

10 Tips for Caregiver

1. Seek support from other caregivers.
2. Take care of your own health.
3. Accept offers of help & suggest specific ways you need help.
4. Learn to communicate effectively with doctors.
5. Caregiving is hard work, take respite breaks often.
6. Watch for signs of depression. Seek professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information.
9. Make sure legal documents are in order.

Give yourself credit for doing the best you can in one of the toughest jobs!

Who We Are

The Aging and Disability Resource Center of Vernon County is a friendly, welcoming place where anyone - individuals, concerned families or friends, or professionals working with topics related to aging or disabilities - can go for information tailored to their situation.

Contact Us

608.637.5201

1.888.637.1323

ADRC Banta Building
402 Courthouse Square
Viroqua, WI 54665

www.vernoncounty.org



Dementia & Family Caregiver Programs



“One person caring about another represents life’s greatest value”





Family Caregiver Support

Caregiver support services are available to families caring for a person 60+, an adult with a disability, & grandparents 55+ caring for minor children.

Dementia Caregiver Support

Dementia Caregiver support services available to individuals with dementia and their caregivers to ensure the highest quality of life possible while living at home.

Our Dementia Care Specialist is available to assist individuals, family, and friends with:

- Understanding dementia
- Strategies and tools to cope with behavioral changes
- Skills to help reduce stress in the home
- Locating supportive services
- Memory Screens
- Educational materials such as books and online tools
- Obtaining adaptive equipment
- Future planning strategies
- Workshops

**Respite- a break from caregiving
Sometimes you just need a little
time to yourself- run errands, visit
friends, or just recharge.**



Who is a Caregiver?

Anyone providing physical, emotional, financial, or other types of assistance to a family member or friend, who has a chronic disease or disability requiring ongoing care and attention.

One of the most important things for a caregiver is to **Take Care of Yourself**. If you're experiencing any of the following problems, it's time to get help.

* * * * *

Programming:

- Weekly Support Group
- Book Clubs
- Powerful Tools for Caregivers Class
- Boost Your Brain & Memory Class
- Savvy Caregiver Class
- Dementia Friends