Are you a caregiver?

You may be a caregiver if...

- You pick up groceries for someone or help them prepare meals.
- You pay someone's bills or help them manage their money.
- You have helped someone with getting dressed, taking a shower, or using the toilet.
- You organize someone's medication for them and/or take them to medical appointments.
- You have a family member who could not live safely in their home without your help.

If you are a caregiver of someone 60+ years old, you may benefit from our services below:

- Resource information for care assistance/respite
- Limited financial support for eligible individuals
- Social/emotional support
- Long-term care planning
- Education Programs
- Emergency planning
- End-of-life planning

Connect with us to learn about more options

City of Longmont Community
303-651-8414
longmontcolorado.gov/LSS-support

City of Boulder Community
303-441-4388
boulderolderadultservices.com

Other Boulder County Communities
303-441-1617
infoADRC@bouldercounty.org
BoCo.org/Caregiving

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¿Es usted un cuidador?
Usted es un cuidador si…
- Busca alimentos para alguien o lo ayuda a preparar comidas.
- Paga las cuentas de alguien o lo ayuda a administrar su dinero.
- Ha ayudado a alguien a vestirse, ducharse o ir al baño.
- Organiza la medicación de alguien y/o lo lleva a citas médicas.
- Tiene un familiar que no podría vivir seguro en su casa sin su ayuda.

Si es usted cuidador de una persona mayor de 60 años, puede beneficiarse de los siguientes servicios:
- Recursos para asistencia de cuidado/descanso (respite)
- Apoyo financiero limitado para personas elegibles
- Apoyo socio-emocional
- Planificación de cuidados a largo plazo
- Clases y capacitaciones para cuidadores
- Planificación de emergencias
- Planificación para el final de la vida

Conéctese con nosotros para conocer más opciones: