



"This is a great resource for letting go of loneliness and guilt as a caregiver." - Family Caregiver

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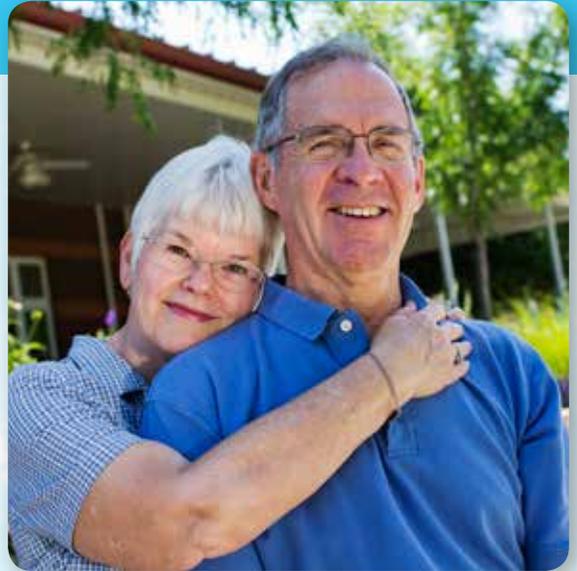
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Visit our website to learn
more about the LCOA services.

larimer.org/seniors



Are you or
someone you know
caring for a loved one?



We CARE
for the caregiver

Family Caregiver
Support Program





If taking care of a loved one is becoming overwhelming, call us. **The Family Caregiver Support program** offers:

Caregiver Toolkit

Learn about resources for you and your loved one. There may be more help available than you think.

Caregiver Consultation

- Work with an experienced professional to create a plan that lifts some of the stress of caring for someone else.
- We can offer you a flexible respite grant.
- Use the grant to purchase occasional in-home services or other types of respite support personally suited to you and the one you care for.

"I'm a better caregiver when I get a break to rejuvenate."

"The \$300 respite grant pays for in-home care so that my family can get away together for some R & R."

Powerful Tools for Caregivers

Participate in a 6-week educational program for family caregivers. You'll come away more confident and better equipped to take care of yourself.

Peer Support

Connect with Caregiver Support Groups

Individual Counseling

Find supportive counselors who understand the challenges of caregiving.

"Any help we receive lifts our burden a little and takes away the isolation."

"Just knowing I can turn to someone reminds me that I don't have to be superman. We all need support sometimes."

Contact us at:
(970) 498-7750

For more community resources and services - Go to our comprehensive and searchable website:

LCOA.networkofcare.org