



Bruce moved back to Brooklyn and now never knows what each day will be like. He sometimes feels at a loss of how he will manage.

Bruce is the main caregiver for his mother.



Dale tried to maintain his good humor although sometimes it was very difficult. He didn't know how to deal with his emotions.

Dale was a caregiver for his late partner.



Randi is a SAGECAP Caregiver and can help Bruce learn how to manage his days.



Maia is a SAGECAP Caregiver and can help Dale find the right system of support.

CAREGIVERS don't have to do it alone. The support, help and hope they need is at **SAGECAP**—a new program of **SAGE**.

Who is a caregiver? A lover, a partner, a friend, a sister, a brother, a neighbor, a son, a daughter—you.

SAGECAP®, **SAGE**'s program of caring and preparing can help you learn the best ways to give care and to take care of yourself. If you or the person you care for is part of the LGBT community, then join us.

For more information about **SAGECAP**, call us at **212-741-2247** or email us at caregiving@sageusa.org.



SAGECAP— The Caregiver's Caregiver