

# We are Community Living Connections.

We are a network of advocates that supports unpaid caregivers of adults age 18 and older. Unpaid caregivers are spouses, children, family members—even friends and neighbors.

By supporting you, the network enables you to help your loved one remain at home.



# We are community-centered.

We provide information in multiple languages, along with culturally-appropriate assistance.

For help navigating services, call Community Living Connections at 844-348-5464.

For immediate needs, call Crisis Connections at 206-436-2975.

## COMMUNITY LIVING CONNECTIONS

— Seattle & King County —

Supported by Aging and Disability Services—the Area Agency on Aging for Seattle and King County

# Are you a caregiver?

Helping our loved ones can be stressful.

We can help.

Do you help an adult with meal preparation, personal care, errands?

Do you schedule or attend doctor's appointments with a loved one?



You are a caregiver.

[CommunityLivingConnections.org](http://CommunityLivingConnections.org)

CALL TOLL-FREE



1-844-348-5464



## How will you help me?

Caregiver advocates interview each caregiver to better understand their current situation. With this information, the advocate can make referrals to appropriate services and connect you to the support you need.

## What services are available?

- Free consultations
- Referrals to local support groups, counseling, and other resources
- Training on specific caregiver topics
- Practical information and caregiver suggestions
- Respite care, if you need a break

## How much does it cost?

Your questions will be answered at no cost. Some services are offered on a sliding fee scale. Others are free of charge with a service limit.

**All calls are free and confidential.**

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