

Am I a caregiver? you are a caregiver if:



- You help with household chores like picking up **groceries** or **prescriptions** or **cleaning** house for your parents or neighbor.
- You arrange and take them to their **doctor** appointments.
- You help them pay **bills**, manage a bank account, or make **financial decisions**.
- You help them with personal care like **eating**, getting dressed, or taking a bath.
- **If you are helping an older relative, neighbor, or friend with something he or she used to do without help, you are a caregiver.**

Could you use help making decisions about the **future care** of your parents or loved one?

Are you considering **relocating**, changing living arrangements, or adjusting your **work schedule** to allow you **more time** for your loved one?

Do you wish **your siblings** would help you with the daily care of your parents?

Do you feel **depended on**?

We can help! Contact:

www.darts1.org

DARTS **WES**
Workplace **Eldercare** Seminars

