



**If they turn  
to you, you can  
turn to us.**

**Give rides,  
meals, time?  
Get support.**

Many people don't think of themselves as caregivers, but if you offer support to someone living with a disability or an older adult, you are. Anything from taking someone to a health care appointment to helping with daily living is considered caregiving — and it's hard work. But we can help you find reliable services and support, because your needs matter too.



*DELAWARE HEALTH  
AND SOCIAL SERVICES*

**For help with resources, visit [DelawareADRC.com](https://DelawareADRC.com) or call 1-800-223-9074.**