



# Caregivers experience a great deal of stress.

Common stressors include:

- Activity planning.
- Balancing work and family responsibilities and personal time.
- Communicating with health care providers and family members.
- Legal and financial concerns, including insurance coverage.
- Managing incontinence.
- Safety, including moving or lifting.
- Managing challenging behaviors.
- Making end-of-life decisions.
- Recruiting competent help.
- Selecting a home care agency, assisted living facility, or nursing home.



## Support Network

Contact any one of these agencies  
for a free caregiver consultation

### Alzheimer's Association

206-363-5500

### Chinese Information & Service Center

206-624-5633

### Evergreen Care Network

425-899-3200

### Geriatric Regional Assessment Team

425-899-6300

### Jewish Family Service

206-861-3152

### Kin On Community Health Center

206-652-2330 ext. 15 or 16

### Neighborhood House

206-461-4522

### Northshore Senior Center

425-286-1035

### Senior Services

206-448-3110

### For immediate needs, contact:

#### Crisis Clinic

206-461-3210 x663



SEATTLE  
HUMAN  
SERVICES

Coordinated by Aging and  
Disability Services, Seattle  
Human Services Department



## King County Caregiver Support Network

Free Consultations



[www.kccaregiver.org](http://www.kccaregiver.org)



# Can we help you care for your loved one?

If you routinely bring food to a friend or family member, listen to and reassure them, drive them to appointments, help with chores, pay their bills, run errands for them, help with yard work, fix their leaky faucets, or organize their medications so they can be safe, then you are a caregiver.

## The King County Caregiver Support Network

helps unpaid caregivers of adults age 18 and older. By helping to reduce family caregiver stress, the support network enables care receivers to remain at home and independent.

## Services

One size definitely does not fit all. The program tailors support services to the unique needs of unpaid caregivers.



Services may include:

- Referrals to local support groups, counseling, and other resources.
- Training on specific caregiving topics.
- Advice on the use of supplies and equipment.
- Practical information and caregiving suggestions.
- Respite care, if you need a break.

## Free consultations

Caregiver specialists interview each caregiver to better understand his or her current situation, sources of stress, and stress level.

The interview can be completed by phone. With this information, the specialist can make referrals to appropriate caregiver services.



Alternatively, caregivers can download and print a survey form (see below) and contact a caregiver specialist to discuss next steps.

## Caregiver Survey

This tool is helpful when you talk with your caregiver specialist, but you don't need to complete it first. Just call one of the agencies on the back of this brochure!

[www.kccaregiver.org/what-we-do/  
free-consultations/](http://www.kccaregiver.org/what-we-do/free-consultations/)

The King County Caregiver Support Network is administered locally. Our specialists know what resources are available in Seattle and King County.



You may qualify for services if you are:

- 18 years or older and caring for an older adult or an adult with a disability.
- The primary caregiver.
- Not paid for caregiving.

Most services are free. Respite care is available on a sliding-fee scale.

## Information

For more information about caregiver support, contact any of the King County Caregiver Support Network agencies listed on the back of this brochure, or visit our website:



[www.kccaregiver.org](http://www.kccaregiver.org)