
THE CAREGIVER SPACE

A HELPFUL NEWSLETTER FOR THE FAMILY CAREGIVER



WELCOME

Can you believe its February?! I certainly can't! This year we have a lot of upcoming events and fun ways to connect with our caregivers. We have so much flexibility in this program and that allows us to focus on what you REALLY need. We are here for you and we are here to help!

QUOTE OF THE MONTH

"You can do anything, but not everything"

-David Allen

HELP ME HELP YOU

BY AMBER CHAPMAN, FAMILY CAREGIVER AND HEALTH PROMOTION SPECIALIST

I want to take the chance to explain what our program is and how we can help you.

The High Country Area Agency on Aging Family Caregiver Support Program's purpose is to provide family caregivers with support, education, and other services to help them give better care to their loved one. We also have services for Grandparents Raising Grandchildren or Relatives as Parents!

Caregiving is a demanding but rewarding job. However, sometimes as the caregiver we focus on helping or person before finding support for ourselves. If nothing else, we want you to know **YOU ARE NOT ALONE. We have your back!**

This program is designed to evaluate needs on a case by case basis. Everyone's needs are different so we take a personalized approach. The best part?

THIS PROGRAM IS FREE TO YOU AND THERE IS NO INCOME REQUIREMENT!

Yes, you read that right. We do not charge for any services.

You are eligible if:

- you are caring for someone 65 years of age or older
- AND**
- they need assistance (verbal and/or physical with two activities of daily living
- OR**
- caring for someone with Dementia.

Now the most important part- how do you access the services?

Simple, you can use our online referral form for yourself or someone else who might benefit from these services.

or

**You can contact me directly at:
achapman@hccog.org
(828)278-7406**

Click here for our website!

