



*“I’m not ready to give up my independence. It’s nice to know that I can get guidance and support for those things that are getting more challenging to handle on my own, and that I don’t have to rely solely on family and friends.”*

## Helping You Reimagine Aging

Since 1977, Senior Outreach has provided seniors and their families with experienced, caring, licensed social workers to help identify ways for seniors to continue to live as independently as possible.

Senior Outreach & Caregiver Services also provides coaching, support groups, and counseling for the family members and friends who provide care to a senior.

## Our Vision

The vision of Senior Community Services is to mobilize the community to reimagine aging. We are passionate about enhancing the quality of life of older adults and caregivers.

To find additional programs that help enhance the lives of seniors, or to get involved through volunteerism, visit:

[www.seniorcommunity.org](http://www.seniorcommunity.org)



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Senior Outreach & Caregiver Services is a program of Senior Community Services and a founding member of Eldercare Partners.

# Senior Outreach & Caregiver Services

Connecting You to Resources that Keep Seniors Independent



## Senior Outreach Can Help Seniors...

- Identify areas of daily life where support might be needed
- Find trusted, affordable resources for chores, financial help, personal care, activities, transportation, medical or legal issues, and more
- Apply for government or other programs to help pay for services
- Locate housing alternatives such as assisted living, subsidized apartments, or senior living communities
- Navigate life changes like loss of income, widowhood, diagnosis of Alzheimer's or other chronic disease
- Plan for future needs



## Helping Seniors Remain Independent

At times, a little help goes a long way in continuing to remain independent. It may just be help with meals and lawn care, or it could be much more.

Senior Outreach staff meets with seniors – often with their families – in their homes to identify their specific needs. Then staff connects seniors with a combination of resources suited to their unique situation and budget. Support is ongoing as staff monitors and provides help to meet changing needs.

## Support for Caregivers

If you're providing support to a senior, you are a caregiver. While caregiving is rewarding, getting support is crucial to long term success. Senior Outreach offers a variety of ways to get the support you need to maintain your own life balance and health.

**Caregiver Consultation/Coaching through Eldercare Partners** provides support in caring for yourself, identifying solutions, and making decisions that are tailored to you and your loved one.

**Caregiver Support Groups** offer a community of caregivers that promotes self-care as well as quality of care for the older adult.

**Caregiver Education** includes single sessions or a series covering topics such as Resources, Legal and Financial Issues, Family Communication, and Health Insurance Issues.

**Family Meeting Facilitation** promotes positive communication and collaborative outcomes around care issues.

**98%** *of Senior Outreach clients continue to live independently*