



This information provided by people who recognize the work you do and the challenges you face.

Are you caring for a family member or friend?

## Support For Caregivers...

A caregiver is someone who provides in-home care, assists with daily activities, or manages the care of an adult.

Caregiving may be something you never expected or wanted. It may happen slowly or suddenly and few of us are trained for it. While caregiving can be physically and emotionally demanding, support is available.

Someone to listen...  
Someone to care...  
Someone who knows how to help.



Kitsap County Aging & Long Term Care Services

For in-person assistance, call ahead to confirm staff availability or to schedule an appointment.

**Givens Community Center**  
1026 Sidney Ave. Suite 105  
Port Orchard, WA 98366

**North Kitsap Fishline**  
19705 Viking Ave. NW  
Poulsbo, WA 98370

**360-337-5700 or 1-800-562-6418**

**www.agingkitsap.com**



Sponsored by  
Kitsap County Aging & Long Term Care  
Kitsap County's Area Agency on Aging



Advocacy. Action. Answers on Aging.



You Are Not Alone



Kitsap County Aging & Long Term Care Services

Services are available to all persons without discrimination or regard to handicap, in accordance with state and federal laws.



## The Caregiver Support Program Offers:

### Specialized Services

Caring, committed professionals offer free, personalized consultations and help you find community resources.

Additionally, case managers help with....

- Creating a care plan that supports you
- Information about managing difficult behaviors
- Referral to counseling services
- Access to respite, basic medical equipment, nutrition support, and legal resources
- Individualized support

### Caregiver Respite

#### What is respite?

A relaxing break for the caregiver while someone else temporarily assumes caregiving responsibilities.

#### Who is eligible for respite?

Unpaid adult caregivers residing in Kitsap County and providing care for an adult.

#### Who provides respite services?

- In-home care agencies
- Adult Day Care/Health Centers
- Short-term, facility-based care provider

#### What type of care is provided?

- Supportive and protective supervision
- Meal preparation and clean-up
- Hands-on personal care
- Assistance with daily living tasks
- Enrichment activities

#### What is the cost of respite?

Cost of respite care is determined confidentially, on a sliding fee scale, based on gross income.

### Information and Education

- Access to a library of caregiver resources
- Limited financial assistance toward the cost of caregiving educational seminars or trainings
- Current list of support groups for a variety of medical conditions and caregiving situations
- Free presentations about our services to support groups and community organizations

Without support, caregivers tend to neglect their own health and well-being resulting in extreme stress, physical health problems, depression, and feelings of anger and anxiety.

*Take Care of Yourself While Taking Care of Someone Else*