

You Are a Caregiver If You:

- Assist someone with feeding, bathing, dressing, supervision or personal care
- Help a loved one with medications
- Take a loved one to doctor visits
- Cook, clean, do laundry, or other house chores
- Check on the health and safety of someone

Are you experiencing any of the following?

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

We can help.

We Can Help

Information and Education

We provide support to help you access services and resources. You can attend caregiver seminars where you'll learn about a variety of topics to better care for yourself and your loved one (e.g. coping with specific illnesses, managing stress, and hiring in-home help).

Support

We can connect you to support groups that meet to provide emotional support and exchange ideas, tips, and resources.



Aging & Disability Resource Center

300 4th Street North
La Crosse, Wisconsin, 54601
Phone: 608-785-5700 or
1-800-500-3910

Email: adrc@lacrossecounty.org

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Family Caregiver Support Program

A program of the Aging & Disability Resource Center with support from the National Family Caregiver Support Program.



Caring for Seniors And Their Caregivers

The Aging & Disability Resource Center offers information, support and resources to help caregivers better care for their loved ones and themselves, making the caregiving journey a little easier and less stressful.

**608-785-5700 or
1-800-500-3910**

Caregiver Support

What kind of help is available?

Caregiver Coach Program

Are you caring for a loved one with Alzheimer's Disease or a related dementia and don't know what to do? Or are you feeling overwhelmed? A Caregiver Coach can help you access community resources and support.

Powerful Tools for Caregivers

A six week course with a step by step guide to help build confidence in your role as a caregiver so you can be a better care taker for your loved one and yourself.

Share The Care

No one has to go it alone. "Share The Care" can organize your friends, your neighbors, your faith community, your co-workers into a network of support to "Share the Care."

Caregiver Coalition

A group of people in La Crosse County who identify and assist family caregivers with information, education, support, and advocacy.

Community Resources & Services

Caregiver Services offered by the Aging & Disability Resource Center:

- Caregiver Coach
- Support group
- Respite Care
- Powerful Tools for Caregivers
- Information, Education, & Training
- Share The Care
- Home Delivered Meals
- Transportation
- Elder Benefit
- Help to apply for financial assistance
- Legal Help
- Personal Emergency Response Systems
- Emergency Preparedness

Other Resources and Services:

- Telephone Reassurance
- Adult Day Care
- Case management
- Housing options
- Home Health & Personal Care Services
- And more

Family Caregiver Support Program



The Family Caregiver Support Program provides help to family members and friends who help or care for:

- Persons age 60 and over;
- Caregivers age 60 and over
- Individuals with Alzheimer's disease and related disorders regardless of age
- The program also assists:
 - Grandparents or relative care givers 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 old of age.