



Are you caring for a family member?

Do you find yourself overwhelmed, in need of a social outlet, or help around the house?

Caregivers play a vital role in enriching the lives of seniors and military veterans who need extra assistance. But the role is challenging as caregivers cope with isolation, fatigue and burnout.

A new program now offers support by connecting you with a small team of community volunteers to provide practical and social support to ease your load.

What the program offers:

Volunteers will work together with you to offer personalized support that is meaningful to you. Examples may include:

- Visit with the person you care for while you take time for self-care.
- Companionship, a walk, a listening ear.
- Help with light home chores, gardening, shopping, special projects.
- Assistance to help you enjoy your favorite events and activities.



Who can join?

- Residents of King County
- Be an unpaid or family caregiver who is:
 - Caring for a senior, age 55 or more **OR**
 - Caring for a military veteran of any age, or their families

We are now looking for caregivers to join us for the launch of this new respite program in 2022!

Ready to Sign Up?

Complete our [online referral form](#)

Questions? contact **Tegenu Negi** at **206-240-2545**