

# Resources for Caregivers

*If so, let us introduce you to three valuable resources...*

Are you caring for a loved one or are you a professional caregiver ?

Do you find yourself getting tired, confused, sad or angry ?

Are you looking for additional resources to assist you in your efforts and lessen the stress of caregiving ?

## **DRCOG** DENVER REGIONAL COUNCIL OF GOVERNMENTS Area Agency on Aging

DRCOG provides information and assistance to older adults and caregivers in the Metro area. Call 303-480-6700 or Toll-free 1-866-959-3017 to speak with a resource specialist Monday through Friday.

DRCOG also offers a comprehensive web-based directory that puts older adults and caregivers in touch with the right services at the right time. Visit: [www.DRCOG.NetworkofCare.org](http://www.DRCOG.NetworkofCare.org). Click on the Service Directory tab located at the top of the page. There you will find a listing of organizations offering a wide range of services and resources to help you with your caregiving needs.

*Balancing your own physical, emotional, and financial needs*

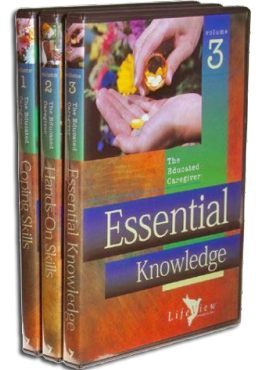
### *Practical hands-on techniques*

#### **The Educated Caregiver 3 Part DVD Series**

Providing care for a loved one is one of the toughest jobs you can ever have. In The Educated Caregiver video series, you'll meet others who know what you're going through - and who share their experiences, insights and advice. From them and from healthcare professionals, you'll learn skills and valuable strategies for taking care of yourself and your loved one.

These DVDs are available for check out at no charge at the following locations. Call first for availability.

- All Jefferson County Public Libraries: 303-235-5275
- Seniors' Resource Center, Denver: 303-238-8151  
Yellow House, Evergreen: 303-674-2843  
SW Plaza Mall, Littleton: 303-979-6173
- Lutheran Family Services, Denver: 303-922-3433
- Developmental Disabilities Resource Center, Lakewood: 303-233-3363
- Jefferson County Options for Long-term Care, Golden: 303-271-4216
- Saint Francis Cabrini, Littleton: 303-979-7688



Volume #1: Coping Skills  
Volume #2: Hands-On Skills  
Volume #3: Essential Knowledge

### *Respite care*

## **Aging Well** Caregiving & Supportive Services Workgroup In Jefferson County, Colorado

### *Support groups*

This workgroup knows that caregivers are a vital back-bone of our society and their goal is to make sure caregivers have the resources they need. Connect directly with any of these organizations for additional support or to further enhance your caregiving skills.

Thank you to all of the organizations listed below for their support and involvement on this workgroup.

- Jefferson County Department of Human Services: 303-271-4216
- Personal Touch Senior Services In Home Care Assistance: 303-972-5141
- BrightStar Care - In-Home Care: 720-963-1000
- Development Disabilities Resource Center (DDRC): 303-233-3363
- Seniors' Resource Center: 303-238-8151
- DRCOG Area Agency on Aging: 303-480-6700
- Lutheran Family Services: 303-922-3433
- Touching Hearts at Home: 303-962-1276