

At last... Compassionate Support for Family Caregivers

In a major new initiative, Jewish Family Service has received special funding to provide an array of no-cost support services to the primary caregivers of relatives or friends. It's about time!

Family Caregiver Support (FCS) is being provided through *HomeCare Associates*, the state licensed home care division of Jewish Family Service, with generous funding from the Area Agency on Aging. The services are free and are available to all community members. They include:

- **Referral to Essential Community Resources**
- **Assistance Accessing Services**
- **Support Groups & Individual Counseling for Caregivers**
- **Practical Training in Effective Caregiving**
- **Limited Respite Care**
- **Services for Russian-Speaking Elders**

If you, or someone you know, could benefit from any aspect of *Family Caregiver Support*, call (206) 861-3170. Do it today!

Family Caregiver Support is provided by Jewish Family Service and *HomeCare Associates* in conjunction with African American Elders Project of Catholic Community Services, ARC of King County and Gay City Health Project.

Services are available community-wide regardless of religion or financial status.



Caring for the Caregiver Check List:

Do you ever feel...

- Anxious or alone?
- Frustrated?
- Overwhelmed?
- Stressed out?
- In need of a break or day off?
- Helpless, unable to find assistance?
- Needing an advocate to open doors?

If you checked one or more of the above, relax...*Family Caregiver Support* from JFS is just a phone call away: (206) 861-3170. Call today!

HomeCare
ASSOCIATES
A division of Jewish Family Service

911 East Pike Street, Suite 204 • Seattle



JEWISH **FAMILY** SERVICE