



Caregivers experience a great deal of stress.

Common stressors include:

- Activity planning.
- Balancing work and family responsibilities and personal time.
- Communicating with health care and other professionals, family members and/or a loved one with dementia.
- Legal and financial concerns, including insurance coverage.
- Managing incontinence.
- Safety, including moving or lifting.
- Managing challenging behaviors.
- Making end-of-life decisions.
- Recruiting competent help.
- Selecting a home care agency, assisted living facility, or nursing home.



Support Network

Contact any one of these agencies for a free caregiver consultation

Alzheimer's Association
206-363-5500

Chinese Information & Service Center
206-624-5633

Evergreen Care Network / Geriatric Regional Assessment Team
206-899-6300

Jewish Family Service
206-861-3152


Kin On Community Health Center
206-652-2330 ext. 15 or 16

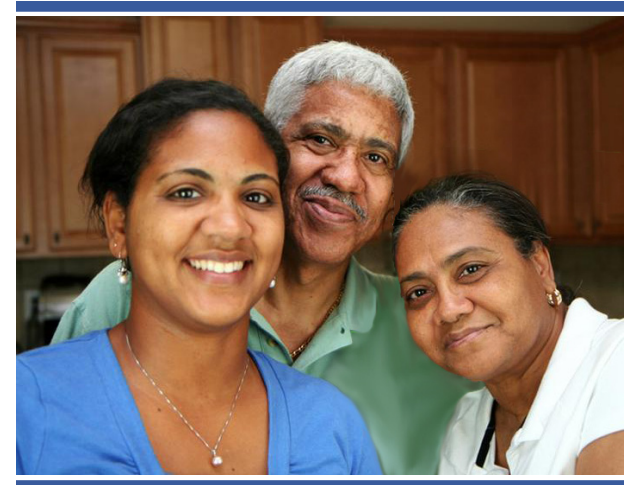
Neighborhood House
206-461-4522

Northshore Senior Center
425-286-1035

Senior Services
206-448-3110

**For immediate needs, contact:
Crisis Clinic**
206-461-3210 x663

With special thanks to ...  SEATTLE HUMAN SERVICES



King County Caregiver Support Network

Free Consultations



www.kingcountycaregiver.org



Can we help you care for your loved one?

If you routinely bring food to a friend or family member, listen to and reassure them, drive them to appointments, help with chores, pay their bills, run errands for them, help with yard work, fix their leaky faucets, or organize their medications so they can be safe, then you are a caregiver.

The King County Caregiver Support Network helps unpaid caregivers of adults age 18 and older. By helping to reduce family caregiver stress, the support network enables care receivers to remain at home and independent.

Services

One size definitely does not fit all. The program tailors support services to the unique needs of unpaid family caregivers.



Services may include:

- Referrals to local support groups, counseling, and other resources.
- Training on specific caregiving topics.
- Advice on use of supplies and equipment.
- Practical information and caregiving suggestions.
- Respite care, if you need a break.

Free consultations

When a caregiver contacts the support network, a caregiver specialist conducts an interview to better understand the current caregiving situation, sources of stress, and stress level. The interview can be completed by phone.

Alternatively, you can download and print a survey form (see below) and contact a caregiver specialist to discuss next steps.

Caregiver Survey

This tool is helpful when you talk with your caregiver specialist, but you don't need to complete it first. Just call!

www.adsa.dshs.wa.gov/caregiving/survey/

The King County Caregiver Support Network is administered locally. Our specialists know what resources are available in Seattle and King County.



You may qualify for services if you are:

- 18 years or older and caring for an older adult or an adult with a disability.
- The primary caregiver.
- Not paid for caregiving.



Most services are free. Respite care is available on a sliding-fee scale.

Information

For more information about caregiver support, contact any one of the King County Caregiver Support Network agencies listed on the back of this brochure, or visit our website:

www.kingcountycaregiver.org