



Caregiver Support Services

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Are you taking care of a seriously ill spouse, parent or other disabled family member or friend?

The *Housing Bureau for Seniors* has services to help caregivers.

<p>Resources & Services</p> <p>Identify your needs, evaluate different providers, and learn how to work with those who provide in home care and services.</p>	<p>Legal</p> <p>Find resources for estate planning, wills, trusts and power of attorney, conservatorship and guardianship for protecting vulnerable adults.</p>
<p>Difficult Conversations</p> <p>It is not unusual to feel frustrated or awkward in talking about sensitive and emotional topics with your loved one. Learn how to ease tensions and have positive, effective conversations.</p>	<p>Long Term Care</p> <p>Learn about supportive living arrangements such as assisted living and nursing homes. Use decision making tools to evaluate the “best fit” for you and your loved one.</p>
<p>Finances</p> <p>Paying for care is expensive. We will link you with programs to help pay for care, identify private pay options and will provide you with financial planning resources. We can also provide counseling to make informed decisions about health benefits.</p>	<p>Support</p> <p>You don't have to do it alone. Support groups provide an opportunity to talk about your experience and gain ideas from others in similar situations. We can help identify respite care options so you can have much needed personal time.</p>

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