

WeCare

YOUR LIFELINE AS A CAREGIVER



*Caring for a loved one
can be overwhelming.*

*Learn how to do
this important job and
take care of yourself, too.*



WeCare



We understand.

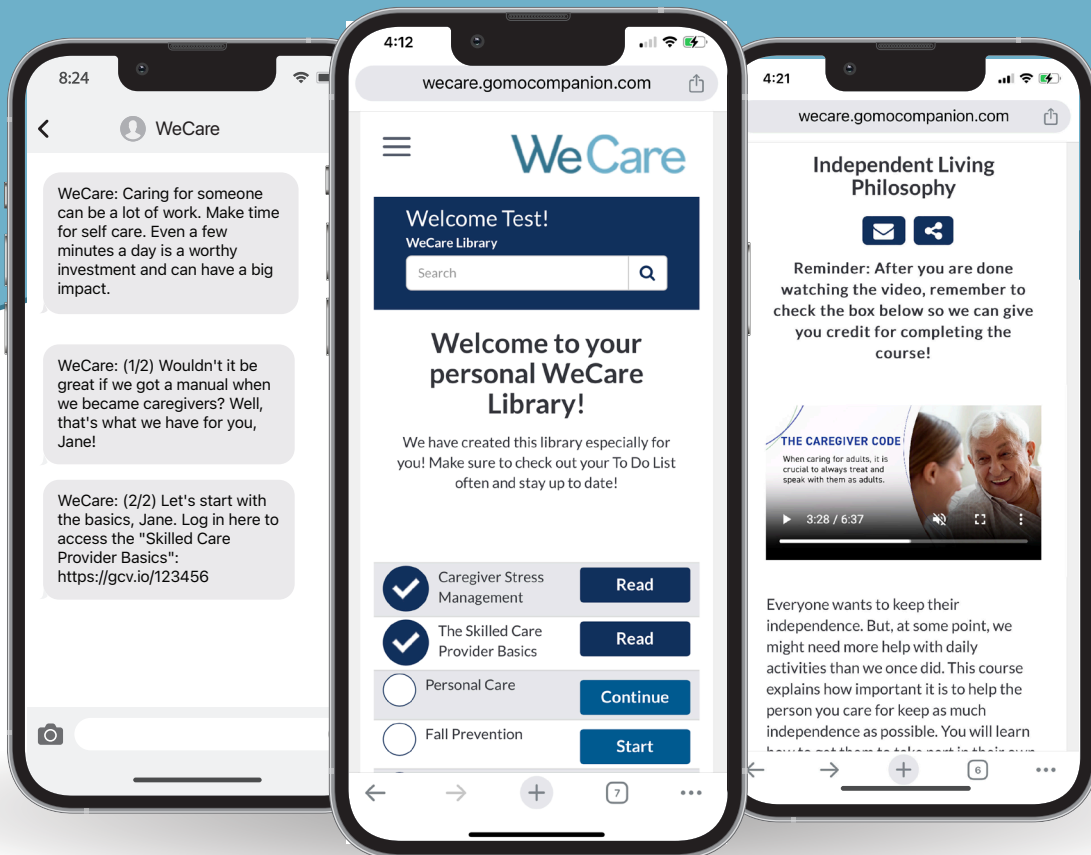
That's why WeCare is tailor-made for unpaid caregivers who are often suddenly caring for a loved one.

It's easy to start the program

1. Complete a short survey to share where you need help on your caregiving journey.
2. With your input, YOUR custom program will be created and may include topics such as caring for yourself, handling stress, Alzheimer's and dementia, fall prevention, and personal care for your loved one.

Program Features

- Entire program offered in English and Spanish
- Short training videos and articles you can get anytime
- Inspiring texts and reminders to finish trainings
- Connect with Care Navigators by text message or phone for support and guidance
- Share WeCare videos with others by email or text
- Web-based – no app to download
- Receive a certificate for each course you finish
- Best of all, it's **free** to join



Get Started

1. Text **WECARE** to **43386** or scan this QR code.
2. Complete the short enrollment form.
3. Use your mobile number to log into your training program from your smartphone, tablet, or laptop.



Questions related to enrollment? Call (408) 350-3277 or email caregiversnetwork@mysourcewise.com.

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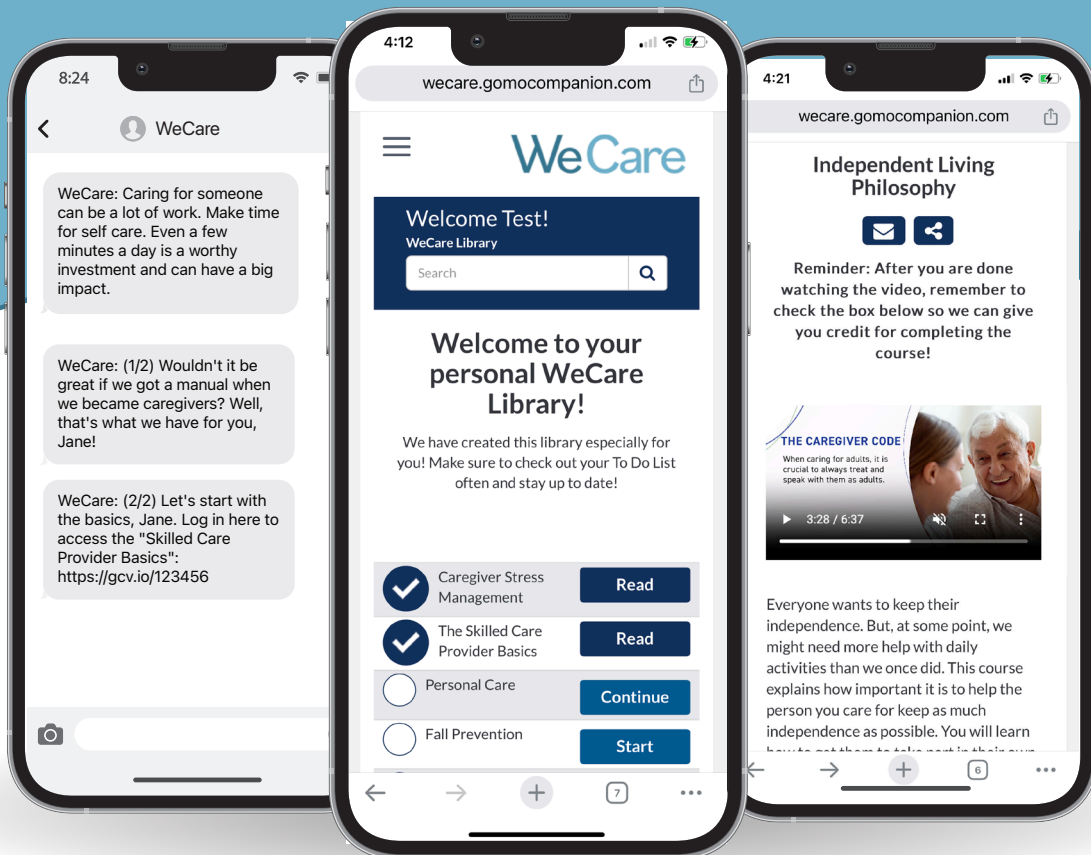
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