



300 4th Street North
La Crosse, WI 54601
(608) 785-5700
(800) 500-3910

Email:
adrc@lacrossecounty.org

Website:
lacrossecounty.org/adrc

Office Hours:
8:00 a.m. - 4:30 p.m.
Accommodations and after hour
appointments available upon
request. Hearing Loops available.

Additional information about the
Peer Caregiver Support Program can
be found at:

causewaycaregivers.org
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.

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

Is easy! It fit 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

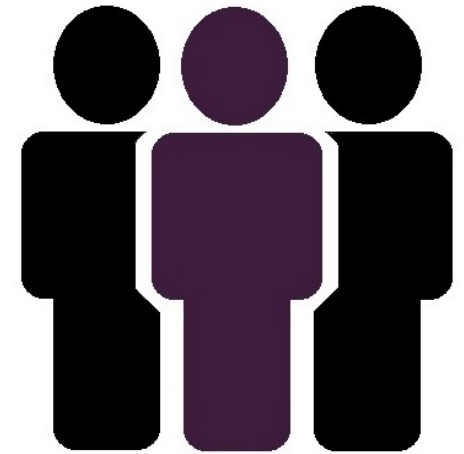
Call: (608) 775-9999 or
Email: causewayivc@gmail.com

Connecting People in Need with Caring Volunteers



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



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.

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