



Family Caregiver Support Program in Marin County

Family and friends provide the major percentage of support to loved ones needing care and assistance. The Family Caregiver Support Program (FCSP) can ease the burden and challenges faced by residents of Marin County caring for a loved one.

Who is this program for?

People who live in Marin County who are an informal provider of care (either in-home or in a community setting) to an older adult or to an adult of any age with Alzheimer's disease, dementia, or organic brain dysfunction. This includes family members, partners, relatives, and friends of the person receiving care.

What is the cost?

This program is free for residents of Marin County.

What help is available?

- **Respite Care (in-home and out-of-home/overnight)** – Respite care provides short-term relief for caregivers, giving them time to spend time with other family and friends, run errands, or simply take time to relax and recharge.
- **Case Management** – A case manager can help people navigate the healthcare system and develop a plan for care.
- **Caregiver Counseling** – One-on-one clinician support to help you care for yourself while caring for others. Up to 8 sessions.
- **Caregiver Support Groups** - Peer support groups for caregivers of seniors living with dementia.
- **Information and Assistance** – Get personalized help obtaining referrals, education, and getting connected to resources.

**The Family Caregiver Support Program is a
collaboration among Seniors At Home,
Alzheimer's Association, and West Marin Senior Services.**



SeniorsAtHome

Seniors At Home

415-449-3700

www.seniorsathome.org

CONTACT FOR:

In-Home Respite Care, Caregiver Counseling,
Caregiver Support Groups



Alzheimer's Association

415-472-4340

800-272-3900 24/7 Helpline

www.alz.org/norcal

CONTACT FOR:

Information and Assistance, Caregiver
Support Groups



West Marin Senior Services

415-663-8148

www.wmss.org

CONTACT FOR:

In-Home Respite Care, Out-of-Home/Overnight
Respite Care, Case Management

Funding for this program, at least in part, is made available by the Older Americans Act, administered locally by the Marin Department of Health and Human Services, Aging and Adult Services. Voluntary contributions from participants are accepted. Contributions are confidential and services will not be denied for failure to contribute. Contributions may be made at: donate.jfcs.org/FCSP.

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Seniors At Home is a Division of Jewish Family and Children's Services.