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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
- Serves all Idaho residents

We care for Idaho's caregivers



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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.



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Contact Us

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