



**Self-Help for  
the Elderly**  
安老自助處

# Caregiver Support Services

601 Jackson Street, Basement, San Francisco, CA 94133

[www.selfhelpelderly.org](http://www.selfhelpelderly.org)



## 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

**ANNE LI • 415-677-7584**



Family  
Caregiver  
Alliance®



SAN FRANCISCO HUMAN SERVICES AGENCY  
**Department of Disability  
and Aging Services**

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



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# 家庭護理支援服務

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## 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**



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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。