



## TRANSPORTATION SERVICES

→Need a ride somewhere?

Could you use an extra hand with yardwork or grocery shopping?



## MEALS on WHEELS

Helps **9 OUT OF 10** recipients feel more safe and secure in their own homes.



### HEALTH



83% of Meals on Wheels clients say it helps improve their overall health.

*"I enjoy the meals but more importantly, I love the friendly volunteers who always take the time to chat. It's something I look forward to."*

– Lula

## CARE TRANSITIONS

→Going home after a hospital stay or rehab?

Do you or a loved one need help with hospital discharge planning?

## CAREGIVER SUPPORT

**"FAMILY FIRST, ALWAYS FIRST.** Age Well has been a lifesaver for my Mother and myself. Without Age Well caseworkers, we would not know what to do. With their knowledge and expertise, we were able to get the services to effectively manage our day-to-day life with Alzheimer's."

- Kim Roberts, Daughter and caregiver of Age Well client



## HELPLINE

Where confident aging starts

Toll-free & Confidential

**1-800-642-5119**