



## You Are Important!

The caregiving you provide is very significant! Because of you, the person you care for is able to continue living in the community and receive care from someone they love and trust.

The advice to take care of yourself as a caregiver can be easy to hear, but can be hard to accept and put into practice. It is important to take care of yourself, because you are important!

One of the biggest mistakes that you can make is to wait until you feel too stressed to make changes or seek support. It is extremely valuable to build healthy habits and have a plan in place before you become overwhelmed.

## Explore On-line Support Groups and Resources\*

### Wisconsin's Family Caregiver Support Programs

<https://wisconsincaregiver.org/>

contains a long list of ongoing virtual support groups

### Caregiver Action Network

(1-202-454-3970)

<https://www.caregiveraction.org/>

contains an extensive Family Caregiver Toolbox, a Caregiver Help Desk, and anonymous chat room

### Trualta

(1-800-214-5085)

<https://www.trualta.com/>

provides free, skill-based, clinically validated training for caregivers

### Family Caregiver Alliance

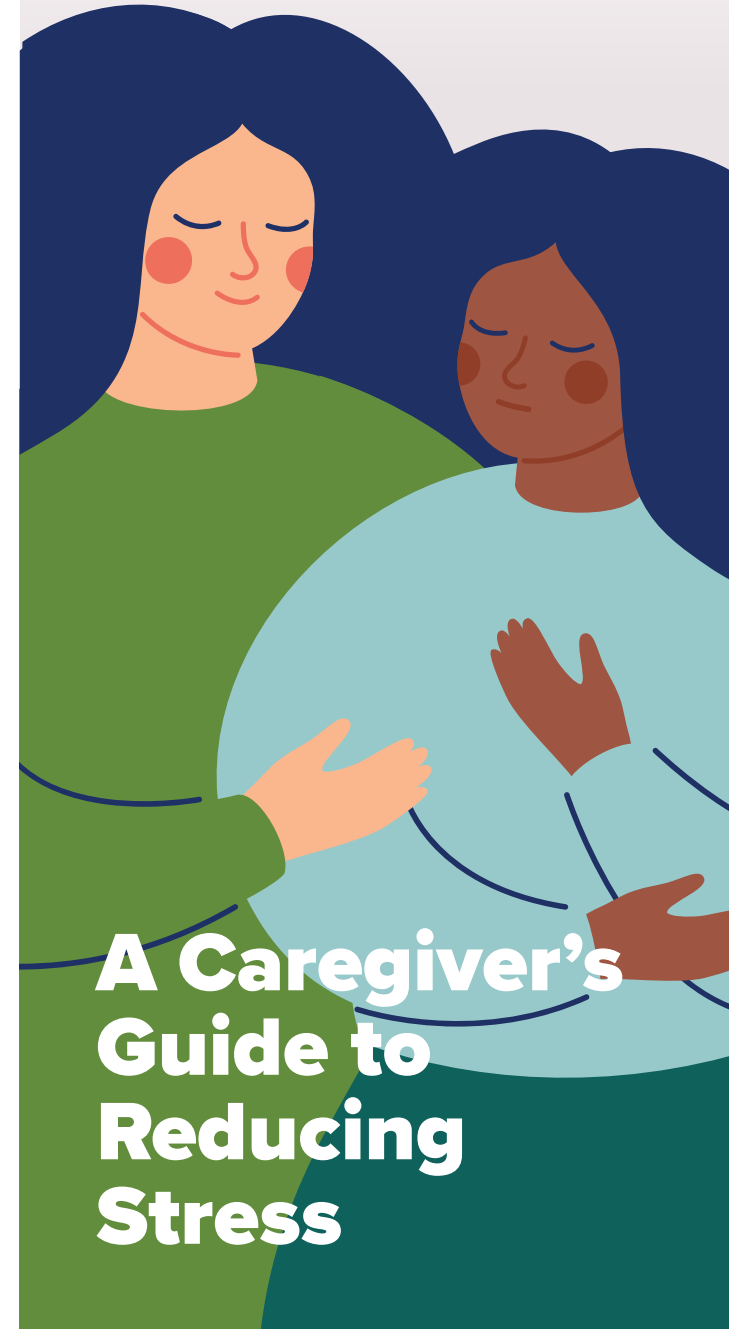
(1-800-445-8106)

<https://www.caregiver.org/>

includes a long list of caregiver resources and classes including a "Let's Get Away Together" interactive series

*\*Current as of 2/2023*

**800-963-0035 TTY: 711**  
[www.mychoicewi.org](http://www.mychoicewi.org)



## A Caregiver's Guide to Reducing Stress



*“Ask for help not because you’re weak, but because you want to remain strong.”*

– Les Brown

## Reducing Caregiver Stress is a Team Effort!

Caregivers are at greater risk of burnout, depression, and health concerns than the general population. Reducing and preventing caregiver stress and strain is important and takes a team of support: including you as the caregiver, the member receiving the care, your My Choice Wisconsin care team, and local and national resources.

## Don’t Neglect Self-Care

It is often hard to see beyond the caregiving tasks that await you each day but there are small things that you can do to ensure self-care. Sometimes something as simple as daily meditation, or even a few minutes of mindful deep breathing can greatly reduce stress levels.

Listening to music can be an easy way to reduce stress and have fun, both for yourself and the person you are caring for.

Take a few minutes to talk to a loved one, friend, spiritual advisor, or anyone that can cheer you up and give you a boost.

Don’t neglect your health. Try to get rest and exercise when you are able.

Remember to eat healthy meals every day, and as needed sparingly use favorite foods during stressful times as a comfort food.

Invest in a new hobby or interest. Spending even a few minutes a day doing something you enjoy can be so beneficial.

Make to-do lists so that you can see how much you accomplish every day!



## Contact the Local Aging and Disability Resource Center (ADRC)

The ADRC can provide information on a variety of programs and services related to caregiving, including:

- Telephone Support
- Local Caregiver Support Groups
- Family Caregiver Support Network
- Online Information and Education
- Much more!

Find your local ADRC on-line at [dhs.wisconsin.gov/adrc](https://dhs.wisconsin.gov/adrc) or ask the member’s care team for assistance.

## Collaborate with the Member and Care Team

Certain services may be available for the member that could take some of the burden off of you. Collaborate with the member and care team about formal supports that could be added to the member’s Member Centered Plan (MCP).