

# Do You Need a Break

## From Taking Care of Someone Else?

**November is Family Caregiver Month.** It's hard work taking care of a family member. You have your own life and responsibilities and may sometimes feel overwhelmed by also taking care of others. It really helps to take a break from your caregiving responsibilities or just talk to others who are going through a similar experience. Affordable family caregiver support services are available in Marin to help you.

### Respite Services

- ⌘ Jewish Family & Children's Services provides in-home respite care.
- ⌘ Senior Access provides respite day-care and weekend breaks.
- ⌘ West Marin Senior Services provides in-home and limited facility care in West Marin.

⌘ Other services are offered, such as case management, counseling, and training. ⌘

### Support Groups

- ⌘ Alzheimer's Association offers support groups for those caring for someone with Alzheimer's Disease or other dementias.
- ⌘ Grandparent support groups are offered in Marin City and at other sites in the county.
- ⌘ Jewish Family & Children's Services offers a "You and Your Aging Parent" group.
- ⌘ Senior Access offers support groups for those caring for an older adult.

### For More Information

Alzheimer's Association	<b>472-4340</b>
Catholic Charities	<b>507-4244</b>
Family Caregiver Alliance	<b>434-3388</b>
Grandparent Support Services	<b>332-9323 (Marin City)</b> <b>499-6802 (other)</b>
Jewish Family & Children's Services	<b>491-7960</b>
Senior Access	<b>491-2500</b>
West Marin Senior Services	<b>663-8148</b>



For general information about services in Marin County, call the Information & Assistance hotline at **457-4636 (INFO)**

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### Eligibility

**Family Caregivers** - any adult family member, or another individual, who is an informal provider of in-home and community care to an older individual (60 years of age and older);

**Grandparents**- grandparent or stepgrandparent of a child, or a relative of a child by blood or

marriage, who is 60 years of age or older and caring for a child under the age of 18.

There is no income eligibility.

### Fees

Each agency will work with you and your budget to figure out how you can get the help that you need based on what you can afford.

Funds for these services are made available in part from the Older Americans Act, National Family Caregiver Support Program, administered locally by the Marin County Department of Health & Human Services, Division of Aging, 415.499.7396.