# Relatives as Parents Program

Serving kinship caregivers throughout Snohomish County

A Kinship Caregiver is a non-parental relative of any age, providing primary 24/7 care to a child that is related to him or her. This most often is grandparents raising grandchildren.

## Challenges Caregivers Face:

Kinship caregiving can be one of the most stressful, difficult, and yet rewarding experiences a family may encounter. Stress over time can manifest itself through physical and emotional symptoms such as sleeplessness, depression, isolation, negative self-talk and more.



**Ongoing** Lack of Sleep **Stressors** 



Signs of Depression



Increased Isolation



**Difficult Family Dynamics** 



**Financial Pressure** 

**iON** amount grandparents and other relatives

save taxpayers each year by raising children and keeping them out of foster care

(Generations United, 2014)

You are not alone!"



Get Started Today:

Taking action is the key. Today is the day to take steps on your own behalf. Contact your Kinship Professional now to get support for your specific kinship caregiving scenario.

#### grandparents lives with their grandchildren

(Generations United, 2014)

# Ways We Support Caregivers:

Connecting to community is key in reducing your stress. We can help you in your caregiving journey by guiding you from feeling stuck and alone, to being connected, supported and looking to the future. This program is FOR YOU & ABOUT YOU!



Identify **Traditional Services** 



**Identify** 



Community Resources

Advocate on Your **Behalf** 



Lasting Supportive Relationships



Learning from Others



**Peer to Peer** Connections

### We can help:

Call Amy 425-265-2287

**Email** adennis@sssc.org

Visit us online at www.sssc.org

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Kinship Caregivers of Snohomish County



Well-being as we age

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