

# LIFE Senior Services Caregiver Support

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The role of caregiver is complex and the responsibilities can be overwhelming.

Life Senior Services offers **Caregiver Support Groups**, as well as individualized Care Consultation and Caregiver Counseling to help meet the varying needs of family and friends providing care to loved ones in the community.



## Care Consultation and Caregiver Counseling

Care Consultations are individual (or family/group) meetings that focus on your specific caregiving situation, needs, or concerns. This time can be used for caregiver questions, disease education, discussing caregiving strategies, connecting with area resources and referrals, reviewing care planning, or discussing action steps. These hour-long meetings are usually provided on an as-needed basis.

Caregiver Counseling is for those who may want more ongoing support and check-ins – 45 to 50 minute meetings include both caregiver education and care planning support along with emotional support and grief education/counseling. These meetings can be scheduled monthly or every-other-week depending on the need of the caregiver.

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For more information call (918) 664-9000 or  
visit [www.LIFEseniorservices.org](http://www.LIFEseniorservices.org)





# Caregiver Support Groups 2023

Support groups provide a safe and confidential space for caregivers to share their personal experiences and feelings, to learn coping strategies, and to troubleshoot difficult issues with others that are in similar situations. LIFE Senior Services caregiver support groups are offered at each of our Adult Day Health locations. These groups are open to the general public and respite is provided at no cost.

If you'll be utilizing **respite services**, your loved one must be enrolled in LIFE's Adult Day Health program. There is no cost, but please notify the Family Assistance Coordinator at the location of your choice prior to attending the support group, so they can walk you through the enrollment process. Extension numbers are listed below.



## SUPPORT GROUPS IN 2023

 Location	 Day of the Week	 Time	 Respite
<b>LIFE's Adult Day Health – Broken Arrow</b> <small>IN PARTNERSHIP WITH MORTON COMPREHENSIVE HEALTH SERVICES</small>	<b>Last Thursday of the Month</b>	<b>1:30 – 2:30 p.m.</b>	<b>(918) 664-9000, ext. 1510</b>
<b>LIFE's Adult Day Health – Central (31st St.)</b>	<b>Third Tuesday of the Month</b>	<b>5:30 – 6:30 p.m.</b>	<b>(918) 664-9000, ext. 1171</b>
<b>LIFE's Adult Day Health – North &amp; LIFE PACE</b> <small>IN PARTNERSHIP WITH ALZHEIMER'S DIVERSITY OUTREACH ORGANIZATION</small>	<b>Second Thursday of the Month</b>	<b>6 – 7 p.m.</b>	<b>(918) 664-9000, ext. 1323</b>

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**Alzheimer's Diversity**  
outreach organization

