

## Great Care Starts With You!

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Caring for someone is rewarding, but it can be difficult, too— even if you are taking care of someone you love.

One of the most important things you can do as a caregiver is **take care of yourself**. If you experience changes in any of these areas, it's time to get help:

- **Overall health** - pain, injuries, fatigue, sickness or weight changes
- **Emotional wellness** - stress, anxiety, burnout or depression
- **Sleep patterns** - difficulty falling or staying asleep
- **Loss of interest** in things you used to enjoy



## Contact an Office Near You:

### Antigo

1225 Langlade Rd  
Antigo WI 54409  
715-627-6232

### Marshfield

300 S Peach Ave, Ste 1  
Marshfield WI 54449  
715-384-8479

### Merrill

607 N Sales St, Ste 206  
Merrill WI 54452  
715-536-0311

### Wausau

2600 Stewart Ave, Ste 25  
Wausau WI 54401  
715-261-6070

### Wisconsin Rapids

220 3<sup>rd</sup> Ave S, Ste 1  
Wisconsin Rapids WI 54495  
715-421-0014

888-486-9545

[www.adrc-cw.org](http://www.adrc-cw.org)  
Find us on Facebook



## CAREGIVER SUPPORT

*Information, resources and support  
for family caregivers.*



## What is Caregiver Support?

Caregiver support is different for everyone. ADRC-CW staff will listen to your unique caregiving situation and offer information and resources that support YOU while providing care to another person.

Caregiver Support Coordinators can discuss challenges you're experiencing and help identify workable solutions. In addition, they can assist you over time as your caregiving role changes and evolves.



## How can Caregiver Support Help You?

Caregiver support can help you connect with resources that support you in your role as a caregiver, including:

- Support groups
- Respite care (a temporary break from caregiving responsibilities)
- Supportive home care services
- Personal care
- Options to manage wandering
- Alzheimer's disease/dementia education
- Managing challenging behaviors
- Taking care of yourself

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**To connect with a Caregiver Support Coordinator, contact the ADRC-CW at:**

**1-888-486-9545**

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## Additional Resources

### **Alzheimer's Association:**

- Information on Alzheimer's disease and other forms of dementia.
- [www.alz.org](http://www.alz.org)
- 24/7 Helpline: 1-800-272-3900

### **Caregiver Teleconnection:**

- Telephone learning sessions for caregivers covering a variety of useful topics.
- [www.caregiverteleconnection.org](http://www.caregiverteleconnection.org)

### **Powerful Tools for Caregivers:**

- A six-session class helping family caregivers take care of themselves while providing care to another person.
- [www.adrc-cw.org](http://www.adrc-cw.org) (select 'Classes & Events' for more information)

### **Wisconsin's Family Caregiver Support Programs:**

- Topics include: caregiver education, living options, legal and financial resources, and more.
- [www.wisconsin caregiver.org](http://www.wisconsin caregiver.org)