



Senior Focus
at Jefferson Center

In-Home Help for Those with Memory Problems

Do you...

Ever feel that your memory is just not what it used to be?

Have trouble organizing things that were once simple for you?

Feel scared or anxious about not remembering things?

Care for someone who is having memory problems?

We're here to help!

Learn the skills you need to remain independent and live a quality life at home.

We will teach you and your caregiver:

- Ways to create a calm environment
- How to work with your memory problems
- Resources in your community
- What are normal aging memory problems
- How to remain independent as long as possible
- Ways to build on the strengths you have



Senior Focus is for people...

- 55 years of age and older
- Experiencing memory problems or caring for someone with memory problems
- Living independently at home
- Residing in the Central Jefferson County area
- With Medicare, Medicare and supplemental insurances, Medicare HMO (PacifiCare/ SecureHorizons, Humana and most others)

For more information
or to access services,

Call:

303-432-5575

Online:

www.srfocus.org

A program of
Jefferson Center for Mental Health,
serving our community for over 50 years.