

One-to-One Caregiver Consultations



Offered at No Cost by WISE & Healthy Aging

Are you a caregiver of an adult with I/DD who is showing signs of dementia or memory loss?

Are you struggling with physical and mental exhaustion?

Are you having difficulty managing stress and anxiety?

- Schedule a one-to-one consultation with a licensed clinical social worker with experience with caregivers in general and with caregivers of adults with I/DD
- Learn proven strategies to help deal with dementia and other challenging behaviors
- Develop a 'care plan' that address both your needs and those of your loved one

For more information, please call (310) 394-9871 ext. 427



WISE & Healthy Aging is a social services nonprofit serving older adults and caregivers

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