

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.

If you or someone you know is a caregiver and is 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).
- Sleep problems (e.g. having difficulty falling asleep, waking up in the middle of the night).
- Loss of interest in things you used to enjoy.



National Family Caregiver Support Program

The National Family Caregiver Support Program (NFCSP) offers respite, information, support and other resources to family caregivers.

Contact Us

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Visit us on the web:

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

~Elizabeth Kuber 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 is why Wisconsin offers family members and other informal caregivers access to programs and educational opportunities that make being a caregiver more manageable.

What is NFCSP?

The National Family Caregiver Support Program (NFCSP) provides services and supports that help family caregivers and informal caregivers, such as a neighbor or friend, care for older adults at home.

What Does NFCSP Offer?

The Program Offers:

- Information about available services
- Assistance with gaining access to services and support
- 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.

The NFCSP program reimburses for caregiver help such as:

- Respite
- Home Care
- Transportation
- Adaptive Equipment
- Chore Services (yard work, snow removal, or heavy housework)
- Daily homemaking tasks (meal preparation, shopping, light housework)

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 participate in the program

Grandparents and Relative Caregivers (GRC) and parents can be served through NFCSP if the caregiver is a relative and:

- Is 55 years and older
- Is the primary caregiver
- Lives with the child
- The child is under age 19 or is age 19-59 with a disability

