

## Can you answer "yes" to any of these questions?

- Are you concerned about an older adult who lives nearby or at a distance, either at home or in a facility?
- Do you help with grocery shopping, housekeeping, rides, doctors appointments, bills or insurance?
- Do you help with feeding, bathing, dressing or supervision?
- Are you concerned about someone who isn't taking care of him or herself?
- Are you using all your own sick leave or vacation time to help or care for someone?

### We call that caregiving.

Your role as caregiver is not always easy. Interfaith's Family Caregiver Support Network understands that caregiving can take time, energy and money. Let us assist you and the person you care about.

### Some signs that a caregiver may need help:

- More colds, flu and infections; high blood pressure; headaches; fatigue; weight loss or gain; stomach or digestive problems; back, shoulder or neck pain
- Irritability, stress, anxiety, depression, memory, lack of concentration
- Problems falling asleep, waking up in the middle of the night, restlessness
- Loss of interest in the things you enjoyed, isolation
- Problems at work or with family members, road rage

### Is it time to seek help?

## Caregiver's Code

I need to...

**Take care of my self**  
physically, emotionally, spiritually;  
**Accept my limitations**  
*and be satisfied with doing my best;*  
**Recognize and get help,**  
*no matter how difficult that may be;*  
**Enjoy time away**  
*without guilt;*  
**Maintain relationships**  
*with friends, family, co-workers;*  
**Set goals, pursue dreams**  
*and remember to live life.*

*A prepared, informed and supported family caregiver provides better self and older adult care.*



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*Donations are graciously accepted.*

Are you concerned about or do you help an older adult?



*Family Caregiver Support Network*

**414-220-8600**

**FREE RESOURCE CENTER**



## Free Caregiving Support

You can get help *free* from Interfaith's Family Caregiver Support Network regardless of your finances, if you care for:

- someone over 60;
- someone of any age with Alzheimer's or a related disorder;
- a child under 19 — if you are their grandparent or other relative age 55+; or a disabled relative 19-59 years of age.

## Contact the Network

Call Interfaith's Family Caregiver Support Network at **414-220-8600** or toll-free **1-800-449-4481**.

Talk to a trained specialist who will listen, learn about your situation and provide assistance and links to available services and resources, including care and housing options.

Visit us on the web at:

**[www.interfaithmilw.org](http://www.interfaithmilw.org)**  
**[www.caregiversupportnetwork.org](http://www.caregiversupportnetwork.org)**  
**[www.living-options.org](http://www.living-options.org)**

For statewide help visit:

**[wisconsin caregiver.org](http://wisconsin caregiver.org)**

## Information About Available Resources & Services

### Program Services:

**Information and assistance in gaining access to services** Who to call and what to do can be quite confusing. Our expert Resource Specialists provide information and help connect you to appropriate resources in the community and at a distance.

**Support** Caregiving is different for everyone. While caregiving is usually an act of love it can bring uncertainty, frustration, stress and sheer exhaustion. Our Resource Specialists offer:

- Personal support and concern
- Support group information, educational opportunities & special events: retreats, conferences
- Assistance to help support the caregiving journey

**Respite-Breaks From Caregiving** Respite is different for everyone. There are times caregivers need *respite* for personal, family and work situations. Respite may include: personal cares, homemaking, chores, adult day care, a respite center, companionship and/or volunteer help. Services may be provided in or out of the home.

**Supplemental Services** Complementing the work of the caregiver, limited services can offer help with a family meeting, transportation, equipment, life-lines, incontinence supplies, home modifications and visits by a nutritionist, RN, PT, OT or Geriatric Care Manager.

**Grandparent and Relative Caregiving** Information, assistance, education, support, newsletter and respite for those aged 55+ who are raising children related to them or a disabled adult relative.

## Program Resources

**Living Options Service** Save time, call to discuss your options for the types of care and kinds of services to help an individual remain at home or select an assisted living or nursing home. This service helps you to understand the costs, possible available funding of care, what to do when you encounter problems or need to report violations. Visit the website [www.living-options.org](http://www.living-options.org) for touring, checklists, and descriptions of the variety of living options.

**Contacts** Medical, legal, financial, community, government and support group contacts that can specifically help in self-care and caregiving situations.

**Living Options & Care Information** In-home care, senior housing, adult day care, assisted living, nursing home and hospice information; including inspection reports for licensed facilities.

**Free Resource Library** Audio and visual, books and literature on legal and financial planning, health, stress, Alzheimer's and related dementias, direct care, caregiving, hospice, end of life/spirituality, difficult situations, grief, community services and older adult living options. Materials are sent at no charge to family caregivers and professionals who help them.

**Newsletter** Quarterly *Caregiver Circle* newsletter features caregiving and resource information.

**Employer Assistance** Information to help employers develop a program to recognize, assist and retain their caregiving employees.