

# Caregiver Navigation Services

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Are you a Caregiver for a loved one over the age of 18, and have questions, concerns, or need support? Being a caregiver can be very challenging. Sometimes caregivers struggle taking care of their loved ones and themselves.

Not sure where to start or need help, the 2-1-1 Caregiver Navigation Service is here to get you connected to help.

Click here to [contact the 2-1-1 Caregiver Navigation Team](#)

## Why is Caregiver Navigation Important?

Caregivers can face many barriers when trying to access and navigate complex systems of care.

Successful linkage requires knowledge of programs, eligibility requirements and persistence in overcoming barriers. The Care Coordinators role is to create those essential linkages.

- Services Include *(I would like this to be highlighted – so if you click on it for an explanation – it gives you the information below – Why is care coordination important)*
  - Care Coordination
  - Specialized assessment, information, and referral for caregiving
  - Advocacy
  - Helping develop a caregiving plan
  - Offering supportive follow-ups
  - Supporting life balance