

# We are here to **HELP...**



## Celeste Graham

Nevada Senior Services  
Lead Care Consultant

For Information on  
FREE Enrollment

Call or email  
(702) 333-1556 or  
toll free (844) 850-5114  
cgraham@nevadaseniorservices.org

Hours:  
M-F 8:00 AM—4:30 PM

### What Care Partners Should Know...

Studies show caregivers are at increased risk for:

- Depression
- Vulnerability to Illness
- Financial Loss
- Social Isolation
- Anxiety
- Increased Mortality

Nevada Senior Services

# Care Consultation

Caregiver Phone  
Support



### We CARE ... Nevada Senior

Services is here for you and your family. We offer FREE assistance, support and information. Please contact us if you need help or a hug. We are here to serve you.  
[www.nevadaseniorservices.org](http://www.nevadaseniorservices.org)

### Nevada Senior Services, Inc.

901 N. Jones Boulevard  
Las Vegas, NV 89108  
Phone (702) 648-3425  
Fax (702) 648-1408

A **FREE** telephone support program for caregivers of individuals, throughout the lifespan, living with a chronic condition. Care Consultants offer support to empower, educate and improve overall wellbeing.

## What is Care Consultation?

Care Consultation is a telephone-based information and support service for caregivers across the lifespan. Care Consultation provides ongoing help to find practical solutions related to concerns about health, care and well being.



### *Convenience...*

You don't have to leave your home to use Care Consultation. All sessions take place over the phone.



## Key Features

- Participants engage in telephone sessions with a Care Consultant over a period of 12 months
- Individuals and their Care Consultant work together to identify and better understand issues of concern
- A customized plan is developed with specific action steps
- Personalized coaching is provided to support and empower participants by addressing and resolving issues

## Common Concerns:

- Accessing community-based services
- Building a support team
- Assessing home safety
- Managing communication and behaviors
- Attending to legal & financial issues
- Planning for future care
- Reducing social isolation
- Addressing other care-related concerns

