

*“Like me, you may be facing challenges as you age...”*



*“...I receive help from Duet at no charge. Perhaps they can help you, too.”*

— Anna, 82 years old

## Compassionate Help Free-of-Charge

**Can't Drive Anymore?** (Phoenix, Fountain Hills, Glendale, Paradise Valley, Peoria, Scottsdale)  
Duet offers one-on-one volunteer help including:

- \* Grocery shopping
- \* Rides to medical appointments
- \* Friendly visits and phone calls
- \* Computer training and paperwork help
- \* Home safety assessments and repairs

**Caring for a Loved One?** (Maricopa County)  
Duet will help you care for yourself and your loved one throughout your caregiving journey.

- \* Support groups, workshops, and retreats
- \* Volunteer respite
- \* Personalized information and guidance

**Raising Grandchildren?** (Maricopa County)  
Duet offers support as you face the challenges of raising a second family.

- \* Support groups and workshops
- \* Social activities for families
- \* Benefit and legal guidance
- \* Respite assistance

**Beginning a Health Ministry?** (Maricopa County)  
Duet helps faith communities begin programs that promote health in body, mind, and spirit.

- \* Faith community nurse foundations course
- \* Continuing education
- \* Networking groups



- Homebound Adults
- Family Caregivers
- Grandparents Raising Grandchildren
- Congregational Health

Ask for help. Volunteer. Donate.

(602) 274-5022  
[www.duetaz.org](http://www.duetaz.org)