



I help my dad pay his bills.



I shop and cook for my mom every week.

# Am I a caregiver?

You are, if you ...

- Assist a senior with household tasks.
- Drive a senior to errands or appointments.
- Help a senior with personal care like bathing, meals, dressing or grooming.
- Have less time for yourself because you are caring for a senior.

**But you are not alone.**  
**Lompoc is here for you.**

**CaringTogetherLompoc.org**  
**805.925.9554**

A collaboration of local agencies and nonprofits.

