

Our mission is to improve the quality of life for older adults and their loved ones, through the promotion of dignity and overall well-being.



For more information about our services or to make an appointment, call the Aging Clinic of the Rockies at **(970) 491-6795.**

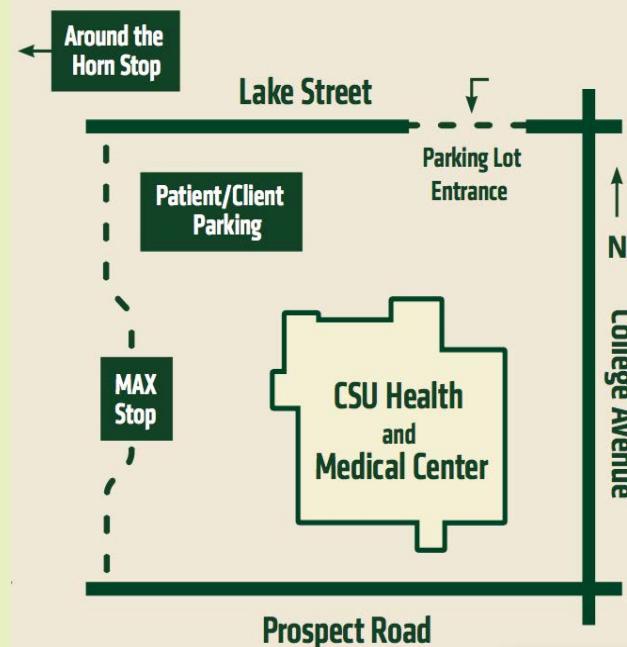
More information is available on our website: <http://psychology.colostate.edu/acor/>



Phone: (970) 491-6795

Fax: (970) 797-1921

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Aging Clinic of the Rockies

Columbine Health Systems Center for Healthy Aging
151 W. Lake Street, Suite 1400
8021 Campus Delivery
Fort Collins, CO 80524-8021

Directions to the Aging Clinic of the Rockies at CSU

Heading North on College Ave:

From College turn LEFT onto Lake Street

There is free parking to the left of Lake Street &

Pay for Parking in the parking garage to the right (\$1.75/hr)



INDIVIDUAL COUNSELING FOR FAMILY CAREGIVERS



If you're currently a caregiver to a loved one (e.g., parent, sibling, partner, child), you may qualify for **FREE** caregiver counseling sessions! Caregiving can be a rewarding but stressful experience, with many caregivers benefiting from the support of counseling services.



The Aging Clinic of the Rockies is proud to offer specialized services in the form of individual counseling to family caregivers of older adults. Thanks to our partnership with the Larimer County Office on Aging, with funding primarily through the Older Americans Act, we are able to offer up to 8 counseling sessions **AT NO COST** to clients.

To **QUALIFY FOR NO COST SESSIONS:**

A caregiver must be caring for an adult age 60 and older; in the case of early-onset dementia there is no minimum age requirement. The caregiver does not need to live with the care recipient, but the recipient may not be living in an assisted living or long-term care facility.



Topics generally include coping skills, education, connecting to community resources, help making decisions, addressing self-care, and emotional support

AGING CLINIC OF THE ROCKIES