

Yours is an important job!



You shoulder many responsibilities while you care for a friend or relative with a chronic illness. You may also have strong feelings arise as you watch your loved one cope with the difficulties of poor health.

We're here to help with:

- Educational articles
- Caregiving tips
- Directory of local services
- Links to national resources

We are your local experts in family caregiving and chronic illness.

You don't have to do this alone.

*Find help at our
educational website* 
CaringAnswersWestCounty.com

We are happy to offer this educational resource to support you, the friends and family who so diligently care for your older loved ones.

Your assistance is often the difference between staying at home, or needing to move to a facility.

The Gravenstein Health Action Chapter is here to support older West County adults, their families and their neighbors so we as a community can become increasingly age-friendly.

If you have a question about caregiving or would like to know more about how to help an older adult in your neighborhood, please contact us.



Gravenstein Health Action
CHAPTER

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Caring for an older adult in West County?



We can help.

Visit 

CaringAnswersWestCounty.com

Answers to your questions

Educational Articles

Whether you are concerned about your loved one's eating habits or worried about managing pain and other difficult symptoms, check out our resources:

- Insights on Aging
- Staying Independent
- Tips & Tools for Family Caregivers
- Common Conditions
- Difficult Symptoms
- Important Decisions
- Medical Concerns
- Emotional/Spiritual Issues

Information Available 24/7

It's not easy supporting an older adult with health needs. There's a lot to juggle. You are a profoundly important member of the health care team. One of the best ways to be of assistance is to understand what you can do at home to promote well-being and help your loved one manage his or her condition. With our e-library for family caregivers, you can look up information any time night or day.



Free online resource for information and support

The screenshot shows the Gravenstein Health Action Chapter website. At the top left is the logo featuring a branch with an orange. The text reads 'Gravenstein Health Action CHAPTER'. To the right, it says 'Family Caregiver Resources' and 'Brought to you by the Age-Friendly Task Force'. Below this is a yellow banner with the text 'Caring Answers for West County'. The main heading is 'Dementia: The Challenges of Memory Loss'. Below the heading are three trees in a row, each shaped like a human head. The first tree is green, the second is yellow, and the third is red. Below the trees are six green buttons with white text: 'What is dementia?', 'How dementia affects family life', 'Early stage of dementia', 'Middle stage of dementia', 'Late stage of dementia', and 'Final stage of dementia'.

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