**Helping Caregivers Self Identify**

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<tr>
<th>Tuesday, Nov 01</th>
<th>Press Release</th>
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<tr>
<td>Link to the image provided</td>
<td>Family Caregiver Survey or by scanning</td>
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All links can be saved as a png and used on social media and in newsletters.

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**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**

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For questions regarding the National Family Caregiver Month Statewide Toolkit, contact:
Bryn Ceman | GWAar | Bryn.Ceman@gwaar.org
Rachel Watkins-Petersen | RCAW | rwatkins-petersen@respitecarewi.org
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<th>Four Key Strategies to Identify and Reach Family Caregivers</th>
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<td>1. <strong>Embed processes to identify family caregivers</strong> through state agencies and public-private partnerships rather than waiting on family caregivers to self-identify.</td>
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<td>2. <strong>Prioritize stakeholder education</strong> to ensure that approaches for identifying family caregivers are responsive to specific state and community contexts.</td>
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<td>3. <strong>Tailor outreach strategies and build trust</strong> to reach specific caregiver populations.</td>
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<td>4. <strong>Leverage caregiver assessments, surveys, and tools</strong> to support identification, data collection, and service delivery.</td>
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- Resource for sharing: [Making the Invisible Visible: State Strategies for Identifying and Reaching Family Caregivers - Center for Health Care Strategies (chcs.org)](http://chcs.org)

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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Rachel Watkins-Petersen | RCAW | [rwatkins-petersen@respitecarewi.org](mailto:rwatkins-petersen@respitecarewi.org)
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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<th>Thursday, Nov 03</th>
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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)](https://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)](https://wisconsincaregiver.org).

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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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“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