



Jewish Family Service of OC
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Orange County Chapter
17771 Cowan Drive, Suite 200
Irvine, CA 92614
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Caregiver Connection

Caregiver Family Counseling Program



A program offering personal guidance, counseling and support for people who are caring for a family member with Alzheimer's or a related dementia.

What does your counselor do?

- Helps you deal with the stress and isolation of caregiving.
- Gives you strategies for coping with challenging behaviors.
- Provides support and advice **every step of the way**, as the disease progresses.
- Helps you get the support of your family and friends.
- Offers counseling on family and personal issues.
- Connects you to other resources you need.
- Encourages you take care of your own physical and emotional health.

You will receive:

- Six private sessions that can include you and chosen family members or friends.
- Ongoing telephone contact to help you cope with new challenges and changing behaviors.
- Linkage to 24/7 Helpline support, caregiver education programs, group support, and other resources.

We will be with you every step of your caregiving journey.

For more information,
contact Sue Roth at (949)435-3460

Sue Roth is a Licensed Clinical Social Worker and psychotherapist who specializes in helping persons caring for Individuals with Alzheimer's disease and related dementias.