

## Caregiver Support

Age Requirements

60+

Available 24/7

No

Other Eligibility Criteria

We provide support to adults of any age who are caregivers for individuals. Either the caregiver or person cared for must be 60 or older.

Family

Yes

Intake Contact

Dee Caras, Caregiver Support Specialist

Intake Contact Email

dcaras@youraaa.org

Intake Process

Please call the office for more information.

Provider Refer

Yes

Self Refer

Yes

Senior Connections, The Capital Area Agency on Aging

<http://www.seniorconnections-va.org>

<https://seniorconnections-va.org/services/assistance-for-caregivers/>

@sccaaa

Main

(804) 343-3000

TTY/TTD

(804) 343-3008

1300 Semmes Avenue

23224 VA

United States

Monday: 8:30 am-5:00 pm

Tuesday: 8:30 am-5:00 pm

Wednesday: 8:30 am-5:00 pm

Thursday: 8:30 am-5:00 pm

Friday: 8:30 am-5:00 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Call for Information

Languages Spoken

English

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Language Line available

Senior Connections offers caregiver support services such as:

- Information for caregivers about available services;
- Guidance for caregivers in gaining access to supportive services;
- Individual counseling, support groups, and caregiver training to help in problem-solving and decision making;
- Information about Respite Care to provide temporary relief from caregiving roles;
- Referrals to supplemental services such as Home Modification, Assistive Technology, Emergency Response Systems, etc.

Caregivers can call Ride Share for information about transportation.

Service Area(s)

Charles City County

,

Chesterfield County

,

Goochland County

,

Hanover County

,

Henrico County

,

New Kent County

,

Powhatan County

,

Richmond City

Email

[seniorconnections@youraaa.org](mailto:seniorconnections@youraaa.org)