

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

Helping Caregivers Self Identify

Tuesday, Nov 01 Press Release

Link to the image provided

All links can be saved as a png and used on social media and in newsletters Family Caregiver Survey or by scanning



November is National Family Caregiver Month







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



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For questions regarding the National Family Caregiver Month Statewide Toolkit, contact: Bryn Ceman | GWaar | Bryn.Ceman@gwaar.org
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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: <u>Making the Invisible Visible: State Strategies</u> for Identifying and Reaching Family Caregivers - Center for Health Care Strategies (chcs.org)



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

YOU ARE A CAREGIVER!





Wednesday, Nov 02

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NATIONAL FAMILY CAREGIVER MONTH

Are you caring for a child with daily medical needs?







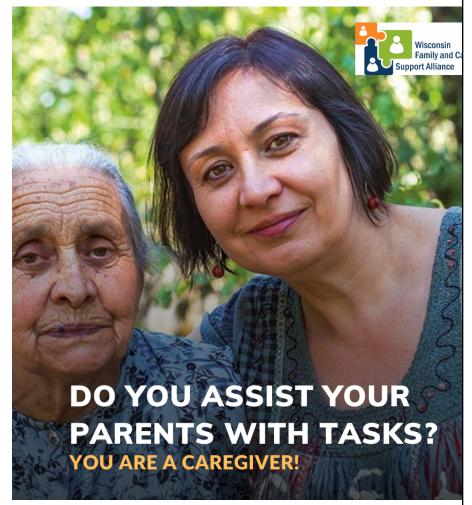
- Video Resource for Sharing
 - Katie, a Caregiver from South Carolina
- Video Resource for Sharing
 - Abena, a Caregiver from Washington, DC
- Podcast Resource for Sharing <u>Caring Better & Braver A podcast on Anchor</u> Caregiving is both a joy and a challenge. Most of the time, we don't see ourselves 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!



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 <u>FIND HELP</u> <u>IN YOUR AREA | Wisconsin Family Caregiver Support Program</u> (wisconsincaregiver.org).
- You can find virtual caregiver support groups, Memory Cafes, and more here. <u>VIRTUAL EVENTS FOR CAREGIVERS | Wisconsin</u>
 Family Caregiver Support Program (wisconsincaregiver.org)



Friday, Nov 04

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- If you are a family caregiver, find help in your area here <u>FIND HELP</u> <u>IN YOUR AREA | Wisconsin Family Caregiver Support Program</u> (wisconsincaregiver.org).
- You can find virtual caregiver support groups, Memory Cafes, and more here @wisconsinfamilycaregiver: <u>VIRTUAL EVENTS FOR</u> <u>CAREGIVERS | Wisconsin Family Caregiver Support Program</u> (wisconsincaregiver.org)
- Video resource: (7) Caregivers Must Be Selfish To Survive | Dave
 Nassaney | TEDxWilmingtonWomen YouTube



Saturday, Nov 05

Link to the image provided

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- 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: <u>FIND HELP</u>
 <u>IN YOUR AREA | Wisconsin Family Caregiver Support Program</u>
 (wisconsincaregiver.org).
- You can find virtual caregiver support groups, Memory Cafes, and more here: <u>VIRTUAL EVENTS FOR CAREGIVERS | Wisconsin</u>
 Family Caregiver Support Program (wisconsincaregiver.org)



Sunday, Nov 06

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- If you are a family caregiver, find help in your area here: <u>FIND HELP IN YOUR AREA | Wisconsin Family Caregiver Support Program</u> (wisconsincaregiver.org).
- You can find virtual caregiver support groups, Memory Cafes, and more here: <u>VIRTUAL EVENTS FOR CAREGIVERS | Wisconsin</u> <u>Family Caregiver Support Program (wisconsincaregiver.org)</u>
- 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

