

Snohomish County Caregiver Support Program

BRIEF OVERVIEW OF PROGRAM SERVICES:

- Information about long-term care and caregiver support services.
- Assistance with learning about and securing supportive services.
- TCARE* Assessment, Care Plan and follow up services.
- Peer to Peer Connections Groups (Support Groups).
- Consultation services to cope with the changes and challenges.
- Respite Care services (in and out-of-home settings) to provide breaks.
- Referrals to Physical and Mental Wellness programs to cope with depression and medical issues.
- Opportunities to learn more about connecting to community resources.
- Caregiver training and education (increase understanding of specific diseases, skill building and self-care).
- Home visits.
- Snohomish Caregiver Support Program website: www.snocare.org
- Alzheimer's Association / Washington website: www.alzwa.org
- Caregivinginfo@stillycenter.com . By sending your e-mail address to this site you will receive the most current information we have about caregiving.

Snohomish County Caregiver Support Program

To make an appointment please contact a Caregiver Specialist:

Senior Services: (425) 290-1240

Alzheimer's Association: (206) 363-5500

Stillaguamish Senior Center: North County: (425) 248-5276

Stillaguamish Senior Center: East and South County: (425) 248-5156