



Caregiver Support Consultation



Empowering **YOU** to make the best choices that meet *your* needs

About Care Consultation

Are you helping someone with health care, personal needs, or household chores? Changes in health can be overwhelming, especially when you juggle other responsibilities like work and family. Care Consultation is a program that acts as a compass, guiding you through your caregiving journey. All assistance is provided by telephone, mail, or e-mail. By calling Care Consultation, you will have access to a professional who provides you information and options on what matters most to you.

Just a phone call away...

- Get Trustworthy Information
- Find Ways to Ask for Help
- Locate and Use Helpful Services
- Relieve Your Stress
- Convenience
- Simple and Practical Solutions
- Expertise
- Someone to Keep in Touch With You



UPCAP DOES NOT UNLAWFULLY DISCRIMINATE AGAINST AN INDIVIDUAL OR GROUP BECAUSE OF RACE, RELIGION, SEX, HANDICAP, POLITICAL STATUS, PHYSICAL AND PARENTAL STATUS.



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"BRI Care Consultation [and design] is a service mark of the Benjamin Rose Institute on Aging."

Get Started

To find out more
or to get started today,

DIAL 2-1-1
from anywhere in the U.P.
or visit us at: www.upcap.org