

8421 Auburn Blvd., Suite 265, Citrus Heights, CA 95610 (916)728-9333 | www.deloro.org CareNav™ is a secure online portal designed to help families navigate the complexities of the caregiving journey with personalized resources and support.

## How to use CareNav™

- Create an account Care Nav
  - Immediately receive curated resources for your unique caregiving situation
  - If you indicated you'd like to be connected with a resource, a CRC Family Consultant will contact you
  - Complete a comprehensive Care Evaluation assessment
  - Receive Caregiver Action Plan and other relevant documents
  - Utilize the suggested **resources, attend recommended events**, and/or connect with your Family Consultant to navigate your **Caregiver Action Plan**
  - Family Consultants are available for questions or additional resources, and will check in for a reassessment after 6 months

