

Today's date: _____

For whom you are seeking help?

- Myself
- Another person (Name: _____)

Step 1

List your concerns or worries

Jot down all the issues that are troubling you. Consider breaking the top issues into smaller sub-issues or add more detail. Prioritize the list and indicate where you do or don't need assistance.

What are your most critical needs right now?

What resources are needed to meet these challenges?

Step 2

List the people and organizations that are already part of your support system

The Council on Aging has dedicated more than forty years to welcoming and guiding older adults and their unpaid caregivers as they navigate the arc of aging. For help using this form or to find out more about our free Information & Referrals service, please contact us at info@councilonaging.org or call **(541) 678-5483**.