



CAREGIVING
RELATIONSHIPS
For People Who Care For
Adults

A Program Implemented by the Wisconsin Alliance
for Family Caregiving with Community Partners
<http://www.uwex.edu/ces/flp/caregiving/>

PRESS RELEASE

Caregivers Need Care Too

Caring for a dependent adult is much like riding a roller coaster. At times you are at the top experiencing the rewards that come from caring for another person, and at other times you may feel like you are plunging down a long hill.

The mixed emotions can be stressful and confusing, and it may help to talk to others who are experiencing similar situations. Support groups can give caregivers an opportunity to meet other caregivers, to express concerns, find new solutions, and learn about resources.

Participants often learn that as they reach out to others, they grow stronger themselves. The more they share and gain a fresh perspective, the more effectively they can adapt to their own losses or problems.

Caregiver support groups can vary widely. Some are designed for the caregiver, patient, or family members. Others focus on a specific issue or disease such as family relationships, grief, heart disease, cancer, or Alzheimer's disease. If you have more than one choice, visit several groups before finding one that meets your needs.

To find a support group in your area, contact your local office on Aging at ____.

The Wisconsin Alliance for Family Caregiving is introducing the curriculum, *Caregiving Relationships*. For more information on this program, contact (local contact with contact information).

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