

Are You A Family Caregiver?

Examples of family caregiving may include:

- You stop by once a week to pay your dad's bills and take him grocery shopping
- You call your friend a few times a day to check on her and make sure she's safe
- You work, and take care of your live-in mother
- Your wife has Alzheimer's and needs constant care, so you provide it
- You are 55+ and your grandchildren live with you because your daughter or son is unable to provide care

There are millions of caregivers in the United States, each with their own unique caregiving needs. Caregiving can be a balancing act, especially if you're employed, have other responsibilities or have health problems of your own.

You can be a family caregiver without even realizing it. You might not even think about what you do. But caregiving is vitally important, and support is available near you. Contact Iowa Family Caregiver today to see how we can help.



Caregiving for your parent



Caregiving for a person with special needs



Caregiving for your spouse



Caregiving for your grandchildren



Informing • Encouraging • Empowering



866-468-7887

www.iowafamilycaregiver.org

Contact us today to see how we can help.

Iowa Family Caregiver support program receives operational funding from federal dollars distributed to states by the Administration on Aging and the Iowa Department on Aging. Family Caregiver support program prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, mental or physical disability, political beliefs, sexual orientation and marital or family status.

866-468-7887
www.iowafamilycaregiver.org

Providing care can be difficult.

We can help.



Caregiving for a friend or neighbor

IOWA FAMILY



CAREGIVER

Informing

We can connect you to the many resources available to help both you and your family member or friend.

Encouraging

Handling the stress is easier with the emotional support of our Family Caregiver Specialists and support groups.

Empowering

With the right resources and support, family caregivers can better control their situations, and make educated choices and informed plans. With resources that fit your needs, family caregivers can enjoy the social and relational aspects of caring for loved ones and friends.



We're Here for You When You're There for Others

We know that the caregiving work you do is important. We know you wouldn't have it any other way. But we also know that caregiving can be just as exhausting as it is rewarding. Iowa Family Caregiver is here to help you take the best care of others and to make sure you also take care of yourself.

Services for Caregivers

- Planning assistance
- Referrals
- Training
- Respite care
- Support groups
- Counseling

You can't do it all alone. And you don't have to.

When you help family members or older friends maintain their independence and safety, you provide an invaluable gift.

Our Family Caregiver Specialists share knowledge and experience to connect you with the help you need. They will listen to your request or problem, answer questions, give choices of service providers in your area and make referrals if you wish. Information about financial assistance and benefits to fund the services you need will be available.

A Family Caregiver Specialist in your area is here to help. Call us today to learn how.

866-468-7887

www.iowafamilycaregiver.org



866-468-7887

www.iowafamilycaregiver.org