

Did You Know?

CVCOA is the leading expert and advocate in healthy aging for Central Vermonters, helping you and your loved ones age with dignity and choice. Beginning with respect for you, we provide programs and services to support you to age at home, remain healthy, and stay active and connected in the community you know and love.



CVCOA Cares

Providing support and care for others is important work, but it can be difficult, too. Know that you are not alone on your caregiving journey.

CVCOA Helpline

(802) 477-1364
or **1 (800) 642-5119** (toll free)

59 N Main St., Suite 200
Barre, VT 05641-4121

www.cvcoa.org

Family Caregiver Support Program



**Supporting you on
your caregiving journey**



At CVCOA, we know that providing care for our loved ones can be stressful.

We are here to help you maintain your health and well-being. Whether through trainings that strengthen your abilities, social activities to recharge with others, assistance locating services to enhance the care you provide, or funds that allow you take time off, CVCOA is here for you.

Contact the CVCOA Helpline at **(802) 477-1364** or **1 (800) 642-5119** email **caregiversupport@cvcoa.org**

Caregiving expertise from dedicated & knowledgeable staff who can support you with a listening ear is just the beginning . . .

- Helpful print and electronic resources on caregiving.
- Connection to services and guides from community partners.
- Education to equip you with practical ways to balance caring for yourself while caring for others.
- Support through respite funds available to eligible caregivers. Find additional help so that you can take a break and recharge.
- Social activities to nourish your emotional well-being and sustain your ability to provide care.

Attend one of our **memory cafés** (online or in person), **caregiver teas**, or **creative events**.

Visit **www.cvcoa.org/calendar** for upcoming events.

