

Rutherford Life Services, Inc.

This 2010 grant supported [Rutherford Life Services](#) (RLS) a community-based nonprofit that exists to be a positive and proactive voice for people with disabilities. RLS and Polk County Council on Aging have partnered to provide quality education and services regarding caregiver depression, burnout and isolation. The Eldercare Wellness Management Program is built on the experience and knowledge gained from working with hundreds of caregivers over the past 10 years. The grant supported their efforts to raise awareness about caregiver burnout, increase knowledge of signs and symptoms of burnout and depression, and reduce isolation associated with long-term care giving. Secondly, RLS expanded the adult day health care services to caregivers in Polk County and surrounding communities. In 2010 Polk County ranked highest in the state of North Carolina for percentage of people age 65 or older (23.6%) with the senior population being the fastest growing segment.