



Department of Family and Aging Services

The Department of Family and Aging Services Announces

"Caring For Those Who Care"

If you are struggling to cope with providing 24-hour care to an elderly family member unable to be left alone, Hillsborough County Family and Aging Services in partnership with the West Central Florida Area Agency on Aging has a number of services to help.

In-Home Respite Services: A trained respite worker will be scheduled up to 8 hours per week to care for your frail family member while you run errands, enjoy some entertainment away from home, or even take a nap, or whatever you need to relax! Services can be scheduled during the weekdays, evenings, or weekends, depending on what is best for you.

Facility-Based Respite Services: Multiple senior centers throughout the county will be opened on Saturdays to care for frail elders. Simply drop your family member off and go enjoy your day while trained senior center staff provide them stimulating activities, lunch or snacks and the opportunity to visit with other seniors.

Caregivers Support Services: You can learn from experts how to 'survive' being a 24-hour caregiver. Ongoing support groups and Saturday-workshops offering tips on coping skills and other available services. These will improve the quality of life for you and your frail family member.

Call Aging Services' Central Intake Unit today for more information and to see if you qualify to benefit from these services.

(813) 272-5250





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Facility-Based Respite Services: The following senior centers will be opened on Saturdays to care for frail elders. Simply contact the senior center of your choice to complete the necessary application. Register to drop your family member off and go enjoy your day while trained senior center staff provides them stimulating activities, lunch or snacks and the opportunity to socialize with other seniors.

Brandon Senior Center: 612 N. Parsons Ave. Brandon, FL 33510 (813) 635-8064	July 24 August 21 September 18 October 23	November 20 December 4 December 18	9 a.m. to 2:30 p.m.
Westshore Senior Center: 4102 W. Spruce St. Tampa, FL 33609 (813) 554-5156	July 17 August 21 September 18	October 23 November 20 December 11	9 a.m. to 2:30 p.m.
Ruskin Senior Center: 905 6 th Street S.E. Ruskin, FL 33570 (813) 672-1106	July 17 July 31 August 14 August 28	September 18 October 16 November 20 December 18	9 a.m. to 2:30 p.m.
Oaks at Riverview Senior Center: 101 E. Kirby St. Tampa, FL 33604 (813) 272-6827	July 10 August 14 September 18	October 16 November 13 December 4	9 a.m. to 2:30 p.m.

For more information call: (813) 272-6261
 To enroll into the Facility Based Respite Program call: (813) 272-5250
 Website: <http://www.hillsboroughcounty.org/aging/>

