

Are YOU a Caregiver?

Caregiving is more than just providing help with hands-on tasks. It can include helping someone with a wide assortment of tasks that enable them to live more independently in the community. Look around and you will notice people assisting an older friend or relative by taking them grocery shopping, picking up medication, accompanying them to appointments, and helping with yard care. These helpers are also considered caregivers, even if they don't live with the person or provide support every day. The tasks they help with, no matter how big or small, are enabling people to continue to live in their homes.

Are you a son, daughter, neighbor, relative, or friend who:

- Arranges medical appointments and provides transportation, too?
- Prepares meals to ensure nutritious food is available?
- Helps pay bills and/or balance the checkbook?
- Helps with cleaning and/or laundry?
- Assists with weekly grocery shopping?
- Sets up medication?
- Receives frequent phone calls with requests for help?
- Feels the need to regularly “check-up” on your parent/loved one to be sure they are okay?



Are you a spouse who:

- Has taken on duties that used to be done by your spouse?(cooking, cleaning, laundry, car maintenance, bookkeeping, bill paying, etc.)
- Needs to accompany your spouse to places he/she used to go alone?
- Is assisting with daily living tasks like dressing, grooming, and bathing?
- Ensures medications are taken properly?
- Makes medical decisions for your spouse?
- Feels unable to leave your spouse home alone?

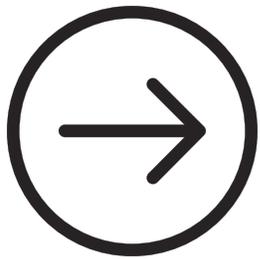
If you answered “yes” to any of these, then you are a caregiver! You may think that these tasks are just things that you do for the people you love. While that is true, don't downplay the importance of your assistance in these areas. Without your help, the older person may not be able to continue to live in their own home. The “little” things that you do are crucial to the independence of your loved one.

Identifying yourself as a caregiver is important because it opens the door to many supports and resources that can benefit the person you are caring for as well as yourself. We know that when caregivers are supported, they can provide care more effectively, more safely, and for a longer period which is a benefit to everyone. If you are a caregiver, please call <insert your agency information here> to learn about supports and resources that can help you help the ones you love.



Have you heard about Trualta?

Wisconsin has over 580,000 family caregivers. Trualta is a free online educational tool for family caregivers across the state. It helps caregivers learn about health issues, care techniques, and encourages caregivers to take care of themselves. Anyone caring for an older adult can benefit from Trualta's support, whether they are seeking personal care training, safety and fall prevention tips, help caring for a person with dementia, caregiver wellness ideas, or other support. It is currently available in Canada and across 17 US states. Trualta's evidence based programming is proving that trained, confident family caregivers can improve health outcomes and reduce costs.



To Register: Visit WisconsinCaregiver.org and click on the "Trualta" banner on the main page.

CONTACT US TODAY!

ADRC@DOUGLASCOUNTYWI.ORG
WWW.DOUGLASCOUNTYWI.ORG/ADRC

Government Center
1316 N 14th Street
Suite 327
Superior, WI 54880



Main: (715) 395-1234
Toll-Free: (866) 946-2372
Fax: (715) 395-7371



ADRC of Douglas County, WI