



You Might Be A Caregiver If...

- *Your diet these days consists of these three food groups: caffeine, chocolate, and extra-strength aspirin.*
- *You often know more about how your loved one is doing than they do.*
- *All of your bills go into the "I'll think about this tomorrow" pile.*
- *Your patience left the building an hour ago.*
- *Crying is just another task that goes on your to do list.*
- *At the mention of Medicare, you snarl and foam at the mouth.*
- *Your front yard looks like a wildlife refuge.*
- *You can recite your loved one's morning, noon, and night medications in your sleep, and you often do.*
- *Getting out for a little while consists of going to the mailbox at the end of the driveway.*

Along with the joy that comes from helping a family member, many family caregivers also experience depression, feelings of isolation, guilt and fatigue.

It's okay to ask for help.

You are not alone! Call Caregiver CARE Atlanta at 770.677.9432 or visit us at www.caregivercareatlanta.org to find the support that can make your life easier.

We provide volunteers for home companionship for your loved ones, escort transportation to medical appointments, caregiver voucher assistance, and telephone information and referrals for community resources.

Let us help you care for yourself so that you can continue caring for those you love.

Caregiver CARE Atlanta

We care for you because you care so very much for them

770.677.9432 ~ info@caregivercareatlanta.org

www.caregivercareatlanta.org

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