



We're looking for

Unpaid Family Caregivers*

*If you spend 40+ hours a week taking care of a friend or family member over 18-years old in Skagit County and are not paid for this work, you are considered an unpaid family caregiver and can receive services from the **Family Caregiver Support Program**. Hours spent sleeping at someone's home (to make sure they are okay through the night) also count as caregiving.

The caregiving experience is unique for everyone. What those of us who care for loved ones and friends do have in common is the additional stress. The **Family Caregiver Support Program** helps caregivers learn what services are available and why it's so important to use them. By helping people manage their own caregiving experience, we provide support to help to prevent exhaustion, illness and placement of the loved one.



For more information, call the

Family Caregiver Support Program at

(360) 428-1301