

H.E.A.R.T.S. Caregiver Program

Helping Empower And Recognize Tools for Senior Caregivers



A supportive program for people caring for adults with developmental disabilities.

Eligibility:

Open to older adult caregivers (ages 55+) caring for adults with developmental disabilities.

Support Group:

Takes place 1:00-2:00pm every third Wednesday of the month

2021 dates: May 19, June 16, July 21, August 18, September 15, October 20, November 17, December 15

You are not alone on your journey.

This free program provides professional supports for both the caregiver and the person they are caring for.

Services included are:

- A monthly caregiver support group to share your personal experiences, speak with other caregivers, relieve stress and learn tips about caregiving.
- Individual case management to assist in any access needs to services and resources.
- Special events, wellness and educational opportunities.

Events take place virtually from the comfort of your own home.

CONTACT:

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Case Manager

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ESS Support Services is a not-for-profit agency committed to supporting seniors in their desire to remain independent in their own homes and community.

In partnership with:

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