Caregiver Trainings Opportunities:

"Powerful Tools For You: Taking Care of the Caregiver" -
A six-week course to help family caregivers build communication skills, make tough care decisions, set goals, lower caregiving related stress and learn about available resources.

Elder Care & Work: Finding a Balance -
Strategies to help working family caregivers find balance and meet the needs of their care recipients while remaining productive on the job.

"Caregiving Relationships for People who Care for Adults" -
Curriculum designed to reduce emotional pressure, prevent elder abuse and strengthen relationships between caregivers and their care recipients.

Classes are open to anyone (who is not a paid professional) providing care for a family member or friend.

Support Groups:

Support groups offer people dealing with similar issues an opportunity to develop a mutual support system. The Aging & Disability Resource Center currently facilitates caregiver support groups in Platteville and Muscoda. Please contact Ruth Rotramel for meeting dates and times.

P.O Box 383
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Equal Opportunity Agency

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Aging & Disability Resource Center- Grant
P.O. Box 383
Lancaster, WI 53813

Do you help an older adult with any of the following?

- √ **Preparing meals**
- √ **Bathing / Dressing**
- √ **Shopping**
- √ **Managing medications**
- √ **Household chores**
- √ **Arranging for services**
- √ **Getting to doctor's visits**

If so, you are a family caregiver!

Providing support to family caregivers and the people they care for…

National Family Caregiver Support Program

Family Caregiver Support Program

The need to provide care for a loved one happens for many reasons. It may be the result of a sudden illness, a hospital stay or the gradual decline of a persons ability to meet their own needs. Family caregivers play a very important role in providing supportive care to older people. Many times caregivers find themselves overwhelmed by their caregiving role and the physical and emotional issues that accompany it. The Family Caregiver Support Program was designed to help meet the needs of caregivers by offering services that will help guide you through the journey.

A quote from former First Lady Rosalyn Carter,

"There are only four kinds of people in the world:

Those who have been caregivers,

Those who currently are caregivers,

Those who will be caregivers,

Those who will need caregivers"

Services Provided

The Family Caregiver Support Program covers five basic service areas:

- Information to caregivers about available services,
- Assistance to caregivers in gaining access to services,
- Individual counseling, organization of support groups, and trainings to assist the caregiver,
- Respite care assistance to help caregivers receive temporary breaks from their caregiving responsibilities;

  Note: Respite care may be provided on a limited and temporary basis to allow caregivers relief for a short period of time.
- Supplemental services, on a limited basis, to complement the care provided by caregivers.

Supplemental Services

Supplemental services, provided on a limited basis, complement the care given by caregivers. Services covered may include:

- Supportive home care;
- Transportation;
- Respite care;
- Other services determined on a case-by-case basis.

Eligibility

Caregivers must be:

- An adult family member or another individual who is an informal or unpaid provider of in-home or community care to someone over 60
- If you are a grandparents or relative caregiver (55+) for a child (under 19) or a disabled relative between the ages of 19 – 59