



**National Family Caregiver Month Statewide Toolkit
Wednesday, November 01- Friday, November 05, 2023**

Ramp Up to National Family Caregiver Month and Helping Caregivers Self-Identify

**Wednesday,
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](#)
- [Governor's Proclamation](#)

**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 and social media platforms. #caregiversconnect

- **Nov 01- Nov 05: Helping Caregivers Self-Identify**
- **Nov 06 - Nov 12: Self-Care for Caregivers**
- **Nov 13- Nov 19: Funding Resources Caregivers**
- **Nov 20- Nov 26: Virtual Support for Caregivers**
- **Nov 27 - Nov 30: Advocacy & Training**



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



For more information, please contact:

Bryn Ceman | bryn.ceman@gwaar.org

Rachel Watkins-Petersen | rwatkins-petersen@respitcarewi.org



Kayla Steinke | kayla.steinke@milwaukeecountywi.gov

For questions regarding the National Family Caregiver Month Statewide Toolkit, contact:

Bryn Ceman | GWAar | Bryn.Ceman@gwaar.org

Rachel Watkins-Petersen | RCAW | rwatkins-petersen@respitcarewi.org

Kayla Steinke | Milwaukee County DHHS | kayla.steinke@milwaukeecountywi.gov

<p>Wednesday, Nov 01 Continued</p> <p>Link to the image provided</p> <p>All links can be saved as a PNG and used on social media and in newsletters</p>	<ul style="list-style-type: none"> • (Comedic): Video Resource for Sharing (7) You Might Be a Caregiver If ... - YouTube • When a friend or family member develops a mental health condition, it's important to know that you're not alone. Family members and caregivers often play a large role in helping and supporting the millions of people in the U.S. who experience mental health conditions each year. Many family members and caregivers experience the same thoughts and questions you might have now. https://youtu.be/7_bBwoBpoS0 <p>You may be trying to help a family member who doesn't have access to care or doesn't want help. Or you could learn how to support and encourage someone who has been hospitalized or experienced a similar mental health crisis. To hear how NAMI can help, visit Family Members and Caregivers NAMI: National Alliance on Mental Illness</p> <ul style="list-style-type: none"> • Native American Family GC: (48) 48) Zuzette, a Caregiver from Arizona - YouTube  Zuzette, a Caregiver from Arizona <div data-bbox="440 1020 1214 1667" data-label="Image">  </div> <ul style="list-style-type: none"> • Insert information about registering for Supporting Caregivers
--	---

For questions regarding the National Family Caregiver Month Statewide Toolkit, contact:
 Bryn Ceman | GWAar | Bryn.Ceman@gwaar.org
 Rachel Watkins-Petersen | RCAW | rwatkins-petersen@respitcarewi.org
 Kayla Steinke | Milwaukee County DHHS | kayla.steinke@milwaukeecountywi.gov



webinar to be hosted on 11/7/23

[Link](#) to the image provided

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



Do you help care for someone living with developmental disabilities such as autism, Down syndrome, or cerebral palsy? YOU are a caregiver!

[#CaregiversConnect](#)



For questions regarding the National Family Caregiver Month Statewide Toolkit, contact:
Bryn Ceman | GWAar | Bryn.Ceman@gwaar.org
Rachel Watkins-Petersen | RCAW | rwatkins-petersen@respitcarewi.org
Kayla Steinke | Milwaukee County DHHS | kayla.steinke@milwaukeecountywi.gov



Thursday,
Nov 02

[Link](#) to the
image provided

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

NATIONAL FAMILY CAREGIVER MONTH

Are you caring for a child
with daily medical needs?

YOU ARE A CAREGIVER!



#CaregiversConnect



- Video Resource for Sharing
[▶ Katie, a Caregiver from South Carolina](#)
- Video Resource for Sharing
[▶ Abena, a Caregiver from Washington, DC](#)
- **Agency Approaches: 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

For questions regarding the National Family Caregiver Month Statewide Toolkit, contact:

Bryn Ceman | GWAar | Bryn.Ceman@gwaar.org

Rachel Watkins-Petersen | RCAF | rwatkins-petersen@respitcarewi.org

Kayla Steinke | Milwaukee County DHHS | kayla.steinke@milwaukeecountywi.gov



	<p>support identification, data collection, and service delivery.</p> <ul style="list-style-type: none"> • Resource for sharing: Making the Invisible Visible: State Strategies for Identifying and Reaching Family Caregivers - Center for Health Care Strategies (chcs.org)
<p>Thursday, Nov 02</p> <p>All links can be saved as a PNG and used on social media and in newsletters</p>	<ul style="list-style-type: none"> • Caring Across Generations and Yvette Nicole Brown tell Hollywood: Be our hero! Bring more care stories to film and TV. (170) Caregivers Don't Wear Capes - 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)

For questions regarding the National Family Caregiver Month Statewide Toolkit, contact:
 Bryn Ceman | GWAar | Bryn.Ceman@gwaar.org
 Rachel Watkins-Petersen | RCAF | rwatkins-petersen@respitcarewi.org
 Kayla Steinke | Milwaukee County DHHS | kayla.steinke@milwaukeecountywi.gov



Friday,
Nov 03

[Link](#) to the
image provided

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

NATIONAL FAMILY CAREGIVER MONTH

**DOES YOUR SPOUSE NEED
EXTRA SUPPORT BECAUSE OF
MEMORY ISSUES?**

**YOU ARE A
CAREGIVER!!**



#CAREGIVERSCONNECT



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



- Self-Identifying as a Caregiver: How the Truth May Actually Set You Free! [Self-Identifying as a Caregiver: How the Truth May Actually Set You Free! \(benrose.org\)](https://benrose.org)
- Video resource: [\(7\) Caregivers Must Be Selfish To Survive | Dave Nassaney | TEDxWilmingtonWomen - YouTube](#)


For questions regarding the National Family Caregiver Month Statewide Toolkit, contact:
Bryn Ceman | GWAar | Bryn.Ceman@gwaar.org
Rachel Watkins-Petersen | RCAW | rwatkins-petersen@respitcarewi.org
Kayla Steinke | Milwaukee County DHHS | kayla.steinke@milwaukeecountywi.gov

**Saturday,
Nov 04**

[Link](#) to the
image provided


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



- Video Resource for Sharing  Gabe, a Caregiver from Florida
- From @caregiveractionnetwork: Maybe it started slowly. You visited your parents and started to worry about them living alone. You found yourself taking over more of the responsibilities for your spouse. Maybe it happened all of a sudden. Mom slipped and broke her hip. The neighbors called to say that dad was wandering around looking lost. However it began, you are now a family caregiver. Now what? [I Just Realized I'm a Family Caregiver Now | CAN \(caregiveraction.org\)](#)

For questions regarding the National Family Caregiver Month Statewide Toolkit, contact:
Bryn Ceman | GWAar | Bryn.Ceman@gwaar.org
Rachel Watkins-Petersen | RCAW | rwatkins-petersen@respitcarewi.org
Kayla Steinke | Milwaukee County DHHS | kayla.steinke@milwaukeecountywi.gov



Sunday, Nov 05	<ul style="list-style-type: none">• If you are a family caregiver, find help in your area here: FIND HELP IN YOUR AREA Wisconsin Family Caregiver Support Program (wisconsinfamilycaregiver.org).• You can find virtual caregiver support groups, Memory Cafes, and more here: VIRTUAL EVENTS FOR CAREGIVERS Wisconsin Family Caregiver Support Program (wisconsinfamilycaregiver.org)• Video Resource for Sharing  Shawn, a Caregiver from Missouri
---------------------------	---

For questions regarding the National Family Caregiver Month Statewide Toolkit, contact:
Bryn Ceman | GWAar | Bryn.Ceman@gwaar.org
Rachel Watkins-Petersen | RCAW | rwatkins-petersen@respitcarewi.org
Kayla Steinke | Milwaukee County DHHS | kayla.steinke@milwaukeecountywi.gov