



## Signs to Look For

Caregiver stress and strain often increases slowly, and a caregiver may not realize that they are showing symptoms.

### Signs include:

- Increased fatigue/tiredness
- Changes in sleep patterns
- Becoming edgy or irritable
- Being constantly worried
- Appearing overwhelmed
- Increased headaches and illness
- Losing interest in former hobbies
- Secluding themselves from others
- Difficulty making decisions

Looking for these signs and encouraging your caregiver to get support can make all the difference.

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

### Wisconsin's Family Caregiver Support Programs

<https://wisconsin caregiver.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)

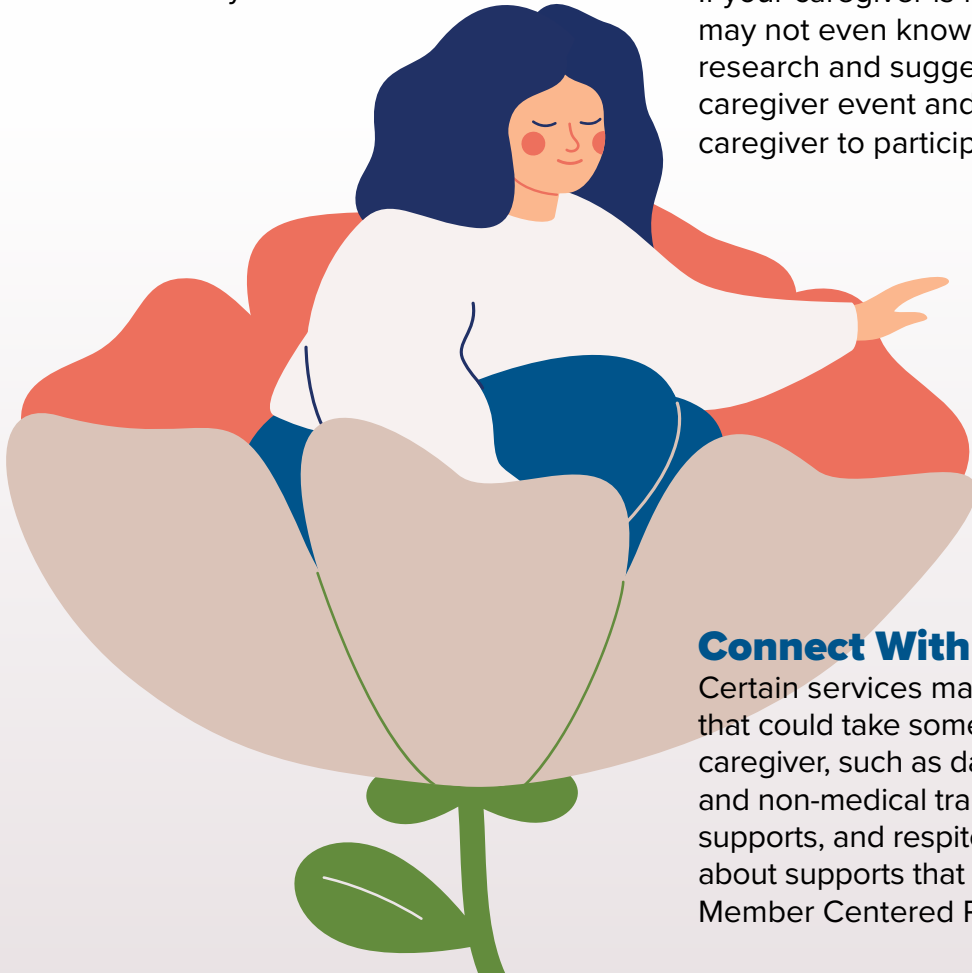


## A Member's Guide to Reducing Caregiver Stress

## 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, your caregiver, your My Choice Wisconsin care team, and local and national resources.

One of the biggest mistakes is waiting until a caregiver is stressed to offer encouragement or support. Preventing caregiver stress before it happens provides the best possible outcome for everyone involved.



## Things You Can Do To Help

Everyone is at risk of negative impacts from stress. It is important to remember your own self-care. Daily meditation, or even a few minutes of mindful deep breathing can greatly reduce stress levels.

Show your appreciation. A simple “thank-you” can go a long way in brightening your caregiver’s day.

Having fun together can make caregiving less of a chore! Share a laugh together, or if appropriate find a hobby or activity that you and your caregiver can enjoy together.

If your caregiver is feeling stressed, they may not even know where to start. Help research and suggest a support group or caregiver event and encourage your caregiver to participate.

## Connect With Your Care Team

Certain services may be available for you that could take some responsibility from your caregiver, such as day programming, medical and non-medical transportation, self-directed supports, and respite. Talk to your care team about supports that could be added to your Member Centered Plan (MCP).

## 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.



*“Seek opportunities to show you care. The smallest gestures often make the biggest difference”*

– John Wooden