



# The Caregiver News

June 2018

## Finding Housing Options

Housing options vary based on age, income and other qualifications. Most housing assistance has a wait list and requires a detailed application process. The following overview will help caregivers understand senior and low income housing options:

- **55 Plus Living Communities.** A variety of apartments and condos who cater to individuals 55 years or older. These facilities may also offer a workout facility, activities, potlucks and other social events. Some offer pools, shopping excursions and may also accept [Section 8](#) Vouchers.
- **Section 8 Housing.** Renters apply for housing assistance vouchers that are used to assist in paying for private market housing. Participants may have to pay up to 40 percent of the cost of their monthly rent if their home's rent is higher than what the [Section 8](#) voucher covers.
- **Housing and Urban Development (HUD) Housing.** HUD offers affordable apartments for low-income families, the elderly and persons with disabilities. Individuals assisted by HUD live in properties owned by a [housing authority](#).

- **Housing Authorities (HA).** There are three HAs in Salt Lake County, which manage the applications for Section 8 and HUD housing. Application and waitlist lengths vary by program. Contact or visit HA websites for more information:

- ◇ The Housing Authority of Salt Lake City ([haslcutah.org](http://haslcutah.org)). Call 801-487-2161.
- ◇ Housing Authority of Salt Lake County ([HACSL.org](http://HACSL.org)). Call 801-284-4400.
- ◇ West Valley City Housing Authority ([WVC-UT.gov](http://WVC-UT.gov)). Call 801-963-3320.

Things to ask and consider when exploring housing options:

- Age, income and total occupancy restrictions.
- Pet allowance, rules and monthly fees.
- What bills are not covered by housing assistance? (Parking and other bills required by a facility that are not included in the rent).

Homeless housing programs, domestic violence shelters, and other housing options can be located by calling 2-1-1 or visiting [Utah211.org](http://Utah211.org).



[Utah211.org](http://Utah211.org)



[Low Income Housing List](#)



[Assisted Living Options](#)

## The Tip Jar

### 7 Tips for Caregivers

- Be Compassionate
- Live in the Moment
- Look for Humor
- Get Organized
- Set Boundaries
- Slow Down
- Stay Inquisitive

Visit the [Managing Care Guide](#) on [slco.org/caregiver](http://slco.org/caregiver) (resource tab) for insight on how to stay resilient while caregiving.

## Education Programs

### Stress-Busting for Family Caregivers

Stress Busting is a free nine week evidence-based program. Come learn eight stress therapy techniques. Visit the [slco.org/caregiver\\_calendar](http://slco.org/caregiver_calendar) or call **385.468.3280** for details.

### Caregiver Academy

The Caregiver Academy is a free six week skill workshop where caregivers learn to manage a care environment, run family meetings, cope with behaviors, and find resources. Visit the [slco.org/caregiver\\_calendar](http://slco.org/caregiver_calendar) or call **385.468.3280** for details.

Reasonable ADA Accommodations for workshops are requested by contacting Susan at **385.468.3191** or [shoepfner@slco.org](mailto:shoepfner@slco.org).

## Stress Busting Ideas

- Salt Lake County [Library Summer Reading Kick Off](#), West Jordan Library Viridian Center, 8030 S 1850 W, West Jordan. June 1st from 6:00 to 9:00 pm. Entertainment, movies and more.
- [All Access Tour of Wendover Airfield](#). This is a rare, behind the scenes tour of America's most authentic WWII training base. June 9th or August 11th. \$45 per person. Call 801-571-2907 for details.
- Tuesday [Night Classes at the Viridian](#), 8030 S 1850 W, West Jordan Library. Classes on parenting, homebuying, rock collecting, various arts, and more. Call 801-948-7858 for details.



### [Murray Arts in the Park](#)

Free lunch concerts at Murray Park Pavilion. June 19th features CHASKIS, music of the Andes, Peru, Bolivia and more.

Visit [nowplayingutah.com](http://nowplayingutah.com), [seniorsbluebook.com](http://seniorsbluebook.com), [slco.org](http://slco.org) [senior center](#) and [caregiver](#) calendars for more options.

## Support Groups

- **Amyotrophic Lateral Sclerosis (ALS)**
  - ♦ [Murray Heritage Senior Center](#). Call 801.264.2635.
  - ♦ [Riverton Senior Center](#). Call 385.468.3043.
- **Alzheimer's & Related Dementia Groups**
  - ♦ [Draper Library](#). Call 801-265-1944.
  - ♦ [Millcreek Senior Center](#). Call 801.265.1944.
  - ♦ [Jewish Family Services](#). Call 801.746.4334.
- **Caregiver Lunch Bunch**—a peer group for family caregivers. 1st Thursday each month at 11:30 am. June's event will be at [Moki's Hawaiian Grill](#), 4836 S Redwood Rd, Taylorsville. Call 385.468.3281 to RSVP.
- **FTD & Related Dementia**—[Sandy Senior Center](#). Call 801.231.3442.
- **General Caregiver Groups**
  - ♦ [Magna Kennecott Senior Center](#). Call 385.468.3281.
  - ♦ [Mt Olympus Senior Center](#). Call 801.424.2200.
- **S.A.G.E./LGBTQ Seniors**—[Tenth East Senior Center](#). Call 385-468-3140.

Visit the [slco.org/caregiver](http://slco.org/caregiver) for more groups and events.

**Be  
gentle  
with  
yourself,  
you're  
doing the  
best you  
can.**

[Pinterest.com/slcoaging](https://www.pinterest.com/slcoaging)

A great place for inspiration.