

## Caregiver Burnout: Colorado Resources

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### **Aging and Disability Resources for Colorado (ADRC)**

- Source of information for long term services and support options for older adults/those with disabilities
- <https://cdhs.colorado.gov/our-services/older-adult-services/state-unit-on-aging-and-disability-resources-for-colorado>

### **Colorado Area Agencies on Aging (AAAs)**

- Resources including care management, nutrition services, legal assistance, services for caregivers through the Family Caregiver Support Program (FCSP)
- <https://drcog.org/programs/area-agency>

### **Consumer Directed Attendant Support Services Program (CDASS- Paid Caregiver)**

- Medicaid program that allows family members to be hired and paid for caregiving assistance
- <https://www.colorado.gov/pacific/hcpf/consumer-directed-attendant-support-services>

### **Elderly, Blind, and Disabled Waiver (Paid Caregiver)**

- Medicaid program allowing those with disabilities to have friends or family hired as a caregiver
- <https://www.colorado.gov/hcpf/elderly-blind-disabled-waiver-ebd>

### **Home Care Allowance Program (Paid Caregiver)**

- Non-Medicaid program that provides cash assistance to those with a disability to pay a home care provider
- <https://cdhs.colorado.gov/benefits-assistance/cash-assistance/adult-financial-programs>