



**Office for  
the Aging**



**Do YOU...**

**Perform housework for someone?**

**Help them shop for food?**

**Do their chores?**

**Help them bathe or get dressed?**

**Drive them to appointments?**

**Get up in the night to make sure they are safe?**

**Help with housekeeping?**

**Pick up their medication?**

**... Feel Stressed?**

**YOU ARE A CAREGIVER**

**Call us to find local services that  
can help you and your loved one.**