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Refer a  
Caregiver to  
our Program

## Talking Points


- A free stress-reduction program for informal family caregivers.
- A 30-minute assessment appointment via telephone will identify their biggest stress factors.
- Navigator and caregiver build a care plan for their wellness and connect them with resources such as respite information, financial support policies, disease education, homemaker services and more.
- Warm hand-offs and follow-ups ensure the caregiver gets needed services.
- No documentation, paperwork or insurance is needed.
- Bilingual Navigation available in English and Spanish.

## Who qualifies as a caregiver?

- Anyone 18+ who provides part-time or full-time care for a friend or family member
- **Care-recipient can be any age, with any type of physical, cognitive disability or chronic health condition - including mental health.**
- No insurance, ID, documentation, or note from a doctor is required
- Primary service area is SW Idaho, but we can refer to agencies across the state

*We care for Idaho's caregivers*



Brought to you by  Idaho Caregiver Alliance

## How to Refer

- “Is it ok if I submit a referral for you so a Navigator can reach out and tell you about the program?”
- All information is confidential and is never sold or used in any other way except to contact potential participants up to 3 times about the program.
- Click the “Refer a caregiver” button on our homepage. This form will provide you with an email receipt of the information you submitted for your records.

## Other Options

- Have the caregiver click the “Caregiver Screener” button on our homepage, to take a brief screener, which will prompt a follow-up call.
- Call or email us Mon-Fri 9-5pm. Navigators are available evenings and weekends by appointment.

## Contact Us

208-426-5899

[caregivernavigator.org](http://caregivernavigator.org)

[info@caregivernavigator.org](mailto:info@caregivernavigator.org)



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