

## Because everyone needs support.

Caregivers give of themselves to provide an excellent quality of life for others. However, they often forget to take care of themselves.

Wisconsin's local aging and disability resource centers (ADRCs) and Tribal partner agencies serve older adults and those living with disabilities – as well as the families and friends who care for them.

ADRCs and Tribal partner agencies are proud to “help the helpers” through our resources. And you can support them too.

Visit or contact your local  
ADRC or Tribal partner  
agency today.



Contact us:



Scan me  
FindMyADRC.org



WISCONSIN DEPARTMENT  
of HEALTH SERVICES

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Accommodations, materials in alternate formats, and after-hours appointments are available upon request. Hearing loops are available on site; please call to arrange for interpreters or captionists.

# Helping the Helper



## What are some things to do to help a caregiver?

- **Acknowledge their efforts**

Caregivers' contributions can go unnoticed. Recognize all they do with a note or a simple thanks.

- **Avoid comparing stories or experiences**

It's natural to want to show you can relate, but sharing "horror" stories can be discouraging and scary.

- **Help them take a break**

Provide respite care while the caregiver enjoys an hour or so of time for themselves.

- **Lend a hand**

Offer to clean a room, mow the lawn, fix something, run errands, pick up kids from school, or accompany them to appointments.

- **Share food**

Double your favorite recipe to provide a homemade meal or give them a gift card to a local restaurant.

## How to tell if a caregiver needs help?

If you or someone you know is a caregiver and experiencing any of these symptoms, it's time to seek help.

### Health problems

Like chronic pain, fatigue, sickness, weight change, high blood pressure, and more.

### Emotional problems

Including irritability, stress, depression, anxiety, loss of interest, etc.

### Sleep problems

Like difficulty falling asleep, grinding teeth, or waking up in the middle of the night.

## How can ADRCs and Tribal partner agencies help caregivers?

Family caregiver support programs connect families to respite and other support services, and may even be able to help cover some costs.

### We can provide information about:

- Adaptive equipment.
- Caregiver support groups and respite services.
- In-home personal care and nursing.
- Health, nutrition, and home-delivered meal programs.
- Home and safety modifications.
- Housekeeping and chore services.
- Housing options.
- Medicare, Medicaid, and Social Security.
- Transportation.

