Are you a caregiver?

Do you ask yourself...

What about ME?

Caregivers often focus on the needs of others while neglecting their own. We are pleased to offer a program to provide the caregiver the opportunity to focus on their own well-being. Well-being might include working on one’s physical or emotional health, setting personal or family goals, or simply setting aside time for errands and meaningful activities.

Let’s talk if you:

- Are feeling that a change needs to be made
- Want to develop a plan of care that includes you
- Are neglecting your own health and friendships
- Need resources for supplemental services

Requirements:

- Must be a primary caregiver assisting another person age 60 or older living in Charles City, Chesterfield, New Kent, Powhatan, Goochland, Henrico, Hanover, or Richmond.
- The care receiver needs assistance with at least 2 Activities of Daily Living or needs assistance with 1 Activity of Daily Living and a diagnosis of some type of dementia.
- Applicant has not previously received a Caregiver Directed Support grant.

To see if this program is right for you, call our Caregiver Support Specialist 804-672-4498 or email dcaras@youraaa.org

Quote from a previous grant recipient:

"This grant helped me return to my passion for sewing and I’m so glad it did! I did not realize all that I was missing in my life."