



Part of the National Family Caregiver Support Initiative  
as directed by Title III-e of the Older Americans' Act.

## **Are you a caregiver needing assistance? Alabama CARES can help!**

### **SERVICES INCLUDE:**

- Assistance obtaining services
- Counseling and support groups
- Respite to provide a break
- Supplemental Services
- Information about other services and resources

### **WHO WE SERVE:**

- Unpaid caregivers who provide at least 20 hours of service to a loved one 60 or older or any age with a dementia diagnosis.
- Older relative caregiver caring for an adult child (19-59) with a severe disability.
- Grandparents who are 55 or older caring for children 18 or younger.

**Call today to see how we can help!**

**256-355-4515 or 1-800-AGE-LINE**

**Learn more online at [www.narcog.org](http://www.narcog.org).**

**There is no income requirement to qualify for this program.**