

## Convenience

Appointments are done by phone, so you can take calls at home or on-the-go. Email the Care Consultant any time you have a question.

## Simple & Practical Solutions

Care Consultants act as organizers, helping you to prioritize your concerns. We will help you develop a step-by-step plan specific to your life that steers you through your caregiving journey.

## Expertise

There is an overwhelming amount of literature and services available for older adults and their families. Care Consultants know the available resources and provide you with the information you need to make informed decisions.

## Someone to Keep In Touch with You

Throughout the care journey, you may experience many ups and downs. Care Consultants will set up a calling schedule to continue to check in with you. You can always call the Care Consultant, even without an appointment.

Summit County Public Health Senior & Adult Services partners to identify and ensure health equity in all aspects of aging including wellness, prevention, access to care and safety for adults and older people in Summit County.

## To Find Out More

or get started today, please call

**330-926-5650**



A PRODUCT OF  
BENJAMIN ROSE INSTITUTE ON AGING  
*BRI Care Consultation (and design) is a service mark of the Benjamin Rose Institute on Aging.*

Summit County Public Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

This institution is an equal opportunity provider.

Spanish: Atención: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-311-1232

Nepali: ध्यान दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू नि:शुल्क रूपमा उपलब्ध छ। फोन गर्नुहोस् 1-800-311-1232

Revised February 2020



## SENIOR & ADULT SERVICES

B·R·I Care Consultation Program



HOW TO

## STAY BALANCED

WHEN YOU'RE CARING FOR AN AGING ADULT

**330-926-5650**

[seniorservices@scph.org](mailto:seniorservices@scph.org)

1867 W. Market Street, Akron, OH 44313

## Just a Phone Call Away

### Get Trustworthy Information

Caring for someone raises questions on all kinds of topics. We've already done the work collecting the answers, and we'll give you quality information by phone, mail or email.

### Find Ways to Ask for Help

Managing care is a team effort. Who is on your team? When you prepare to talk with family and friends about being overwhelmed, you'll be amazed at the difference simply asking can make.

### Locate and Use Helpful Services

You've heard about services that can help, but which ones and where? Learn about the services that match your situation and get connected.

### Relieve Your Stress

Think of your Care Consultants as your coach and emotional support when you face challenges or feel overwhelmed.

## Pointing You in the Right Direction

### About Care Consultation

Are you helping someone age 50+ 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 service that acts as a compass, guiding you through your caregiving journey. All assistance is provided by telephone, mail, and email. By calling Care Consultation, you will have access to a professional who provides you information & advice on what matters most to you.

### I Felt Like a New Person

*"It didn't take long for me to feel overwhelmed when my 80 year old mother moved in with me. With all the worrying she would have another fall, I felt like I was running my own nursing home. **My Care Consultant talked with me about my stress and ways to get a break.** Without this information, I wouldn't have known about the resources available. I still laugh about the first day I got some time away!"*

*A Grateful Client*

