

What is Care Consultation?

Care Consultation is a telephone-based information and support service for caregivers across the lifespan. Care Consultation provides ongoing help to find practical solutions related to concerns about health, care and well being.



Convenience...

You don't have to leave your home to use Care Consultation. All sessions take place over the phone.



Key Features

- **Participants engage in telephone sessions with a Care Consultant over a period of 12 months**
- **Individuals and their Care Consultant work together to identify and better understand issues of concern**
- **A customized plan is developed with specific action steps**
- **Personalized coaching is provided to support and empower participants by addressing and resolving issues**

Common Concerns:

- Accessing community-based services
- Building a support team
- Assessing home safety
- Managing communication and behaviors
- Attending to legal & financial issues
- Planning for future care
- Reducing social isolation
- Addressing other care-related concerns



We are here to **HELP...**



Celeste Graham

Nevada Senior Services
Lead Care Consultant

For Information on
FREE Enrollment

Call or email
(702) 364-2273 or
toll free (844) 850-5113
ccrc@nevadaseniorservices.org

Hours:
M-F 8:00 AM—4:30 PM

What Care Partners Should Know...

Studies show caregivers are at increased risk for:

- Depression
- Vulnerability to Illness
- Financial Loss
- Social Isolation
- Anxiety
- Increased Mortality

Nevada Senior Services

Care Consultation

Caregiver Phone
Support



We CARE ... Nevada Senior

Services is here for you and your family. We offer FREE assistance, support and information. Please contact us if you need help or a hug. We are here to serve you.
www.nevadaseniorservices.org

Nevada Senior Services, Inc.

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A **FREE** telephone support program for caregivers of individuals, throughout the lifespan, living with a chronic condition. Care Consultants offer support to empower, educate and improve overall wellbeing.