

家庭護理支援服務

該計劃由安老自助處與Family Caregiver Alliance 合作提供服務, 並由Office Of Community Partnership 資助。



您在照顧患有慢性疾病的家庭成員或朋友時...

- 忙得連照顧自己的時間也沒有？
- 時常感到疲乏困倦？
- 身體愈來愈差？
- 感到精神緊張？

如果您出現以上的情況, 您應該尋求社工的協助。安老自助處《家庭護理支援服務》幫到您。

我們的服務包括有:

- 資源分享
- 轉介服務
- 訓練援助
- 短期喘息計劃

聯繫我們獲取更多資訊

李姑娘 415-677-7584



**Self-Help for
the Elderly**
安老自助處

601 Jackson Street, Basement, San Francisco, CA 94133

www.selfhelpelderly.org

Caregiver Support Services

This program is funded by the Office of Community Partnership through the Family Caregiver Alliance



Are you caring for a family member or friends with chronic illness?

- *You have no time to take care of yourself*
- *Always tired*
- *Your physical health is getting worse*
- *More agitated or anxious*

We offer caregiver support services that can help you and your loved ones.

Our services include:

- **Resource Share**
- **Referral Service**
- **Workshops & Support**
- **A break from Caregiving (Respite)**

CONTACT FOR ADDITIONAL INFORMATION

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