging**

**Physical Address:**

121 West Nash Street  
Wilson, NC 27893

**Mailing Address:**

P.O. Box 9  
Wilson, NC 27894

**Phone: 252-234-5977**

**Fax: 252-234-5971**

Upper Coastal Plain



*Assistance. Advocacy. Answers on Aging.*

Serving Edgecombe, Halifax, Nash,  
Northampton and Wilson Counties

**For more information,  
please contact:**

**Ashleigh Glover**  
Family Caregiver  
Resource Specialist  
252-234-5984  
aglover@ucpcog.org

**The Family  
Caregiver Support  
Program is  
dedicated to  
empowering the  
caregiver with  
information and  
resources to make  
their caregiving  
journey successful.**

**FAMILY CAREGIVER  
SUPPORT  
PROGRAM**



The Area Agency on Aging (AAA) is a service of the Upper Coastal Plain Council of Governments, a lead planning organization comprised of five (5) county governments and forty-one (41) municipal governments. Working under the direction of locally elected officials of these governments, the staff plans and administers a variety of federal, state and local programs and services. The counties served include Edgecombe, Halifax, Nash, Northampton and Wilson.

**WWW.UCPCOG.ORG**

## What is the Family Caregiver Support Program?

---

Federal and state funding is allocated to the county level for programs that provide supportive services for those considered “caregivers.”

If you are caring for someone and need assistance, the Family Caregiver Support Program may be able to assist.

## Services

---

- \* **Information** about available services and resources to help families in their caregiver roles.
- \* **Assistance** to families in gaining access to services from a variety of public and private agencies. Help in planning future needs.
- \* **Caregiver Support** to help families cope with the emotional and physical stress associated with caregiving.
- \* **Caregiver Training** events to educate families on topics such as care

techniques, communication with health care professionals, making healthcare, legal and financial decisions.



## Services Continued

---

- \* **Respite Care** is often needed to provide caregivers a break. The Family Caregiver Support Program assists caregivers with Respite Services to enable the caregiver to be temporarily relieved from caregiver responsibilities.
- \* **Limited Supplemental Services** to complement care provided by eligible caregivers. Most are one-time services such as home modifications (ramps, grab bars, assistive devices and safety inspections), incontinence supplies, and liquid nutrition.

## Eligibility Requirements

---

- \* A person of any age providing unpaid care for an older adult age 60 or older OR providing care for a person with Alzheimer’s Disease or related brain disorder.
- \* A relative caregiver (not the birth or adoptive parent), age 55 or older, living with and raising a relative child age 18 and under or an adult with a disability.
- \* A relative or parent, age 55 or older, living with and raising an adult child (18-59 years of age) with a disability.

## Eligibility Requirements Continued

---

- \* **MUST** reside in the service area of Edgecombe, Halifax, Nash, Northampton and Wilson Counties.

## You are a caregiver if you...

---

- \* Help a loved one bathe, dress, eat, use the toilet or move about.
- \* Provide transportation for a friend, family member or neighbor to doctor appointments.
- \* Help someone pay bills, balance the checkbook or make medical appointments.
- \* Assist someone with household chores such as meal preparation, cleaning and grocery shopping.
- \* Need help finding someone to stay with your loved one while you work, go to the doctor or take a shower.
- \* Have a loved one in a nursing home or are considering a nursing home for your loved one.

**Find us on Facebook at: Upper Coastal Plain Area Agency on Aging—Region L**