

How do I apply?



1. Call the Aging and Disability Resource Connection (ADRC) Helpline at 503.988.3646 or email the Helpline at adrc@multco.us.



2. You and the ADRC Helpline worker talk about your needs. You might need help to pay for taking a break from caregiving; or money to pay for a class, a massage, or counseling; or money for buying equipment.



3. The ADRC helpline worker finds a service provider in your area. The service provider calls you to make a home visit. They talk to you, look at the rules, and see if you qualify.



Caregivers can call the ADRC Helpline at **503.988.3646** to get information about different kinds of help. The ADRC Helpline can also find resources near you, and tell you about caregiver trainings.

Contact



Available 24 hours, 7 days a week



503.988.3646



adrc@multco.us

TRS

711 (Transfer Relay Service)



421 SW Oak Street,
Portland, OR 97204



multco.us/ads/family-caregiver-support-program

family
caregiver
support
program

care for the caregiver

 **Multnomah
County**

Department of County Human Services

YOU TAKE CARE OF THEM.



WHO TAKES CARE OF YOU?

family
caregiver
support
program

care for the caregiver

 **Multnomah
County**

Department of County Human Services

About the program

The Family Caregiver Support Program assists people caring for a person age 60 or over, and caregivers caring for people of any age caring for a person with Alzheimer's or another dementia. The program tells the caregiver about classes and ways to make caregiving easier.



What types of services are offered?

- Information about help for family caregivers and older adults
- Training for family caregivers
- Counseling
- Support groups
- Respite services (a break from caregiving)

Family Caregivers: You are not alone

Are you a family member, friend or neighbor helping an older adult? Maybe you help with food shopping, bathing or dressing. Or you drive the person in your car. Or help them remember things. If you help in these ways, you are a family caregiver.

Caregivers do a better job taking care of someone if they also take care of themselves. Help is available for family caregivers. This includes grandparents who take care of grandchildren. The Family Caregiver Support Program helps you find ways to make caregiving easier. Call us to get free information and help.



Call our 24-hour helpline at **503-988-3646**

Or visit us on the web at multco.us/ads/family-caregiver-support-program for more information.