



**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 or call 1-800-223-9074.