

Are you a Caregiver?

If you check one or more of the statements below, you are a caregiver.

Do you do any of the following?

- ◇ Provide direct care to someone such as feeding, bathing, dressing, supervision or any other type of care
- ◇ Provide supportive care such as delivering meals, giving rides, calling or stopping in to check on someone
- ◇ Feel concern that someone you know isn't taking care of him or herself
- ◇ Feel concern that a caregiver you know is struggling and needs help

Some Signs that a caregiver may need help:

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

- ◇ Health problems (e.g., experiencing chronic pain, fatigue, sickness, weight change, or other physical symptoms).
- ◇ Emotional problems (e.g., experiencing irritability, stress, depression, anxiety).
- ◇ Sleep problems (e.g., having difficulty falling asleep, waking up in the middle of the night)
- ◇ Loss of interest in things you used



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National Family Caregiver Support Programs



The ultimate lesson all of us have to learn is unconditional love, which includes not only others but ourselves as well.

-Elizabeth Kubler-Ross



Being a Caregiver

Nearly everyone will be a caregiver at some point in life. And nearly everyone will need a little help providing that care.

Being Responsible for someone else can feel overwhelming, especially if the role is unexpected or interferes with job responsibilities. This why Wisconsin offers family members and other informal caregivers access to programming and education that can make being a caregiver more manageable.

What is NFCSP?

The National Family Caregiver Support Program provides services and supports that help family caregivers and informal caregivers, such as a neighbor or friend, care for older adults at home. The NFCSP is available to any person providing care to an adult age 60+. The program prioritizes services to low-income families and older adults with dementia but one does not have to be low-income or have dementia in order to participate.

The Program offers:

- Information about available services
- Assistance with gaining access to services
- Individual counseling to deal with depression and stress
- Caregiver support groups
- Training on providing safe and proper in-home care
- Temporary respite services, such as help making minor home modifications or providing adaptive equipment that allows a person to remain living safely at home

Who is Eligible?

The NFCSP provides help to family members and friends who help or care for:

- Persons age 60 and over;
- Individuals with Alzheimer's disease and related disorders regardless of age
- There is no income limit or cost share to be on the program

The program also assists:

- Grandparents or relative caregivers 55 years of age and older who are caring for children under age 18, or who are caring for a relative with a disability who is 18 to 59 years of age.

The NFCSP program provides caregiver help such as:

- Respite,
- Home Care,
- Transportation,
- Adaptive Equipment,
- Chore Services like mowing lawn and snow removal, and more.