



## Tailored Caregiver Assessment and Referral

Are you helping someone with bathing, dressing, errands, medication, going to appointments, or any kind of help at all?

**You ARE a caregiver.**

You are not alone! Being a family caregiver can be stressful.  
We are here to help.

TCARE is an assessment tool that focuses on your needs. Through a series of questions, an individualized care plan will be created to help you manage your role and connect you to services of support, education, and assistance.

Contact the Rock Island County Senior Center  
to get connected with a caregiver specialist:

**309-788-6335**

