

Are you a Family Caregiver?



Choices Today • Options Tomorrow

800-243-0678
www.elderbridge.org

Mason City Area
1190 Briarstone Drive Ste. 3, Mason City, IA 50401

Fort Dodge Area
308 Central Avenue, Fort Dodge, IA 50501

Spencer Area
714 10th Avenue E, Ste. 1, Spencer, IA 51301

Carroll Area
519 N. Court Street, Ste.. 1, Carroll, IA 51401

What's our mission?

To advocate for and empower older adults, caregivers, and individuals with disabilities to pursue independent healthy lives.

Family Caregiver Support



**Being a caregiver
can be difficult.
We can help.**



Choices Today • Options Tomorrow

You may be a Family Caregiver if you:

- Help dad pay bills and arrange his finances.
- Help your uncle with shopping.
- Stop by your mom's house each week to do her laundry and prepare meals.
- Work and take care of your live-in mother-in-law.
- Have a spouse who has Alzheimer's.
- Miss work to take your loved one to appointments.

You may be a caregiver without 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 at 800-243-0678

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. Lowans helping lowans.

Encourages

Handling the challenges of family caregiving is easier with our supportive Family Caregiver Specialists.

Empowers

With the right information, support and resources, 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.

- 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.

Caregivers need support too!
You are not alone.

Elderbridge can offer the following support through our Family Caregiver Program:

- 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.
For more information call
Elderbridge Agency on Aging
800-243-0678