Getting Started...

When you are ready to register as a Volun-Peer Mentor or as a Caregiver we are here to get you started!

Volun-Peer Mentor Orientation
It’s easy! It fits easily into your schedule. Materials are provided with staff to answer your questions.

All Orientations are held at:
Causeway Caregivers
4141 Mormon Coulee Rd
La Crosse, WI  54601

To Schedule an Orientation:
Call: (608) 775-9999 or
Email: causewayivc@gmail.com

Caregiver Resources and Support
Is available to offer support after an Alzheimer’s or other related dementia diagnosis. Volun-Peer Mentors or Resources are waiting for you to contact us!

To Register as a Caregiver
Call: (608) 775-9999 or
Email: causewayivc@gmail.com

Alzheimer’s & Dementia Caregiver Relief

✓ Encouragement
✓ Flexible Support
✓ Alleviating Burn Out

Peer Caregiver Support Program
Facilitated by Causeway Caregivers of La Crosse County

We understand how busy a caregiver is. You’re never alone, we’re here to help.

(608) 775-9999
www.causewaycaregivers.org
www.lacrossecounty.org/adrc

This program is funded in part with grant support from the Robert and Eleanor Franke Charitable Fund of The La Crosse Community Foundation.
The Peer Caregiver Support Program connects Volun-Peer Mentors with caregivers of individuals diagnosed with Alzheimer’s or other related Dementia in La Crosse County.

Volun-Peer Mentors

Being a Volun-Peer Mentor gives you an opportunity to share your past experience, invaluable knowledge and caring nature with a caregiver and care recipient.

Encouragement

- Help caregivers set and achieve reasonable expectations
- Alleviate the caregiver feeling overwhelmed or burned out

Support

Provide empathy and understanding for caregivers and the care recipient.

- In person
- By phone or electronic communication
- Spend companionship time with a care recipient while the caregiver enjoys a well deserved break.

Resources

Attend events in La Crosse County
- Support groups
- Training or resource events to learn about what is available for you as a mentor, for the caregiver or care recipient you are matched with.

Socialization

Join the caregiver and/or care recipient for fun outings in our community for socialization and activity.

Caregivers

Being a caregiver for someone can be overwhelming, The Peer Caregiver Support Program can help with...

Volun-Peer Mentors...

Mentors are matched with a caregiver to provide support and encouragement. Volun-Peer Mentors have “Been there. Done that.” and may share a similar caregiving experience but recognize that everyone is different. Mentors offer encouragement that promotes hope, courage and confidence through phone, home or electronic visiting.

Encouragement

- Help caregivers set and achieve reasonable expectations
- Alleviate the caregiver feeling overwhelmed or burned out

Support

Provide empathy and understanding for caregivers and the care recipient.

- In person
- By phone or electronic communication
- Spend companionship time with a care recipient while the caregiver enjoys a well deserved break.

Resources

The Aging and Disability Resource Center of La Crosse County offers materials, resources and staff knowledgeable on area support programs, businesses and others who can assist.

(608) 785-5700 or adrc@lacrossecounty.org

Memory Café

Is a place to meet caregivers and care recipients in a relaxed and friendly setting. This group meets the 4th Tuesday of the month from 9:30am-11:00am at the Black River Beach Neighborhood Center. Each month is something different! Engaging activity themes and topics may include: Art, Animals, Music, Creating, and more.

*No Café in November or December*

I would like to...

- Be a Volun-Peer Mentor
- Be Matched with a Volun-Peer Mentor
- Be contacted by The Peer Caregiver Support Program OR
- The Aging and Disability Resource Center of La Crosse
- Join the La Crosse County “Senior Life” newsletter mailing list
- Other: __________________________

Name: ________________________________
Address: ________________________________
Phone: (_______)_____________________
Email: ________________________________
Best Day/Time to Contact: _____________

Please Detach and Mail to:

Causeway Caregivers
Peer Caregiver Support Program
4141 Mormon Coulee Rd
La Crosse, WI  54601
(608) 775-9999