



National Family Caregiver Month Statewide Toolkit
Monday, November 20 - Sunday, November 26

Virtual Supports

**Monday,
November 20**

[Link](#) to the image provided

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

- A resource to share from @Trualta – Wisconsin offers Trualta free to family caregivers. Sign up or log in here: [Login - Wisconsin State \(trualta.com\)](https://trualta.com)
- Are you or someone you know a caregiver? Would you like to talk to a 211 Outreach Specialist about your experience or explore what resources could help? [Caregiver Outreach \(unitedwaywi.org\)](https://unitedwaywi.org)

Are you or someone you know a caregiver?



Get connected to the Caregiver Outreach Program, or refer someone you know!

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



**Tuesday,
Nov 21**

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- Caregiver Support: Offering you the support and education you need to help you take care of yourself and your loved one. [Caregiver Teleconnection \(wellmedcharitablefoundation.org\)](#)

Virtual Support for Family Caregivers



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	<ul style="list-style-type: none">• The Wisconsin Department of Children and Families funds the Wisconsin Family Connections Center (WiFCC). The WiFCC provides support and services to parents and caregivers across the continuum of kinship care, foster care, and post-post permanency, including reunification, guardianship, and adoption. The WiFCC is also an excellent resource for professionals serving these families and caregivers. https://wifostercareandadoption.org/
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**Wednesday,
Nov 22**

- Resource to share from @Alzheimer'sAssociationWisconsinChapter – What is an Alzheimer's Association Support Group? A support group is a safe place to learn, offer and receive helpful tips, and meet others coping with Alzheimer's disease or other dementia. Meetings typically take place monthly and are always free, and are open to the public.
<https://www.alz.org/media/wi/documents/Support-Groups-Regional-updated-4-24-23.pdf>
- Caring Better & Braver offers family caregivers a means to feel recognized, connected, supported and informed. 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. You are not alone!
<https://podcasters.spotify.com/pod/show/caring-better-braver>

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- Resource to share from @TheEmpoweredCaregiver – The Empowered Caregiver Host, Liza Hellenbrand, uplifts caregivers through education, advocacy, and support while also lifting up their invaluable role in society. [The Empowered Caregiver Archives - Civic Media](#)

**Thursday,
Nov 23**

- This half-hour weekly radio show/podcast airs on Saturdays and Sundays on 930 (AM) The Answer KLUP in San Antonio, Austin, Dallas, Ft. Worth, and Tampa, Fl. Hosted by nationally recognized gerontologist Carol Zernial and veteran broadcaster and attorney Ron Aaron, and features a wide variety of caregivers, medical experts, and others. Caregiver SOS On Air explores issues important to you. <https://omny.fm/shows/caregiver-sos>

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	<ul style="list-style-type: none"> • Journey Ahead features upbeat conversations with area experts on how you or your aging loved ones can live life to the fullest in the Chippewa Valley. Hosted by Lisa Wells of the Aging & Disability Resource Center of Eau Claire County, enjoy discussions focused on enhancing the quality of life while aging, living with dementia, keeping our aging loved ones active and healthy, changing attitudes on aging, and many more insightful topics. Subscribe for free to always get the latest monthly episode. https://volumeone.org/podcasts/272514-journey-ahead
<p>Friday, Nov 24</p>	<ul style="list-style-type: none"> • Resources for sharing from Society of Human Resources Management (SHRM) – https://www.shrm.org/hr-today/news/all-things-work/pages/supporting-employee-caregivers.aspx • Resource for sharing from @Trualta – FREE to Wisconsin Family Caregivers

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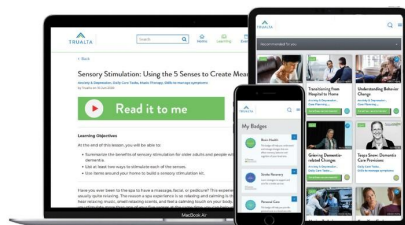


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Tualta is an online learning portal designed for families. With articles, videos, tip-sheets, and professional level training, there is something for everyone. Tualta helps family caregivers reduce stress, find local resources, and provide better care for their loved ones.



"Helpful information while we are making changes in our home. I'm sure I'll be referring back for reminders"

- Maureen

from "What is Dementia-Friendly Interior Design?"

Thousands of family caregivers across North America are using Tualta. Every caregiver has a custom learning journey, so you can choose the topics that interest you and learn any time of day.



Wisconsin Family Caregivers

Register for free here:
<https://wisconsincaregiver.tualta.com/login>

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- Resource for sharing from @Tualta – FREE to Wisconsin Family Caregivers
- Resource for sharing from @AmericanCancerSociety [Contact Us | American Cancer Society | American Cancer Society](#)

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<p>Saturday, Nov 25</p>	<ul style="list-style-type: none"> • Resources for sharing from @988Suicide&CrisisLifeline – We can all help prevent suicide. The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States. https://988lifeline.org/ • Resources for sharing from @Wisconsin’sFamilyCaregiverSupportPrograms – ONGOING VIRTUAL SUPPORT GROUPS VIRTUAL EVENTS FOR CAREGIVERS Wisconsin Family Caregiver Support Program (wisconsinfamilycaregiversupport.org)
<p>Sunday, Nov 26</p>	<ul style="list-style-type: none"> • Resources for sharing from @WellMedCharitableFoundation – Caregiver Support – Offering you the support and education you need to help you take care of yourself and your loved one. https://www.wellmedcharitablefoundation.org/caregiver-support/caregiver-teleconnection/ • Resources for sharing from Elder Locator – the Eldercare Locator, a public service of the U.S. Administration on Aging connecting you to services for older adults and their families. You can also reach us at 1-800-677-1116. Eldercare Locator (acl.gov)

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