

# The Many Faces of Caregiving



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



Do you find yourself getting tired, sad or angry?



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

## Community Resources for Caregivers

- **AARP** • [www.AARP.org](http://www.AARP.org) • 866-554-5376
- **Aging Well Jefferson County** • [www.jeffco.us/Aging Well](http://www.jeffco.us/AgingWell) • 303-271-4251
- **Alzheimer's Association** • [www.alz.org](http://www.alz.org) • 303-813-1669 or 24-hour Helpline 800-272-3900
- **Caregiver Action Network** • [www.caregiveraction.org](http://www.caregiveraction.org) • 202-454-3970
- **Catholic Charities** • [www.ccdenvr.org](http://www.ccdenvr.org) • 303-742-0828
- **Colorado Respite Coalition** • [www.coloradospitecoalition.org](http://www.coloradospitecoalition.org) • 303-233-1666
- **Developmental Disabilities Resource Center** • [www.ddrcco.com](http://www.ddrcco.com) • 303-233-3363
- **DRCOG Network of Care** • [www.drcog.networkofcare.org](http://www.drcog.networkofcare.org) • 303-480-6700 or toll-free 866-959-3017
- **Easter Seals Colorado** • [www.easterseals.com/co](http://www.easterseals.com/co) • 303-233-1666
- **Jefferson Center** • [jcmh.org](http://jcmh.org) • 303-425-0300
- **Jewish Family Service** • [www.jewishfamilyservice.org](http://www.jewishfamilyservice.org) • 303-597-5000 Lutheran
- **Family Services Rocky Mountains** • [www.lfsrm.org](http://www.lfsrm.org) • 303-922-3433
- **National Alliance for Caregiving** • [www.caregiving.org](http://www.caregiving.org) • 301-718-8444
- **Senior Reach** • [www.seniorreach.org](http://www.seniorreach.org) • 866-217-5808
- **Seniors' Resource Center** • [www.srcaging.org](http://www.srcaging.org) • 303-238-8151