



**National Family Caregiver Month Statewide Toolkit**  
**Tuesday, November 01- Sunday, November 06**

***Helping Caregivers Self Identify***

Tuesday,  
Nov 01

[Link](#) to the  
image provided

All links can be  
saved as a png  
and used on  
social media  
and in  
newsletters

Press Release



[Family Caregiver Survey](#) or by scanning



**Wisconsin Family & Caregiver Support Alliance (WFACSA) celebrates family caregivers during November's National Family Caregiver Month. We will showcase an advocacy, resource, and support campaign and provide a Statewide Toolkit for agencies to replicate in their newsletters & on their social media platforms.**

**During November, we will celebrate and acknowledge four different populations of caregivers.**

**Nov 01- Nov 06: Helping Caregivers Self Identify**

**Nov 07 - Nov 13: Relative & Grandparent Caregivers**

**Nov 14- Nov 20: Employed Caregivers**

**Nov 21- Nov 30: Underserved Communities**



Scan to learn more about the  
Wisconsin Family and  
Caregiver Support Alliance



For more information, please contact:

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Tuesday,  
Nov 01  
Continued

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## Four Key Strategies to Identify and Reach Family Caregivers

1. **Embed processes to identify family caregivers** through state agencies and public-private partnerships rather than waiting on family caregivers to self-identify.
2. **Prioritize stakeholder education** to ensure that approaches for identifying family caregivers are responsive to specific state and community contexts.
3. **Tailor outreach strategies and build trust** to reach specific caregiver populations.
4. **Leverage caregiver assessments, surveys, and tools** to support identification, data collection, and service delivery.

- Resource for sharing: [Making the Invisible Visible: State Strategies for Identifying and Reaching Family Caregivers - Center for Health Care Strategies \(chcs.org\)](https://www.chcs.org/making-the-invisible-visible)



Do you help care for  
siblings with  
developmental  
disabilities, such as  
autism, cerebral palsy,  
and Down syndrome?

**YOU ARE A CAREGIVER!**

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Wednesday,  
Nov 02

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## NATIONAL FAMILY CAREGIVER MONTH

Are you caring for a child  
with daily medical needs?

**YOU ARE A CAREGIVER!**



- Video Resource for Sharing  
[Katie, a Caregiver from South Carolina](#)
- Video Resource for Sharing  
[Abena, a Caregiver from Washington, DC](#)
- Podcast Resource for Sharing [Caring Better & Braver • A podcast on Anchor](#) *Caregiving is both a joy and a challenge. Most of the time, we don't see ourselves as "caregivers." Instead, we identify as the wife, husband, parent, grandparent, child, sibling, friend, or neighbor. Suddenly you realize that you've become a caregiver, and it's a real job - often unpaid. Millions of people find themselves in this situation every year. About 1 in 7 Americans take on the role of an unpaid family caregiver at any given time. Caring Better & Braver offers family caregivers a means to feel recognized, connected, supported, and informed. You are not alone!*

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Thursday,  
Nov 03

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- Video Resource for Sharing [\(7\) You Might Be a Caregiver If ... - YouTube](#)
- If you are a family caregiver, find help in your area here [FIND HELP IN YOUR AREA | Wisconsin Family Caregiver Support Program \(wisconsincaregiver.org\)](#).
- You can find virtual caregiver support groups, Memory Cafes, and more here. [VIRTUAL EVENTS FOR CAREGIVERS | Wisconsin Family Caregiver Support Program \(wisconsincaregiver.org\)](#)



Friday,  
Nov 04

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**NATIONAL FAMILY CAREGIVER MONTH**

**DOES YOUR SPOUSE NEED  
EXTRA SUPPORT BECAUSE OF  
MEMORY ISSUES?  
YOU ARE A  
CAREGIVER!!**



Wisconsin  
Family and Caregiver  
Support Alliance



Scan to learn more about the  
Wisconsin Family and  
Caregiver Support Alliance



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- You can find virtual caregiver support groups, Memory Cafes, and more here @wisconsinfamilycaregiver: [VIRTUAL EVENTS FOR CAREGIVERS | Wisconsin Family Caregiver Support Program \(wisconsincaregiver.org\)](#)
- Video resource: [\(7\) Caregivers Must Be Selfish To Survive | Dave Nassaney | TEDxWilmingtonWomen - YouTube](#)

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## National Family Caregiver Month

Is your neighbor **taking care of a loved one?**


Do you work with someone who, besides  
their full-time job, also **takes care of a  
child, spouse, partner, or parent?**

Are any **grandparents raising their  
grandchildren** in your inner circle?

Want to make them feel **appreciated,  
supported, or recognized?**

**Treat them to a cup of coffee.**  
Why? Because it's a **hug in a mug!**




- Video Resource for Sharing  Gabe, a Caregiver from Florida
- Jeff Foxworthy, You Know You're a Caregiver When... [\(8\) You Might Be a Caregiver If ... - YouTube](#)
- If you are a family caregiver find help in your area here: [FIND HELP IN YOUR AREA | Wisconsin Family Caregiver Support Program \(wisconsincaregiver.org\)](#).
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- You can find virtual caregiver support groups, Memory Cafes, and more here: [VIRTUAL EVENTS FOR CAREGIVERS | Wisconsin Family Caregiver Support Program \(wisconsincaregiver.org\)](#)
- Video Resource for Sharing  Shawn, a Caregiver from Missouri



“When I first entered my caregiving journey, I **did not self-identify as a caregiver.**

I was just a daughter helping out her mom. But as her vascular dementia worsened, I accepted the reality that I would have to shoulder all the responsibilities that come with being a caregiver...

This crushingly stressful experience is COMMON.”

- Response to the ACL RFI