### The Stages of Caregiving with Older Adults

**Office of Aging Ministry, Archdiocese of Galveston-Houston**

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| **1. Noticing Change**  | Concern raised regarding repeated changes in behavior                               | • Understanding the symptoms  
• Learning how to monitor loved one’s well-being | • Alzheimer’s Association provides educational outreach, care consultations with families, support groups, early stage programs  
Phone: 1-800-272-3900  
[https://www.alz.org](https://www.alz.org) |
| **2. Making Adjustments** | Provides more contact and support for activities of daily living: shopping, paying bills, doing laundry, offering reminders | • Making an intervention for the loved one to get proper help  
• Securing home modifications  
• Creating balance  
• Securing advanced directives & legal documents | • Care Connection responds to needs of older adults & connects with a quality service provider  
**Service area:** Harris County  
**Phone:** 1-855-937-2372  
[http://www.careconnection.org](http://www.careconnection.org) |
|                         |                                                                                      |                                                                                | • Catholic Charities Senior Services support seniors with companionship, health, and welfare monitoring, case management, and social service referrals.  
**Service area:** Harris County  
**Phone:** 713-0874-6588 |
|                         |                                                                                      |                                                                                | • Adult Day Centers: See the United Way Senior Guidance Directory pp.15-19 or Adult Senior Centers pp. 108-114  
| **3. Shifting Priorities** | Caregiving begins to impact one’s work and/or personal time/relationship            | • Education on managing behaviors  
• Addressing self-care  
• Seeking financial advice & family/community support | • CarePartners provides assessment & placement of persons with mild to moderate memory loss in congregational “Gathering Place” programs  
**Phone:** 713-682-5995  
[www.CarePartnersTexas.org](http://www.CarePartnersTexas.org) |
|                         |                                                                                      |                                                                                | • Area Agency on Aging assists older adults & families with planning & care coordination  
1. Harris County AAA: **Phone:** 832-393-4301  
2. Houston-Galveston- AAA (Phone: 1-800-213-8471)  
a. Ft. Bend (Phone: 281-633-0519)  
b. Waller, Montgomery, 9 other counties (Phone: 936-441-3200) |
### 4. Facing a Shift from Independence to Increasing Dependence

Requires daily care for personal hygiene, meals, transportation, housekeeping resulting in greater stress in self-care & at work/home

- Exploring options for full-time support care (debt management counseling)
- Managing stress with work and family relationships (securing respite options & family community support)
- Care Connection: assessment of needs and referrals including financial assistance
- Personal Assistance In-Home Care or Home Health Care
- Area Agency on Aging: planning & care coordination
- CarePartners: adult day programs for mild to moderate memory loss; caregiver respite/support groups
- Assisted Living or Skilled Nursing Home options: Texas Health & Human Services
  Phone: 713-767-2200 or [www.facilityquality.dads.state.tx.us](http://www.facilityquality.dads.state.tx.us)

### 5. Managing End-of-Life

Manages/Coordinates total care: personal, legal, financial; faces grief/loss

- Understanding end of life symptoms and finding relational closure with loved one
- Managing power of attorney & advanced directives
- Getting help with funeral arrangements and emotional care for feelings of grief/loss
- Archdiocesan Office of Pro-Life Activities: directives for end-of-life decisions
  Phone: 713-741-8728
- Archdiocesan Office of Family Life: pastoral care and support program referrals to parishes to address loss and life transitions
  Phone: 713-741-8706
- Care Connection: grief counseling, local hospice care referrals, legal referrals
- Archdiocesan Office of Catholic Cemeteries: education on Catholic burial practices, approaches to death and dying, and funeral arrangements
  Phone: 281-337-1641 or 409-948-1455
  [https://www.archgh.org/cemeteries](https://www.archgh.org/cemeteries)

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Phone: 713-741-8712

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Paradigm adapted and simplified from Caregiver Journey Map, AgingWell Hub

To access information for community resources, call the Texas/United Way Helpline at 211; ask to speak with a Senior Specialist.