



## **New Year, New You in Caregiving**

Happy New Year! Do you have a New Year's resolution? The beginning of a new year creates opportunity to start a new habit or to create goals for yourself. One New Year's resolution that could be helpful this year is to focus on better self-care. Whether you are a direct caregiver for a spouse or other loved one or a long distance caregiver it is equally important to focus on your wellbeing. This can be a difficult task as you are busy just trying to get through the day. Caregiver burnout is a real thing and puts you and your loved one at risk for a crisis situation. Some signs of caregiver burnout are feeling anxious, avoiding people, feeling depressed, feeling exhausted, feeling like you are losing control of your life, lack of energy, losing interest in things you use to do, and neglecting your own health and needs. If any of these describes your current situation, then maybe it's time to prioritize your health. Did you know there are supports out there in Douglas County? The ADRC co-facilitates a monthly caregiver support group that meets in Superior and can provide peer support and resources. We, also, have a caregiver workshop call Powerful Tools for Caregivers that can provide you with the skills to help you on your caregiving journey. There are other resources and supports available. Self-care can be as easy as giving yourself more breaks, asking friend/family for support, or even giving yourself permission to have hobbies again. It can be hard reaching out for help but we are only human and can't do everything. Many caregivers have a hard time asking for help. This can lead to feeling isolated, frustrated and even depressed. Rather than struggling on your own, take advantage of local resources for caregivers. Remember, if you don't take care of yourself, you won't be able to care for anyone else.

Chelsea Thompson, Dementia Care Specialist Douglas County ADRC

# Know Us Before You Need Us

If you have questions about aging or living with a disability, your local aging and disability resource center (ADRC) can help. The ADRC provides information on a variety of programs and services. That includes long-term care options. The ADRC also helps people apply for programs and benefits, including publicly funded long-term care.

The ADRC connects you with resources, including:



- Adaptive equipment.
- Caregiver support.
- Dementia care Specialist.
- Health, nutrition, and home-delivery meal programs.
- Housekeeping and chore services.
- Housing options.
- In-home personal care and nursing.
- Long-term care programs.
- Medicaid, Medicare, and Social Security.
- Safety updates to the home.
- Transportation.
- Wellness programs.
- Disability Benefit Specialist/Elder Benefit Specialist



Call us today for more information!

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**BRAIN HEALTH BOOK CLUB**  
**EVERY 1ST TUES. OF THE MONTH**  
**FEBRUARY 7TH**  
**10:30AM-12:00PM**  
**SUPERIOR PUBLIC LIBRARY**  
**SUPERIOR, WI**



**CAREGIVER SUPPORT GROUP**  
**EVERY 3RD WED. OF THE MONTH**  
**1:00PM-2:00PM**  
**UNITED PRESBYTERIAN CHURCH**  
**229 NORTH 28TH STREET**  
**SUPERIOR, WI**

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## Contact us!

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

**adrc@douglascountywi.org**  
**www.douglascountywi.org/ADRC**



**ADRC of Douglas County, WI**

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