

# Family Caregiver Program

## A Caregiver is:

A relative or friend who is age 18 or older and who is actively caring for a person age 18 and older who has a functional disability. The caregiver does this without financial compensation (unpaid). And the care receiver is not receiving Medicaid-funded long term care services.

## Challenges Caregivers Face:

Caregiving can be one of the most stressful, difficult, and yet rewarding experiences an individual may encounter. Stress over time can manifest itself through physical and emotional symptoms such as sleeplessness, depression, isolation, negative self-talk and more.



Lack of Sleep

Ongoing Stressors

Signs of Depression



Increased Isolation

Difficult Family Dynamics

Financial Pressure

**85%** are caring for individuals with memory/cognitive problems, Alzheimer's Disease or dementia

**59%** of Caregivers actively caregive for a minimum of two years

## Ways We Support Caregivers:

Connecting to community and forming relationships is key in reducing your stress. We can help you in your caregiving journey by guiding you from feeling stuck and alone, to being connected, supported and looking to the future. This program is FOR YOU & ABOUT YOU!



Assessing Your Situation

Identify Traditional Services

Identify Community Resources



Individual Support

Support Groups

Lasting Supportive Relationships

Learning from Others

*"You are not alone!"*

## Get Started Today:

Taking action is the key. Today is the day to take steps your own behalf. Contact your Caregiver Specialist now to get support for your specific caregiving scenario.



Call the Program



Email Your Specialist



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