

## Are you a caregiver?

If you check one or more of the statements below, you are a caregiver.

### Do you do any of the following?

- Provide direct care to someone such as feeding, bathing, dressing, supervision or any other type of care
- Provide supportive care such as delivering meals, giving rides, calling or stopping in to check on someone
- Feel concern that someone you know isn't taking care of him or herself
- Feel concern that a caregiver you know is struggling and needs help

If you care for someone: 1) over 60, 2) with Alzheimer's or a related disorder, or 3) who is a grandparent or relative (55+) caring for a child (under 19) or disabled relative (between the ages of 19-59), you can get help from the Wisconsin Family Caregiver Support Program.

### Some signs that a caregiver may need help:

If you or someone you know is a caregiver and experiencing any of these symptoms, it is time to seek help.

- Health problems (e.g., experiencing chronic pain, fatigue, sickness, weight change, or other physical symptoms)
- Emotional problems (e.g., experiencing irritability, stress, depression, anxiety)
- Sleep problems (e.g., having difficulty falling asleep, waking up in the middle of the night)
- Loss of interest in things you used to enjoy



### The Wisconsin's Family Caregiver Support Program

provides help to family members and friends who help or care for:

- ◆ Persons age 60 and over;
- ◆ Individuals with Alzheimer's disease and related disorders regardless of age;
- ◆ Grandparents or relative caregivers 55 years of age and older who are caring for children under age 19, or who are caring for a relative with a disability who is 19 to 59 years of age.

To find caregiving help anywhere in Wisconsin, call toll-free:

**(866) 843-9810**

Or, visit the website at:

**[www.wisconsinrecaregiver.org](http://www.wisconsinrecaregiver.org)**

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You're an adult son or daughter, a husband, wife, or partner, a friend or a relative,

## Are you a caregiver too?



Caregiving can be rewarding, but it can also be hard — even if you're caring for a friend or loved one. The Wisconsin Family Caregiver Support Program (WFCSP) is a place you can turn to for help.

WFCSP offers information, support and resources to help caregivers better care for their loved ones and themselves.



## Caregiver support — What kind of help is available?

When you contact the Family Caregiver Support Program, you'll be connected with these services and resources in your community:

### Information & Education

Talk to trained specialists who listen and learn about your situation and provide assistance and links to available services and resources including different care and housing options. You can also attend caregiver seminars where you'll learn about topics such as coping with specific illnesses, managing stress, and hiring in-home help.

### Support

Get involved in support groups that meet to provide mutual emotional support and exchange ideas, tips, and resources.

### Assistance & Services

The Family Caregiver Support Program helps you connect to caregiver resources; following are some of the kinds of services that may be available in your area:

**Adult Day Care:** These facilities are a safe place for people who cannot be left alone during the day because of physical or mental limitations. They provide social, recreational and health-related services.

**Case Management:** Case managers are caring professionals who work with family members and those needing care to determine their needs and arrange for help.

**Respite Care:** This service provides caregivers a temporary break or rest from caregiving activities.

**Home Health & Personal Care Services:** Home health care professionals come into the home to provide health care services including dispensing medications, checking vital signs, providing tube feedings, and other essential care. Personal care services assist people who need help with daily activities such as bathing, dressing, shopping, walking, housekeeping, and preparing meals.

**Financial Help:** Get information and/or find out if you qualify for programs such as energy assistance, food stamps, prescription drug assistance and Social Security. You can also learn about long-term care financing options.

### Help is at your fingertips!

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**Legal Help:** Legal assistance is available to anyone 60 and over for certain types of legal matters including government program benefits, tenant rights, and consumer problems.

**Home Delivered Meals:** Better known as “Meals on Wheels,” these nutritious meals are delivered to older people in their homes.

**Transportation:** Rides are available for people who are older or disabled who don't have private transportation, and who cannot use public transportation to meet their needs.

**Emergency Response Systems:** These services provide an in-home, 24-hour electronic alarm system enabling an individual to call for help if they have an emergency.

**Telephone Reassurance:** Trained volunteers call or stop by to reassure and support a person who is homebound.