

Caring for others is a journey.



Luckily,
we make maps.

Did you know 1 in 4 Idahoans is a caregiver?

Everyone's caregiving journey is unique, which is why our Navigators develop care plans - or "maps"- tailored to the needs of individual caregivers. We connect you with the resources and services throughout Idaho that can reduce stress and increase quality of life for both you and the person you care for. Sponsored by the Idaho Caregivers Alliance, we provide telephone-based assistance to caregivers of any kind - free of charge. English and Spanish-speaking Navigators are available. Other languages accommodated through a translator.

Contact Us

208-426-5899

caregivernavigator.org

info@caregivernavigator.org

Mon-Fri, 8am-5pm or by appointment



[Click here to visit
the website](http://caregivernavigator.org)

How it works



Connect with a Navigator



Take the Assessment



Make a Plan