



Happy, healthy and in your own home.

Aging can be stressful, particularly if you are a senior on your own. It's also common for caregivers to feel anxious, nervous or depressed. But it doesn't have to be that way.

We're here to listen.

Independence at Home's Insights program provides seniors with friendly, trained therapists to support clients with these challenges, and help them feel happier and healthier so they can stay in their own homes. Insights therapists help caregivers and care recipients to cope with their feelings, which can help improve their physical well being too.

If you're an older adult, or the caregiver of an older adult, we encourage you to learn more about the Insights program.

Our services

- Are delivered where and when you need them
- Are provided by a mental health expert
- Include help from a pharmacist
- Are available at **no cost** to participants
- Are provided in English, Korean, Spanish and Vietnamese

Insights goals

- Help older adults to be happier and healthier
- Prevent clients from unnecessarily going into a nursing home
- Encourage independent living at home
- Provide self-care and resources for caregivers

Connect with the support you need today.

If you or someone in your care could benefit from Insights, please contact us at:

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