

# AGING FAMILIES & CAREGIVER PROGRAM



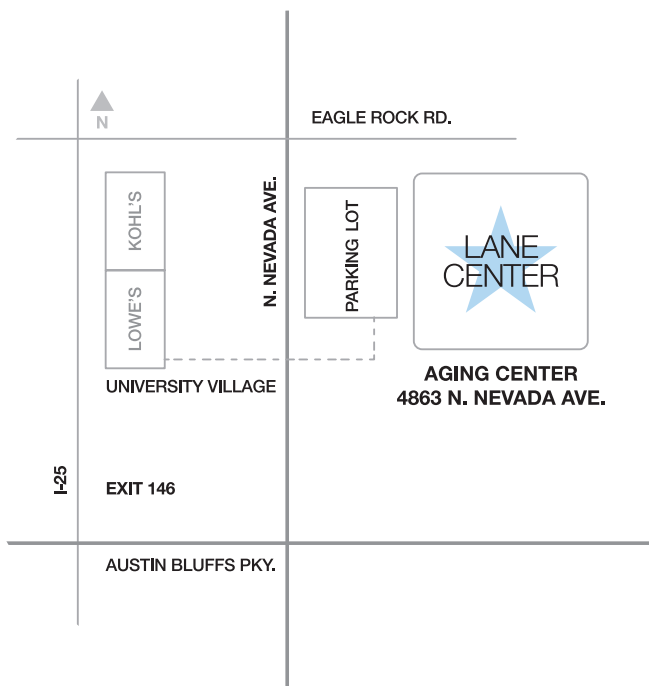
Loving families and friends often don't know what to do and where to turn when older adults need assistance.

The UCCS Aging Center specializes in education and counseling to meet the psychological and social needs of older adults and those who love them. The Center provides therapy, support, coaching, and referrals to improve the quality of life for older adults and caregivers, build caregiver confidence and competence, and reduce caregiver burnout.

*quality of life, enhancing skills,  
balancing roles, engaging family,  
coping, problem-solving,  
finding resources*

*Services are partially funded by the Older Americans Act/Older Coloradans Act and are available without charge, although donations are accepted. Donations are voluntary and in no way affect services. This program operates in association with the Family Caregiver Support Center at the Pikes Peak Area Agency on Aging.*

# UCCS AGING CENTER LOCATION



The Aging Center is in the Lane Center for Academic Health Sciences. Please park in any HealthCircle spot or designated handicap spaces if you have the appropriate tag.

4863 N. Nevada Ave., Suite 321  
Colorado Springs, CO 80918

Hours: Monday-Friday, 8-5 pm

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[uccs.edu/agingcenter](http://uccs.edu/agingcenter)