HOW CAN A CARE MANAGER HELP ME?

It might help to talk with our Care Manager if you:

• Need information about family issues or conflicts
• Struggle with physical limitations or feelings of anger, loneliness or sadness
• Need short or long-term counseling
• Want to talk about health care issues or advance health care decisions
• Have questions about Medi-Cal or Medicare
• Need help paying your bills or balancing your checking account
• Need assistance with house chores, meal preparation, shopping
• Have concerns about living alone or staying independent
• Need information about community services
• Think you might be eligible for services you are not receiving
• Have concerns about alcohol or drug dependence for yourself or others
• Have legal concerns
• Need help with transportation or housing resources
• Have food insecurity and are too embarrassed to talk about it
• Are in danger of losing your house due to eviction or foreclosure
• Need information about support groups - grief, cancer, stroke, etc.
• Feel others are taking advantage of you or your money
• Would like information regarding next-step living facilities
• Have concerns of any kind and are not sure who to talk to

To schedule a free, confidential consultation with a Care Manager call:
Concord Senior Center • 2727 Parkside Circle, Concord, CA 94519
925.671.3320, Ext. 1 - Hablamos Español