

CAREGIVER SUPPORT

Promoting aging with dignity
and wellness through
support and education

The Aging and Disability
Resource Center has trained
caregiver support specialists
to serve caregivers who are
over 60 years of age, those
caring for someone over 60,
and anyone caring for a
person with dementia.



Aging & Disability Resource Center

Linking People to Services

The mission of the ADRC is
to help older adults, people
with disabilities and
caregivers secure needed
services or benefits, live
with dignity and security
and achieve maximum
independence and quality of
life.

Contact Us:

Phone: 262-833-8777

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Email: ADRC@goracine.org

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Find us on Facebook



Caregiver Support

Resources for
caregivers

262-833-8777



Are You a Caregiver?

Are you a Family Caregiver?

The American Society on Aging reports that in the United States 43 million adult family caregivers care for someone older than 50 and 14.9 million care for someone with Alzheimer's Disease or another form of dementia. Many people don't consider themselves caregivers.

If you check "yes" to any of these examples, you are considered a caregiver.

Yes No

____ I regularly help someone with a task.

____ I take meals or give rides for others.

____ I assist someone with their shopping.

Yes No

____ I have changed my vacation plans to accommodate the needs of another person who depends on me.

____ I wake up at night worrying that someone I care for is ok.

____ I help someone with their medication.

____ I call or stop in to check on someone at least once a week.

____ I help someone with their finances.

____ I take time off work to accompany someone to a doctor's appointment.



To speak to a Caregiver Support Specialist at the ADRC, please call

262-833-8777.

The ADRC offers support in several ways:

- ✿ **Caregiver Support Groups** - Gatherings to gain encouragement, information, and strength
- ✿ **Powerful Tools for Caregivers and Caregiving Relationships** - Classes that connect caregivers with information, support and coping skills
- ✿ **Dementia Support and Education** - Knowledge and coping skills for today and preparations for the future
- ✿ **Care Team** - Tools to help turn a circle of people into a powerful caregiving team
- ✿ **Respite** - Access to a break from caregiving to promote health and wellbeing
- ✿ **One-on-One Visits** - To develop personalized strategies and offer support