



Caregiver Corner

The First Step to Take

The First Call to Make

We want to support caregivers through their journey. Whether it's your first call for information or a specific need for a support group, we want to help. Look at what we have to offer:

■ Caregiver Classes

■ "Taking Care of You: Powerful Tools for Caregiving"

A 6-week class, (2 hours per session), focused on self-care and reducing personal stress in a caregiving situation. Communication, behavioral support and learning from our emotions are important topics in the class. You'll leave this class with a great workbook and strategies for reducing stress. Classes run at various times throughout the year. Call (920) 448-4300 for more information. You can also visit the website www.adrcofbrowncounty.org for more information.

■ "Elder Care at Work: Finding the Balance"

A 90 minute workshop designed for employed family caregivers to help reduce stress and effectively balance work responsibilities and caregiving. In this workshop, you will learn specific strategies to reduce stress, cope with challenges on your job and in caregiving, and gain an understanding of resources in the work place and in the community that can help you find personal balance. This workshop can be provided at your work site, and each participant will receive a copy of the informative workbook "Elder Care: A Six Step Guide to Balancing Work & Family" which will help you create your own personalized written plan. For more information or to schedule a workshop, please call Nicolette Miller at (920) 448-4293. Please share this information with your Human Resource department and ask them to consider scheduling a workshop.

■ Monthly Caregiver Support Groups

■ General Caregiver Support Group: Offered the first Wednesday of the month from 5:30 - 7:00 p.m. at the Aging and Disability Resource Center. This is a professionally facilitated group targeted to anyone caregiving for someone over 60 years of age or someone age 18 or older who has a disability. If you are looking for help reducing stress and frustration, you should check this one out. For more information call Information & Assistance at (920) 448-4300.

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■ **Monthly Caregiver Support Groups, cont.**

■ **Alzheimer's Caregiver Support Group:** Offered the third Tuesday of every month at the Aging & Disability Resource Center from 6:30 - 8:30 p.m. Offering informational speakers and sharing time for families coping with caregiving of an individual with Alzheimer's disease or dementia. For more information call (920) 448-4300

■ **Parkinson's Caregiver Support Group:** A monthly support group offered the second Tuesday of the month at the Aging & Disability Resource Center at 1:00 p.m. for people diagnosed with Parkinson's Disease and their families. Guest speakers, information, sharing and support. For more information contact Snooky Zuidmulder at (920) 448-4309.

■ **Information and Assistance**

Office, phone, and in-home options counseling on community resources to relieve caregiver stress. Connection to respite care in area facilities or in-home care agencies and individuals for hire.

■ **Caregiver Education –Speaker for your group**

Presentations available upon request on caregiving issues for your business or group.

■ **Website Database**

*The **Community Services-211 database***, is where caregivers can search for local community resources day or night from their home or anywhere there is access to the internet.

Go to www.adrcofbrowncounty.org to find the link for this valuable database.

■ **Lending Library**

A variety of books and videos are available for the public to check out. Topics range from caregiver wellness to health condition related information. Stop in to take a look and check out a video or book!

For more information contact:

The Aging & Disability Resource Center
300 S. Adams Street, Green Bay, WI 54301

Phone: (920) 448-4300 Fax: (920) 448-4306 TTY: (920) 448-4335

www.adrcofbrowncounty.org