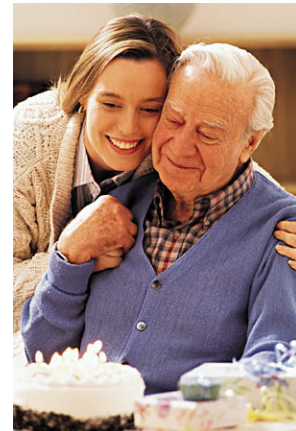


YOU ARE A FAMILY CAREGIVER IF...

You are... an adult daughter, son, spouse, relative or friend helping someone limited or unable to do things for themselves because of illness or disability.

You provide assistance with...

- Personal care
- Housework/Laundry
- Bill paying/Finances
- Shopping/Cooking
- Yard work/Home repairs
- Medications
- Driving
- Doctor visits
- Resources
- Meal preparation



WE CAN HELP!!



Mountain Caregiver Resource Center is a non-profit here to help you in your role as a family caregiver. Most services are free and include the following:

- Family consultations and care planning
- Specialized information
- Training for families and professionals
- Support groups
- Giving you a break (respite care)
- Short-term counseling
- Home modifications and assistive devices
- Legal and financial consultation

Call us today to see how we can help you!

Mountain Caregiver Resource Center of  **PASSAGES**
www.MountainCRC.org ~ 800-995-0878 ~ mcrc@csuchico.edu