

Caring for yourself is just as important as caring for others. Brunswick Senior Resources is here to help!

<u> ELIGIBILITY</u>

- * A caregiver of any age providing care for an older adult age 60 or older or providing care for a person with Alzheimer's disease or related brain disorder.
- * A caregiver (who is not the birth or adoptive parent), age 55 or older, raising a related child age 18 and under or an adult with a disability.

<u>CONTACT</u>

A Brunswick Senior Resources Case Manager at 910-754-2300



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