

ARE YOU A CAREGIVER?

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 is a place you can turn to for help. WFCSP offers information, support and resource to help caregivers better care for their loved ones and themselves.

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:

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 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 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.wisconsin caregiver.org

What kind of help is available?

The WFCSP helps you connect to caregiver resources; the 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 along 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.

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.

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

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.

The La Crosse County Aging Unit can also help you, call 785-9710.