

## Dane County's

### **Caring for Caregivers Program**

recognizes the critical role of families, friends, and neighbors in providing care to older adults, and the role of older adult relative caregivers in raising grandchildren and caring for life-long severely disabled adult children or relatives ages 18—59 who live with them.

We offer support and resources for caregivers in their efforts to help their loved ones live at home for as long as possible while caring for themselves in the process.

#### **To be eligible for services you must be:**

##### **A caregiver over the age of 18 who cares for:**

*a fragile older adult age 60 plus*

*a person with Alzheimer's disease, dementia, or related disorders regardless of age, or*

##### **An older adult age 55+ who cares for:**

*relative children under age 18 (including grandchildren) who live with you*

*relative disabled adults (age 18-59) with severe life-long disabilities who live with you*

For more information, contact:

**Jane De Broux**  
*Caregiver Specialist*

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#### **Check out our website:**

<https://dcdhs.com/Area-Agency-on-Aging>

#### **Subscribe to our newsletter:**



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[www.facebook.com/servingcaregivers/](https://www.facebook.com/servingcaregivers/)

## Area Agency on Aging of Dane County **Caregiver Program**



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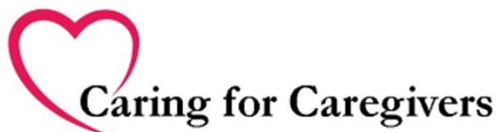


The Area Agency on Aging of Dane County is a unit of the  
Dane County Department of Human Services.



**If you regularly do any of these for an older adult family member, friend, or neighbor you are a Caregiver!**

- Monitor medications
- Shop with them or for them
- Provide transportation
- Attend medical appointments
- Help with meals
- Help with cleaning, snow removal, or other home chores
- Manage or help with finances
- Provide care in your home or theirs



## The Caring for Caregivers Program offers:

### **Caring for Caregivers Grants**

Caregiving can be challenging and in order to care for others we need to be able to take a break and care for ourselves. *Caring for Caregivers Grants* are provided annually by funds from the National Family Caregiver Support Program (NFCSP) which is funded by the Older Americans Act Title III E.

**Funding is intended to provide unpaid family caregivers with respite. Grants may cover all or part of the cost for a service to provide you with time for yourself to rest and recharge. Examples of respite services include:**

Hiring an agency or individuals to provide help with home chores or personal cares for your care partner

Engaging a meal preparation service

Arranging a short stay for your care partner at a facility so you can attend an event or take a vacation

Enrolling your care partner in an Adult Day Center Program

**Examples of respite services for Relative Caregivers include:**

Enrolling the child you care for in after school programs or summer camp

Signing up for a family YMCA membership

### **Referrals and Resources**

Are you a new caregiver looking for direction? A long-time care partner who needs additional support?

The Caregiver Program can provide referrals, assistance, and problem-solving related to caregiving. Whether you need practical solutions, someone to talk to, or classes that help with your own self-care, we can help you find what you need.

