



Maybe being a caregiver was never part of your plan.

But now, here you are. Some days it feels like a rollercoaster — rewarding, challenging, exhausting.

You have a million things to do, but one of the most important is taking care of yourself. If you're having any of the following problems, it's time to get help.

Health problems — pain, injuries, fatigue, sickness, or weight changes

Emotional problems — stress, depression, or anxiety

Sleep problems — difficulty falling or staying asleep

Loss of interest in things you used to enjoy



Aging & Disability Resource Center

Baraboo Office
505 Broadway Street
Baraboo, WI 53913

Marina Wittmann
Lead Aging Program Specialist

Monday-Friday: 8:00am-4:30pm

ADRC, (608)355-3289



Find us on Facebook at
Wisconsin's Family Caregiver
Support Programs

To find caregiving help anywhere in
Wisconsin, call toll-free:

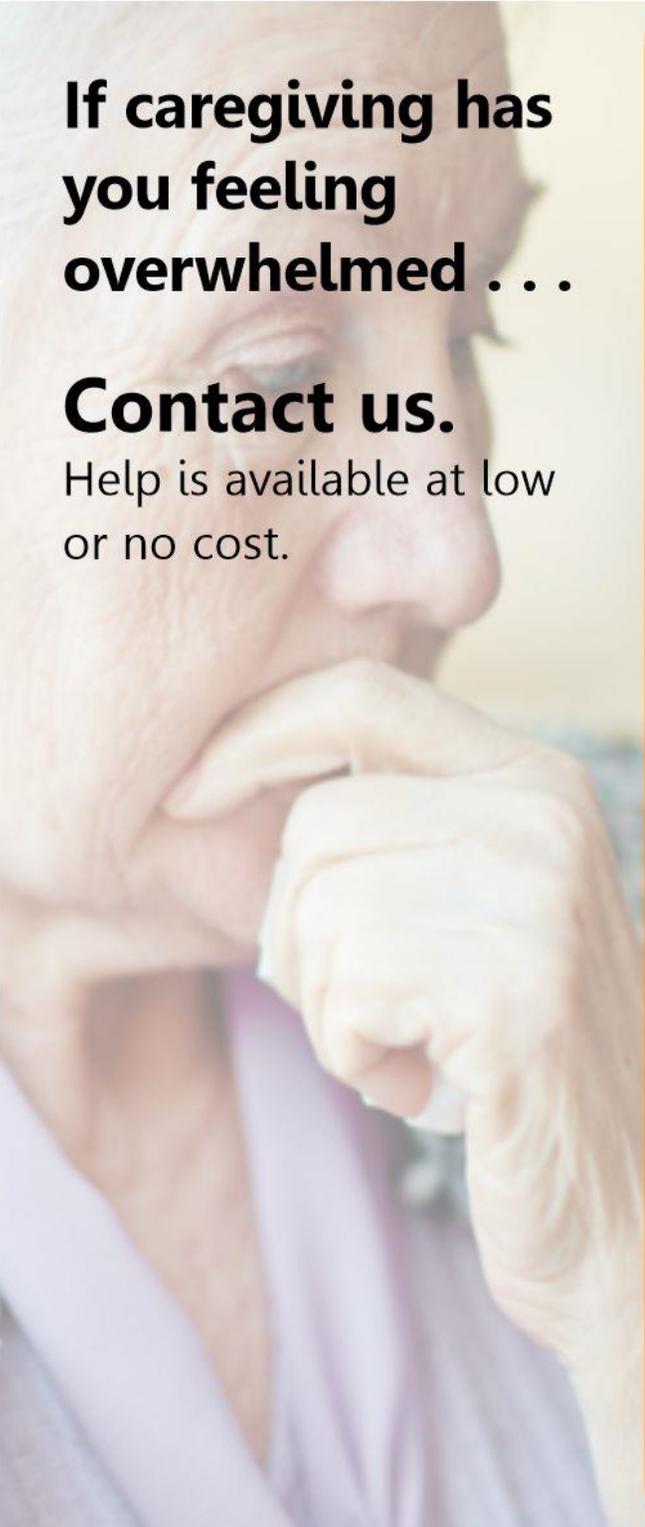
(866) 843-9810

Or, visit the website at:
wisconsin caregiver.org



**Tired?
Worried?
No time to
yourself?**

**Caring for someone can
be rewarding, but it can
be hard too — even if
you're taking care of
someone you love.**



**If caregiving has
you feeling
overwhelmed . . .**

Contact us.

Help is available at low
or no cost.

Get Information

Talk to professionals who listen, learn about your situation, and offer assistance and links to available services and resources.

Find Support

Get help managing the stresses of caregiving:

- ◆ **Talk to people who are caring for someone too.** Try a support group or workshop to get advice, emotional support, and helpful resources.

Respite — A break from caregiving

Sometimes you just need a little time to yourself. We can help by providing respite — a reliable person who fills in for you so you can run errands, visit friends, or just recharge your batteries.



Make Connections

Not sure where to find help when you need it? We can connect you with information and services to make caregiving easier such as:

- ◆ Adult Day Care
- ◆ Home Health & Personal Care Services
- ◆ Housing Options
- ◆ Financial & Legal Information
- ◆ Home Delivered Meals
- ◆ Rides & Transportation
- ◆ Emergency Response Systems
- ◆ Chore Services