



Services and Supports for Family Caregivers in San Mateo County

NATIONAL FAMILY CAREGIVER MONTH

www.caregiver.org

800.445.8106

November 2021

National Family Caregivers Month



Celebrating Our Communities' Caregivers!

Join us in supporting family, friends, and partners
at caregiver.org/NFCM2021.

Family and friends caring for older adults and those with dementia

- 52 million Americans provide care each year to other adults
- Care valued at \$470 billion in 2017
- 46% provide help with medical tasks



YOU CALL IT
"helping dad pay his bills."

WE CALL IT
caregiving.

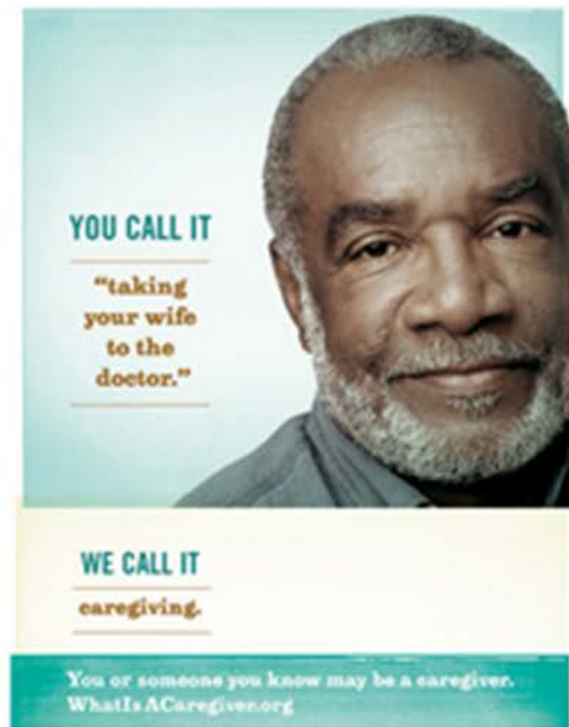
You or someone you know may be a caregiver.
WhatIsACaregiver.org



YOU CALL IT
"reminding your husband to take his pills."

WE CALL IT
caregiving.

You or someone you know may be a caregiver.
WhatIsACaregiver.org



YOU CALL IT
"taking your wife to the doctor."

WE CALL IT
caregiving.

You or someone you know may be a caregiver.
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Caregiver Services in San Mateo County

- Alzheimer's Association
- Catholic Charities Adult Day Services
- Coastside Adult Day Health Center
- Edgewood Kinship Support Services
- Family Caregiver Alliance
- Kimochi
- Legal Aid Society of San Mateo County
- Mission Hospice
- Peninsula Volunteers Rosener House
- Seniors at Home
- South San Francisco Adult Day Care Center

www.smccaregiverscollaborative.org

Caregiver Services

- Information and Referral
- Legal Planning
- Counseling
- Respite
- Support Groups
- Residential Care
- Education and Training





Family
Caregiver
Alliance®

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