

*Concerned about the challenges of aging but not sure where to start or what to ask?*

*Trying to decide what changes or help is needed to maximize your quality of life?*

*Need to make decisions but having difficulty navigating what options are available and affordable?*

*Are you worried about your parents' ability to manage in their home or current living situation?*

*Need information, guidance and support in how best to care and help your aging parent?*

## ***What is JFS Senior Connections?***

JFS Senior Connections program provides social work services to older adults and their families including assessment of needs, development of a plan to meet these needs, exploring options with a focus on quality aging, as well as linking older adults to resources to maintain their highest level of independence and dignity while remaining safe.

Our services are provided on an affordable sliding scale. No one is denied services due to an inability to pay.

We maintain the highest level of confidentiality and do not disclose any information without your consent.

We are an independent nonprofit and are not affiliated with any of the services we may recommend.

## ***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.

## ***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

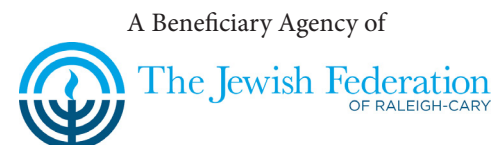
[www.ShalomRaleigh.org](http://www.ShalomRaleigh.org)

Raleigh-Cary  
**JFS**  
Jewish  
Family  
Services

*Senior Connections*



Connecting, Providing,  
Caring for Our Jewish Seniors



Senior Connections is Funded in Part by

