



In Care of You

A NEWSLETTER FOR CAREGIVERS FROM GREENE COUNTY COUNCIL ON AGING

SEPTEMBER • OCTOBER 2025

IMPORTANT DOCUMENTS AND PAPERWORK

It can be helpful to keep official records and legal documents together in one place so they can be accessed quickly in a time of need. Keep the documents somewhere safe and easy to find, like a fireproof lock box. The following is a list of recommended documents:

Personal Records

- Personal information: Social Security number, date and place of birth, education and military records.
- Identity documents: Social Security card, passport, name change documents and a copy of their driver's license or other ID Card
- Vital Records: Birth and death certificates, certificates of marriage, divorce, citizenship or adoption
- Contact Information: children, neighbors, other close family members and friends, lawyers, financial advisors, religious contacts
- Legal documents: Advanced Directives, powers of attorney, trusts and most up-to-date will with the individual's original signature
- Health Information: List of diagnoses, medications and health care providers names/ phone numbers
- Username and Passwords: For online banking, bill paying and other critical services.



Financial Records

- Banking information: name of bank(s) and account numbers for checking, saving, money market and other accounts. Location of safe deposit box and key.
- Assets and income: Information on pensions, social security, IRA's, 401(k)'s, other investment income. Name and contact number for any financial professional.
- Debts/other liabilities: loans, lines of credit, mortgages
- Credit and Debit Card: Companies, authorized users, account numbers and balances.
- Insurance information: Medicare, Medicaid, private health insurance, long term care insurance, life insurance. Policy numbers and the name and contact information of insurance agents.
- Homeowner Information: property taxes, homeowner's insurance policies, warranties or service plans, and the original deed of trust for the home.
- Car paperwork: title and registration, details of any car loans and auto insurance policies.
- Recent Income tax returns and related documentation.

Source: National Institute on Aging





Learning to Ask for Help with Caregiving

Most people have learned that being independent is a strength. It also means you have the courage to ask for what you need.

How do you know when you need help?

- Look to your feelings. What are you feeling? Are you sad, tired, lonely, frustrated or worried?
- Have you noticed body changes linked to your feelings? Has your sleep changed? Do you have more headaches or stomach problems?
- Have you noticed changes in your behavior? Have you become short tempered or forgetful?



Practice paying attention to your feelings:

- Notice your feelings and name them as they arise. Consider tracking them in a journal.
- Explore what your feelings are trying to tell you. Attempting to ignore or resist a feeling may make it hurt more. When you accept a feeling, it will move along.

How do you ask for help? What are the barriers that keep you from seeking help?

- Thoughts or beliefs: believing you are weak if you need help, or being worried you're a burden to others if you ask for help.
- Emotional barriers: Fear or embarrassment about needing help.
- Expectations: Believing you can do everything on your own.

Strategies to overcome barriers:

- Dispute negative thoughts about yourself. Tell yourself "I deserve to get support".

- Own your decisions. "It's my choice to sacrifice. It's my responsibility to ask for what I need".

- Don't expect, ask. Others can't read your mind. Ask for what you need.

Who do I ask for help?

- Brainstorm a list of names and contact information. Keep adding to it. Your list could include family, friends and neighbors, as well as agencies and your church. It could also include the VA and/or medical providers.

How do I ask for help?

- Be clear and specific. Give a few examples of how people can help you.
- Ask in a way that gives the person a way to say no: "I understand you're busy, but" ... "If you could give it some thought and let me know, that would be great. Any help you can give is appreciated. I know everyone is busy, so I understand if you don't have time."

Source: VA Caregiver Support

Support Groups

- 1st Monday of the month at 6pm, First Presbyterian Church, 314 Xenia Ave, Yellow Springs
Note: September meeting will be held on Mon, Sept 8 because Labor Day is Mon, Sept 1.
- 1st Wednesday of the month at 11:30 am, GCCOA Xenia office
- 2nd & 4th Tuesdays at 9:30 am, Peace Lutheran Church, 3530 Dayton • Xenia Rd, Beavercreek

Weekly Radio Segment: Partners in Caregiving every Thursday soon after 6pm, WBZI—FM 100.3 AM 1500
Also available online: gcco.org/radio