**How JFS Senior Connections program can help**

Whether you’re living independently, in a senior community, or in a facility, JFS Senior Connections can help by:

- Conducting home visits to identify and assess needs and develop a plan to meet these needs
- Working with older adults and their families to explore options with a focus on quality aging
- Helping explore what’s available in the community to support older adults dealing with the challenges of aging
- Consulting with adult children to provide support, education and guidance as well as information about available resources
- Linking older adults to resources to maintain the highest level of independence and dignity while remaining safe

Our experienced social worker can help you understand and explore the available choices and make objective, professional recommendations based on your needs and your wishes.

With your input, our social worker develops a plan to meet your physical, cognitive, social and emotional needs. She then helps determine if the plan is meeting your needs or if adjustments are needed.

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**Meet our JFS Senior Connections Social Worker**

Abby Palmer, MSW

To schedule an appointment or for more information, please contact Abby at

919-676-2200 x 114
Abby.Palmer@ShalomRaleigh.org
Jewish Family Services (JFS) offers a comprehensive range of services that help people meet life’s challenges. Guided by the Jewish values of communal responsibility and social justice, JFS is committed to serving all members of the Raleigh-Cary Jewish Community.

JFS is dedicated to promoting the well-being of all those in the community who need support and service within a Jewish context.

Jewish Family Services is a beneficiary agency of The Jewish Federation of Raleigh-Cary. Your contribution to The Federation’s Annual Campaign supports the growth of our local Jewish community, and provides assistance to Jews in need around the world.

Jewish Family Services offices are located at:

8210 Creedmoor Road, Suite 104
Raleigh, NC 27613

Phone: 919-676-2200
Fax: 919-676-2122

www.ShalomRaleigh.org