



## Office Hours for Caregivers

Support Available

The Boulder County Area Agency on Aging Caregiver Initiative program is focused on empowering and supporting caregivers of older adults in Boulder County and wants to recognize the important, rewarding, and challenging role of being a caregiver.

Informal caregivers of adults 60+ and caregivers of any age adult with dementia can walk-in to our open office hours to meet one on one with a Boulder County Area Agency on Aging Resource Specialist. The resource specialist can provide information and referrals and help caregivers coordinate resources to support their caregiving related needs. Resource specialists can guide caregivers to the next steps in their caregiving journey, help them make a respite plan, give information on end of life and estate planning, and provide resources for wellness and self-care. They can help caregivers locate meaningful support groups and other county and community resources for caregivers.

**When:** Second Thursdays, Jan. 9-June 12, 10 a.m.-2 p.m.  
**Where:** Louisville Senior Center in the Imperial Room  
*900 West Via Appia Way, Louisville*

Questions? Please contact us at [infoCaregiver@bouldercounty.gov](mailto:infoCaregiver@bouldercounty.gov) or 303-441-3945.



Information & Assistance for Aging Well  
**303-441-1617**  
[www.BoulderCountyAging.org](http://www.BoulderCountyAging.org)