

How Can We Help You?

We offer assistance in a number of ways, including:

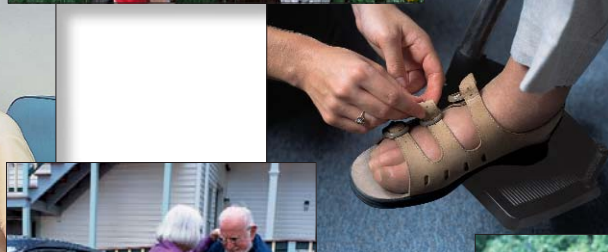
- Information & Referral Service,
- www.SeniorConnection.org website and its special section, **Connection for Caregivers**,
- Central Massachusetts Family Caregiver Support Program, and
- Funding to support a range of older adult and caregiver services.



Information & Referral

Our Information & Referral Specialists will help you to identify your problem and find the best places to turn to for an answer. We can help you navigate the resources of vast aging and caregiving networks. There are several ways that you can access our Information & Referral Services:

- Call us at **508-852-5539 V/TDD**, or toll-free at **1-800-244-3032 V/TDD** (MA only).
- Email us at info@SeniorConnection.org.
- Visit us at our West Boylston office.
- Find our website at www.SeniorConnection.org.



Online Services

On our website, www.SeniorConnection.org, free information is available to you 24 hours a day, seven days a week.

- Search our database **Guide to Elder Services**, the region's most comprehensive online listing of agencies and programs that serve older adults and their caregivers. This searchable database allows you to customize your query for the services you need. It is an indispensable resource for older adults, caregivers and professionals.
- Surf our website for community news, events, volunteer opportunities and grant information.
- Visit **Connection for Caregivers** and find facilitated support groups, videos, expert articles and a 24-hour chat room to share ideas and feelings with other caregivers.
- Browse **Helping An Older Adult-A Caregiver's Journey** to learn the effects of providing care to an older adult has on your physical and mental well-being. Read through a variety of resources to ease your caregiving journey. And remember.....

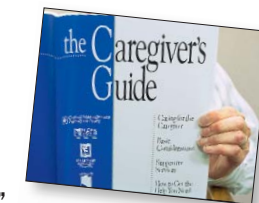
YOU DON'T HAVE TO GO IT ALONE!



Caregiver Support

To be a good caregiver, you also need to care for yourself. You can find all kinds of support through our agency, which is a member of the **Central Massachusetts Family Caregiver Support Program** offering services according to your individual needs. Together with Elder Services of Worcester Area, Inc., Montachusett Home Care Corporation, and Tri-Valley, Inc., we offer outreach services including:

- Use of our lending library
- In-home elder care advice
- Education and training
- Speakers' programs
- **"The Caregiver's Guide"**, advice and checklists, tips and specific agency contact information, available in print or at our website.



We are also a **SHINE** (Serving the Health Information Needs of Elders) member site where volunteer counselors help Medicare beneficiaries sort through options and programs for their healthcare and prescription drug coverage.