



We are the experts to turn to when your elderly parents need that next level of care and attention...

Let us help you make things easy.

Endorsements for Caren Redlich, LCSW, Founder of Senior Direct

“You served a critical and difficult role during a time of unprecedented crisis...we simply could not have gotten through this without your unending support and care.”

James Goodwin, Former CEO, United Airlines

“I have worked with Caren for many years and I highly recommend her and her services.”

Henya Storch, RN, The Storch Agency

“Caren is professional and highly skilled. I feel confident recommending her to anyone seeking these services.”

Rabbi Michael Coleman, Flatbush, NY

Caren Redlich, LCSW is the founder and CEO of Senior Direct.

Caren provides therapeutic counseling and referral services. Caren holds multiple professional degrees including a BA in Psychology from Boston University, a Master’s in Psychology from NYU and she earned her Master’s in Social Work from Columbia University. She has had a very successful career assisting families in crisis, served as an Employee Assistance Program manager for major corporations and practiced clinical social work for an adult day care facility.

She is a member of the National Association of Social Workers and the Jewish Women Entrepreneurs.

Senior Direct brings together Caren’s compassion, her knowledge of resources in the Rockland County area and her professional training to offer affordable comprehensive and caring services to seniors and the families that love them.

Call 845-393-4613 for your free phone consultation.

carenseniordirect@gmail.com

www.seniordirectny.com



Senior Direct New York

How can we help you?



Senior Concierge Services

Serving Rockland & Westchester Counties in New York

www.seniordirectny.com



IT ALL STARTS WITH A PHONE CALL.....

So we can understand your needs.

Physical Health Support

- ♥ Assessments and referrals for home health care services.
- ♥ Maintain medication and doctor Master List.
- ♥ Accompany senior to medical and other appointments.
- ♥ Arrange for doctors and nurses (who take insurance) to make house calls as requested.
- ♥ Referrals to nursing home/rehab and assisted living facilities.
- ♥ Coordinate wheelchair-accessible transport when needed.

Household Management

- ♥ Home visits
- ♥ Grocery shopping
- ♥ Arrange meal preparation and delivery
- ♥ Coordinate and supervise home repairs and service calls as needed

Social Work Services

- ♥ Professional counseling for bereaved spouses, depression, anxiety, those coping with/recovering from serious illness.
- ♥ Provide professional individual and/or group counseling for family caregivers.
- ♥ Arrange emergency intervention services (such as call buttons)
- ♥ Coordinate social activities including music and fitness classes
- ♥ Advocacy with social service systems.

You name it, we can help.



Call us at 845-393-4613 so we can help find solutions that give you peace of mind, knowing someone is taking care of your loved one.

Caren Redlich, LCSW

Senior Direct NY

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