



# Sheltering Arms Senior Services Caregiver Support Services

Sheltering Arms Senior Services Division of BakerRipley, formerly Neighborhood Centers Inc. offers a variety of caregiver support services.

- **One-on-One Consultation** provides family members of older adults with telephone and in-person consultation about care options and referrals to community services to address identified needs.
- **Caregiver Education Seminars** are offered in a variety of locations across Houston and provide families with the information they need to better care for their loved ones.
- **Respite** provided through our Home Care Services and Adult Day Center offers families a chance to take a break from their caregiving role.
- **The Paul F. and Cathy Waldner Family Caregiver Resource Center** houses a library of informational books and videos related to caregiving. Additionally, the space is available for family meetings or consultations.
- **Dementia Specific Support Group** offered in conjunction with the Alzheimer's Association provides an opportunity for caregivers to share their experiences with others in similar situations.
- **Powerful Tools for Caregivers** is a free six-week series of classes that are offered to help caregivers build coping skills and learn techniques for self-care that reduce the stress of caring for an older loved one.
- **Stress Busting for Family Caregivers** is a free 9-week program focused on education, support, and stress management using a holistic approach to address the emotional, physical and spiritual needs of caregivers.
- **Houston Area Family Caregiver MeetUp Group** is an online group for caregivers who want to connect with other caregivers in a social, educational, and resource sharing capacity.



**For more information or to make referrals, please contact our CareLine at 713.685.6577.**



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