

# **I AM A CAREGIVER**

**I WORK FULL-TIME  
AND I CARE FOR MY MOM  
WITH MEMORY LOSS.**



Eric Brewer Immel, photographer

**If you care for someone who is frail,  
chronically ill or has memory loss...  
call (866) 665-1713 to get free personalized  
support from a Care Consultant who:**

- Listens and talks with you about your caregiving challenges
- Connects you to information and resources
- Helps you relieve stress and frustration
- Offers temporary time off with care in or outside the home
- Invites you to a support group with other caregivers



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