



SAN MATEO COUNTY HEALTH
**AGING & ADULT
SERVICES**



Lisa Mancini, Director
Aging and Adult Services
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San Mateo, CA 94403
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SAN MATEO COUNTY COMMISSION ON AGING

Family Caregiver Support in San Mateo County

Open to the Public

January 10, 2022 10:00am – 11:00am

Join Zoom Meeting

<https://smcgov.zoom.us/j/91820540480?pwd=MXBneTZQUW9vcVpLMmFub2NkL1ITUT09>

Meeting ID: 918 2054 0480

Passcode: 720338

Dial by your location

+1 669 900 6833 US (San Jose)

Meeting ID: 918 2054 0480

Passcode: 720338

Family caregivers provide the majority of long-term care for older adults and adults with disabilities. While they may experience many rewards as caregivers, it can also have a significant impact on a caregiver's physical and mental health. During the last two years of COVID, caregivers have experienced additional stress and strain with added worries about infection and the loss of some formal and informal sources of support. The National Family Caregiver Support Program, administered locally through Aging and Adult Services and delivered by multiple contracted providers in San Mateo County, provides supportive services to family caregivers with the goal of helping caregivers care for themselves as well as their loved ones.

Presenter: Christina Irving LCSW, Client Services Director for Family Caregiver Alliance

Commission on Aging

225 37th Avenue • San Mateo CA 94403

Phone: (650) 573-3900 • **Fax:** (650) 372-0729 • **CA Relay:** 711 • **Website:** [http:// smchealth.org/CoA](http://smchealth.org/CoA)

24-hour line to report abuse: (800) 675-TIES (8437)

Health System Chief • Louise Rogers

Board of Supervisors: David Canepa • Carole Groom • Don Horsley • Dave Pine • Warren Slocum