



## Do you have a loved one who is failing physically or cognitively?

One of the hardest parts of caring for a loved one is knowing how to help with their health and emotional needs. Many families search the web for answers, only to find resources that may not provide the best solution, wasting precious time and money.

The SRC's extensive network of professionals will ensure you understand your family's options and will bring you peace of mind knowing you are making the best choice for your loved ones.

## The Sandwich Generation Challenge

Are you prepared for the challenge of caring for your loved ones while maintaining a career and family?



With the best of intentions, most find it unsustainable to juggle responsibilities at home and work, while simultaneously caring for their aging parents.



Caretakers often suffer from burnout, depression, guilt and isolation.



Careers are often impacted and may even end, especially for families without a plan in place.



The SRC is a group of compassionate and experienced professionals. We offer a one-stop consultation to address immediate concerns or to help you put a plan in place.

*To address immediate concerns:*



### SRC INSTANT REFERRALS

[srcgreaterboston@gmail.com](mailto:srcgreaterboston@gmail.com)

*To help you create a team and put a plan in place:*



### SRC CARE CONSULTATION

[srcgb.org](http://srcgb.org)

Apply at [srcgb.org](http://srcgb.org) for a one-hour consultation.



[srcgb.org](http://srcgb.org)

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# Sandwich Generation Professionals

Are you caring for your aging parents while juggling family and career responsibilities, too?

- The SRC can help you meet the challenge
- Get inside access to local service providers
- Get consultation for long term care planning



Senior Resource Council  
Greater Boston

## Our Consultive Services Are Uniquely Valuable to You

Our one-stop consultive services provides you with the information you need to make informed choices as only a roundtable of local service providers can offer.

### ARE YOU IN A CRISIS?



### SRC INSTANT REFERRALS

We're here to help.

When an urgent situation arises, we will connect you with our vetted list of qualified local providers and resources. This is your best way to get immediate answers to your immediate needs. Contact us at [srcgreaterboston@gmail.com](mailto:srcgreaterboston@gmail.com)

### WANT TO AVOID A CRISIS?



### SRC CARE CONSULTATION

Let's make a plan.

Caring for your parents requires a holistic plan that can adapt to your parents' evolving needs. [We can help.](#)

Schedule an **SRC CARE CONSULTATION** to meet with our panel of experts. We will listen and offer insight based on our professional experience working with other families in similar circumstances.

Our collective knowledge and expertise will help you make informed decisions, saving you time and money. This approach will give your loved ones the best opportunity to stay at home for as long as possible, or when necessary, help you research and find a more supportive home environment based on your loved ones' needs.

To request a 1 hour in-person/Zoom session with our roundtable of SRC professionals, visit [www.srcgb.org](http://www.srcgb.org) and apply.



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



## Our History

Established in 2011, the SRC was created to provide a unique local resource for people who are suddenly challenged to care for a declining loved one.

## Our Mission

To help you find affordable, life-long, quality care for your loved ones; preserve your financial assets; and encourage you to pursue your career and raise a family — all while minimizing stress.

## Our Professional Members

Our members as listed below are dedicated to the profession they represent and are experts in their field. Providing unbiased education to you is a core value we all share.



- Aging Care Life Professional
- Home Care Manager
- In Home Exercise/Massage/Physical Therapist
- Hospice/Palliative Care Manager
- Alzheimer Memory Care Specialist



- Psychotherapist



- Elder Law & Estate Attorney



- Financial Planner & Advisor
- Daily Money Manager/Financial Coach



- Assisted Living Director
- Skilled Nursing/Long Term Care
- Real Estate Agent
- Home Organizer/Move Manager