

SENIOR CONNECTIONS

CARECOMPASS™

Connecting Caregivers to Resources

CareCompass™ is an initiative of Senior Connections, the Capital Area Agency on Aging. It was developed as a resource for employed caregivers to enable them to succeed in caregiving while balancing careers, family and other obligations.

Initially, four service areas have been highlighted. Many additional services are available through Senior Connections and their partner agencies.

Information is available to everyone. Scholarships and financial assistance for services are available to many and are handled on an individual basis. For that reason, we encourage you to call Senior Connections at **1-800-989-2286**. You will be directed to a Senior Connections CareCompass professional who can assist you.

RESPITE BREAK

TEMPORARY
HOME CARE

ADULT DAY CARE

TRANSPORTATION



WHO IS A CAREGIVER?

Caregivers provide helpful support to an aging relative or friend, or to a person with a disability.

This may include helping a loved one with any of the following on a regular basis:

- Business affairs
- Cooking, shopping, laundry
- Dressing, bathing, feeding
- Medications
- Transportation

ARE YOU A CAREGIVER?

One in four Virginians, 700,000 individuals, is providing care to someone aged 50 or older.

Most caregivers also work (60%). This means that time, energy and patience that may already be stressed become stretched even more when caregiving responsibilities are added. Senior Connections CareCompass is here to direct caregivers to information and resources quickly.