

# Caregiver

## Community Resources

### → Senior Helpers

Cheyenne Office: 307-203-4306

\*provides respite care

### → Humble Horizon

Cheyenne Office: 307-426-4038

\*provides respite care up to 8 hours

### → National Family Caregiver Support Program

For information, please call Jeanne Scheneman at 307-777-8566

\*provides respite care, support group connections, and help to provide specific, needed services

### → Family Caregivers Program

Cheyenne Office: 307-635-2435

\*provides once per month caregiver support group and respite care