

## Other Caregiver Resources and Support Available at the ADRC:

- Powerful Tools for Caregivers: 6 week evidence based workshop focused on the health and wellness of the family caregiver.
- NFCSP and AFCSP Funding: Grant funding available to help caregivers pay for needed respite care services.
- Lending Library: Library of books and resources about different types of dementia and caring for someone with dementia. Available for loan for free or purchase at a discounted rate.
- Dementia Care Specialist: Provides guidance and connection to resources to those affected by dementia.
- Loan Closet: Durable medical equipment available for loan for free for a 3-6 month time period.
- Information and Assistance: Specialist available Monday-Friday 8:30am-4:30pm to listen to your concerns, assess your needs and help connect you to service providers.
- Home Delivered Meals: Nutritious meals delivered Monday, Tuesday, Thursday and Friday by volunteers who also serve as another connection/check in for your loved one.
- Amery Memory Café: Monthly social opportunity for caregivers and their loved ones in early stages of dementia.



### BALSAM LAKE OFFICE (Polk County)

100 Polk County Plaza Suite 60  
Balsam Lake, WI 54810  
Local phone: 715-485-8449  
Fax: 715-485-8460

### SIREN OFFICE (Burnett County)

7410 County Road K, #180  
Siren, WI 54872  
Local phone: 715-349-2100  
Fax: 715-349-8644

**877-485-2372**  
**adrc@co.polk.wi.us**  
**adrcnwwi.org**

### We offer the following at each office location:

- Office appointments
- Telephone consultation
- Home visits for people who aren't able to come in to the office
- Flexible appointment scheduling

## Caregiver Supports



Local caregiver support groups and other resources available to caregivers



### **ADRC Caregiver Support Group**

The ADRC of Northwest Wisconsin provides a monthly caregiver support group for any caregiver caring for an aging or disabled loved one to gain support and learn about new tools, strategies and resources to help them thrive during their caregiver journey.

**When:** Third Tuesday of every month

**Time:** 2:00-3:30pm

**Where:** Peace Lutheran Church at 2355 Clark Road, Dresser, WI

**RSVP and Respite Care:** To RSVP and/or to discuss respite care options call Barb Engelhart at 877-485-2372.

### **Why attend a caregiver support group?**

There are a number of benefits of attending a caregiver support group including (but not limited to):

- Being a part of a supportive community
- Having the opportunity to talk and share with others that understand or are on a similar caregiving journey
- Learning about local resources and services available to you and your loved one

- Learning new ways to cope with the demands of caregiving
- Providing a place to meet new people
- Taking and getting a break from caregiving
- Having a chance to ask questions of professionals and receive support from peers.

### **More Support Group Opportunities**

There are additional caregiver support group opportunities, some specific to certain conditions and others available over the telephone, offering different options and support. Below are a list of the caregiver support groups available locally.

- Alzheimer's Caregiver Support Group: Telephone support group the 4th Tuesday of every month from 10-11am. Pre registration is required and can be completed by call 800-272-3900
- Dementia Caregiver Support Group: Meets at the Amery Area Community Center the 1st Wednesday of every month at 10am. Contact Sharlene at the Alzheimer's Association at 715-720-7611 for more information.
- Family Caregiver Support Group: Meets at the Amery Memory Care on the last Wednesday of every month.

Open to residents, family members and community members. Contact 715-268-4800 for more information.

- Family Caregiver Call-In: Free telephone support group for family caregivers on the 2nd Tuesday of each month from 1-2:30pm. Call to reserve and spot and get the call-in phone number at 877-416-7083.
- Alzheimer's Caregiver Support Group: Meets at the Spooner Health Care System the 1st and 3rd Wednesday of every month 6-7:30pm. Contact Sharlene at the Alzheimer's Association at 715-720-7611 for more information.

