



*You call it “assisting your loved one”...*

*We call it **CAREGIVING***

*The Caregiver Support Center serves as an essential resource for emotional, social and physical support, information and respite from the stress of caregiving.*

*Our Support Groups help caregivers discuss and resolve problems and determine needs in caring for older adults. Support groups are open to anyone who is caring for an aging loved one.*

*Support groups are a safe space where tears are permitted, humor is encouraged, and support is overflowing.*

## **Caregiver Support Center services can provide:**

- Resources
- Individualized consultations
- Respite & home modification grants
- Community training & education
- Assessment of current caregiving challenges
- Review of medical, legal, physical, social & financial concerns

Current **Support Groups** are held via Zoom. Contact: Carie Salas  
805.497.0189 or email [csalas@seniorconcerns.org](mailto:csalas@seniorconcerns.org)

For information on the **Caregiver Support Center** visit [www.seniorconcerns.org](http://www.seniorconcerns.org)

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