

WHO IS A CAREGIVER?

Husbands, wives, partners, sons, daughters, nieces, nephews, friends, and neighbors - also known as “family caregivers” - are typically the most important source of support to older people and adults with chronic or disabling conditions.



WHY IDENTIFY AS A CAREGIVER?

Those who identify as caregivers not only become part of a community of caregivers, but gain confidence as they begin to access education, services and support.

This allows caregivers to provide the quality care they want for their loved ones while staying healthy and active themselves.

Questions?

For more information about the Caregiver Coach Program contact
Program Coordinator,
Amy Brezinka
(608) 785-3460
or
abrezinka@lacrossecounty.org



Mission Statement:

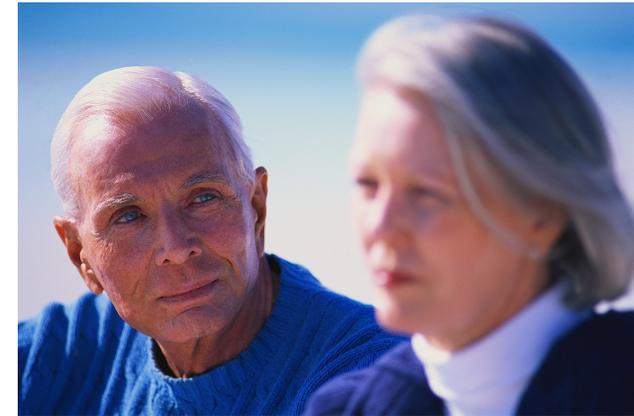
The County Aging Unit will provide information and services that promote independence and support the dignity of seniors by allowing choices for living in and giving to their community.



LA CROSSE COUNTY AGING UNIT

400 4th Street North
La Crosse, WI 54601
608-785-9710

CAREGIVER COACH PROGRAM



Focusing on the
needs of the
Family Caregiver

YOU ARE NOT ALONE!

When your loved one is diagnosed with a chronic illness, Alzheimer's Disease, or other related dementia, a new chapter opens in your life as you begin your role as a caregiver. You may ask yourself:

- What are my roles and responsibilities as a Caregiver?
- Is there help for me in the community?
- How do I deal with stress and burn-out?
- Where can I find support and assistance?
- How can I maintain balance in my life?

The Caregiver Coach can help you answer these questions and connect you to the appropriate support and services.



WHAT IS A CAREGIVER COACH?



- This program is **FREE** to Caregivers and Care-Recipients, age 60+, who reside in La Crosse County.
- The Caregiver Coach provides connections to community resources and support services.
- Coaching offers a consistent, on-going relationship where the coach stays with the caregiver to help implement new skills, changes and goals over time.
- Coaching focuses on assisting the caregiver to discover a solution on their own.
- The Caregiver Coach simply provides the tools to make changes - always meeting the caregiver where they're at on their individual caregiving journey.

HOW THE PROGRAM HELPS CAREGIVERS

The Caregiver Coach Program focuses on the individual needs of the family caregiver. The Caregiver Coach will make home visits to:

- Listen and help the caregiver identify needs and create a plan.
- Connect caregivers to community services and resources.
- Provide support and encouragement.
- Reduce caregiver stress.
- Provide education and tools that helps the caregiver gain confidence.
- Implement "Share the Care" Program as appropriate.
- Maintain on-going contact with the caregiver to answer questions and offer support as their situation may change.

