

SeniorResources

Our Name. Our Focus.



Caregiver Support Services



As our loved ones get older, many find themselves assisting them with essential daily tasks while juggling a job or other responsibilities. Whether we realize it or not, that's caregiving and keeping everything together can take its toll. Caregivers need to know that their efforts are appreciated and may need a place to talk openly or receive guidance and support about what to do next. *Let us help!*

Contact a caregiver support specialist:

Call 231-733-3531 or 231-683-4760

Or email: caregivers@seniorresourceswmi.org

To learn more, visit our website or open camera, scan QR code on back of card to read more about our services or a support groups session near you.

www.SeniorResourcesWMI.org



Caregivers Support and Resources

Our trained Support Specialist give advice, tips, guidance, and offer an outlet to share concerns so you won't be alone in your caregiver journey. Available support and resources include:

- Individualized short-term emotional support
- Problem-solving
- Referral services
- Educational resources
- Respite services
- Support group counseling



Serving Muskegon, Oceana, and Ottawa Counties

Call an Options Counselor Today!
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