

Caregivers are...

- *Spouses caring for husbands or wives*
- *Adults caring for other relatives or friends*
- *Parents caring for a child*
- *Children caring for parents, siblings or grandparents*
- *Family or friend caring for a mentally or physically ill person*



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SHARED CARE

Support for Caregivers



Services Include

- Individual Counseling
- Family Counseling
- Support Groups on-site and via telephone or Skype
- Case Management
- Educational Workshops
- Community Resource Bank



WHAT DO CAREGIVERS DO?

Caregivers may live with a loved one requiring assistance or may lend support to someone who is unable to live safely without the added support provided by a caregiver.

Being a caregiver can be stressful and overwhelming. The individual does not always allow time for him or herself

The best thing caregivers can do for their loved one is to take care of themselves! Caregivers tend to put their own needs on the backburner— but if they don't take care of themselves, they can't take care of another.

WHEN WAS THE LAST TIME YOU DID SOMETHING FOR YOURSELF?

- Share practical care giving information and tips for taking care of yourself
- Meet others sharing similar responsibilities
- Learn where to go for more help, information and resources on long-term planning, respite services and homecare