

You are Not Alone!

Please call the Aging and Disability Resource Center (ADRC) of Door County to day to learn more about our local family and informal caregiver support programs. We offer a range of support and services which include the following:

- Caregiver Support Groups
- Information and Assistance
- Caregiver Training and Resources
- Financial Assistance for Respite Care and Supplemental Services



If caregiving has you feeling overwhelmed ... Contact Us.

Help is available at low or no cost.



@ THE DOOR COUNTY COMMUNITY CENTER

916 North 14th Ave.
Sturgeon Bay, WI 54235

920-746-ADRC (2372)
Toll free: 855-828-2372

Website: www.ADRCDoorCounty.org

Facebook:
www.facebook.com/ADRCDoorCounty/

Email: ADRC@co.door.wi.us

Open Monday – Friday
8:00 a.m. to 4:30 p.m.
or by appointment



Caregiver Support

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



All about the Caregiver Support Program

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 other 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



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.

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 stress 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.

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
- Ride & Transportation
- Emergency Response Systems
- Chore Services

