

IOWA FAMILY CAREGIVER PROGRAM

*caregiving support
for families and friends*



If **YOU** or someone you know needs information and resources to better care for family members or friends, contact the Family Caregiver Specialist at Milestones Area Agency on Aging.

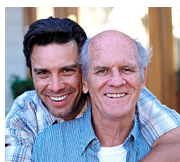

Milestones
AREA AGENCY ON AGING
1-855-410-6222

*"There are only four kinds of people in this world—
those who have been caregivers,
those who currently are caregivers,
those who will be caregivers and
those who need caregivers."*

*Former First Lady
Rosalynn Carter*



www.milestonesaaa.org



***We're here for you,
when you're there for others.***

**Reach out to a
Family Caregiver Specialist today!**

- Information Assistance and Referrals
- Resources for Now and Planning for the Future
- Individual or Family Consultations
- Support Groups
- Educational Workshops
- Respite Care
- Grandparents Raising Grandchildren

Caregiver decisions are easier when you are well informed. We can guide you through the maze of caregiving issues, information and resources.



*Every minute of your time counts.
We're here to help.*

Toll Free 1-855-410-6222

Email info@milestonesaaa.org

Website www.milestonesaaa.org

Serving Appanoose, Clinton, Davis, Des Moines, Henry, Jefferson, Keokuk, Lee, Louisa, Lucas, Mahaska, Monroe, Muscatine, Scott, Van Buren, Wapello and Wayne Counties in Iowa.

There may be a charge for workshops or services. Donations are accepted.