

# 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](http://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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or

your Elderbridge office at  
1-800-243-0678