

Are you a Family Caregiver?

Examples of caregiving include:

- You help dad pay bills and arrange his finances.
- You help your uncle with shopping.
- You stop by your mom's house each week to do her laundry and prepare meals.
- You work and take care of your live-in mother-in-law.
- Your spouse has Alzheimer's.
- You miss work to take others to appointments.

You can be a caregiver without even realizing it. Caregiving can be a balancing act, especially if you are employed, have other responsibilities or have health problems of your own.

Contact the Elderbridge Family Caregiver Support Program for help.



800-243-0678
www.elderbridge.org

Mason City
22 N. Georgia, Ste. 216
Mason City, IA 50401
641-424-0678

Fort Dodge
308 Central Avenue
Fort Dodge, IA 50501
515-955-5244

Spencer
714 10th Avenue E
Spencer, IA 51301
712-262-1775

Carroll
603 N. West Street
Carroll, IA 51401
712-792-3512

Family Caregiver Support



Providing care to family and friends can be difficult.
We can help.



For information on available services call
LifeLong Links 1-866-468-7887 or your
Elderbridge Agency on Aging office



The Elderbridge Family Caregiver Program

Informs

We can connect you to information and many of the resources available through local home and community-based service providers. Iowans helping Iowans.

Encourages

Handling the challenges of caregiver support is easier with our supportive Family Caregiver Specialists.

Empowers

With the right information, resources and support, caregivers can better manage their situations and make informed choices and useful plans.

With support and preparation steps, caregivers can enjoy the social and relation aspects of caring for loved ones and friends.



Our Family Caregiver Specialists share expert knowledge and experience to connect you with the assistance you need by utilizing research-based assessment tools.

They will:

- Listen to your request or problem
- Answer questions
- Give you choices of service providers in your area
- Make referrals, if you wish

The Family Caregiver Specialists will help you build a plan for today and the future.

A Family Caregiver Specialist in your area is here to help.

Call us today to learn how.

Elderbridge offers the following caregiving support to families and friends.

- Information and referral
- Emotional support
- Education and training
- Respite care
- Support groups
- Options counseling
- Planning assistance
- Supplemental services such as home modifications and assistive devices.

“Sometimes the person who’s been there for everyone else needs someone to be there for them.”

- anonymous

We are here to help you.

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1-866-468-7887

or

your Elderbridge office at
1-800-243-0678