

CAREGIVER SOS



The **Caregiver SOS program** provides services at no cost for family members and friends providing care to an older loved one (60 years of age or older) with dementia or other chronic illness.



CAREGIVER COACHING

Caregiver Specialists are available to guide family members and friends who are caring for an older loved one at no cost. Information and support on how to better manage daily activities and improve care is offered individually or in a group setting.



STRESS BUSTING PROGRAM

This no-cost, evidence-based program is proven to reduce stress, anxiety and anger and improve quality of life for families and friends caring for an older loved one. Caregivers learn to manage their stress and develop better coping skills when faced with challenging caregiving situations. It was developed by Dr. Sharon Lewis at the University Of Texas Health Science Center at San Antonio.



CAREGIVER TELECONNECTION

Caregiver Teleconnection sessions are free teleconferences offered three to four times a month on a variety of topics of interest for anyone caring for an older loved one. Interested persons can call in to get expert advice and ask questions to a professional such as a doctor, lawyer or social worker. There is also the opportunity to hear from other caregivers in similar situations.

Note: Register online or on the phone

CONTACT INFORMATION

Caregiver SOS Toll Free: **866-390-6491**

Email: **caregiversos@wellmed.net**

Website: **www.caregiversos.org**

