



AGING FAMILIES & CAREGIVER PROGRAM

Loving families and friends often don't know what to do and where to turn when older adults need assistance.

The UCCS Aging Center specializes in individual and group-based education and counseling to meet the psychological and social needs of older adults and those who love them. The Center provides therapy, support, coaching, and referrals to improve the quality of life for older adults and caregivers, build caregiver confidence and competence, and reduce caregiver burnout.

For caregivers interested in:

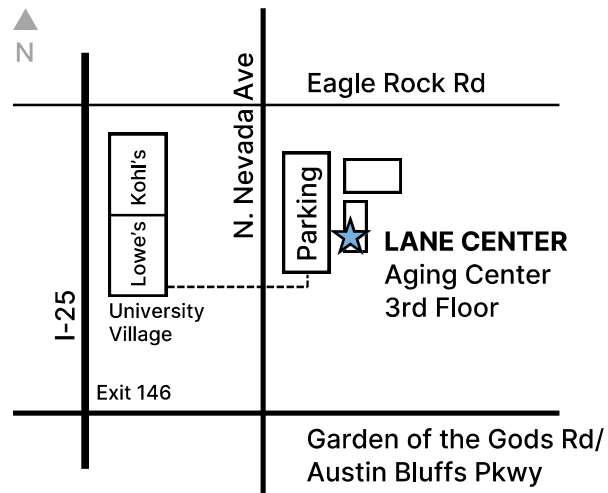
**optimizing quality of life;
enhancing skills; balancing roles;
engaging with family; building
resilience; finding resources**

Services are partially funded by the Older Americans Act/Older Coloradans Act and are available with out charge to eligible individuals, although donations are accepted. Donations are voluntary and in no way affect services. This program operates in association with the Family Caregiver Support Center at the Pikes Peak Area Agency on Aging.



HealthCircle
Aging Center

UNIVERSITY OF COLORADO
COLORADO SPRINGS



**4863 N. Nevada Ave., Suite 321
Colorado Springs, CO 80918**

The Aging Center is in the Lane Center for Academic Health Sciences. Please park in any HealthCircle spot or designated handicap spaces if you have the appropriate tag.

Hours: Monday-Thursday, 8-6pm

Phone: 719-255-8002

Fax: 719-255-8006

Email: ac@uccs.edu

healthcircle.uccs.edu/aging-center

