

Area Agency on Aging 1-B



# AgeWays

Nonprofit Senior Services



## Caregivers: We've Got Your Back

We know that caring for an older loved one can be hard. It's often filled with long days, lengthy to-do lists, difficult decisions, and big emotions. That's why we've developed a suite of no-cost programs that can give family caregivers the guidance, knowledge and support they need.

Serving Livingston, Macomb, Monroe, Oakland, St Clair, and Washtenaw.



**800-852-7795**



**AgeWays.org**

**The Area Agency on Aging 1-B  
is now AgeWays!**



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## Support For Family Caregivers



### Workshops and Classes

Learn practical caregiving skills and how to manage stress.



### Trualta Online Platform

Trualta delivers know-how in small, easy-to-digest bites.



### Respite Care

Programs that help caregivers take a well-deserved break.



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**AgeWays.org**

