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 

For questions regarding the National Family Caregiver Month Statewide Toolkit, contact:
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Wednesday, Nov 01 Continued Link to the image provided All links can be saved as a PNG and used on social media and in newsletters Link to the	• (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 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 • Native American Family GC: (48) 48) Zuzette, a Caregiver from Arizona - YouTube Zuzette, a Caregiver from Arizona  • Insert information about registering for Supporting Caregivers webinar to be hosted on 11/7/23

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Thursday, Nov 02

Link to the image provided

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- 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 support identification, data collection, and service delivery.

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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)
Thursday, Nov 02	• Caring Across Generations and Yvette Nicole Brown tell Hollywood: Be our hero! Bring more care stories to film and TV.

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All links can be saved as a PNG and used on social media and in newsletters	(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 (wisconsin caregiver.org)

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Friday, Nov 03 Link to the image provided All links can be saved as a PNG and used on social media and in newsletters	 • 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) • Video resource: (7) Caregivers Must Be Selfish To Survive | Dave Nassaney | TEDxWilmingtonWomen - YouTube

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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)

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Sunday, Nov 05	• 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) • Video Resource for Sharing Shawn, a Caregiver from Missouri

National Family Caregiver Month Statewide Toolkit
Monday, November 06- Sunday, November 12, 2023

Self Care for Caregivers

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Monday, Nov 06 Link to the image provided All links can be saved as a PNG and used on social media and in newsletters	
Monday, Nov 06, cont.	From the Nevada Lifespan Respite Care Coalition https://youtu.be/fPDKg6fWSZk – Compassion means showing empathy, love, and concern to people having difficulty, and self-compassion is simply

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	directing these same emotions towards yourself. Caregiving is hard, yet caregivers are particularly hard on themselves when they are not as nurturing or as self-sacrificing as they expect to be. Caregivers may fear indulging in self-pity, allowing any weakness or failure to occur, or letting negative emotions to take over. Superhero you may be, but super-human, you are not. LOVE YOURSELF From the Nevada Lifespan Respite Care Coalition https://www.youtube.com/watch?v=yvS-KQXBcVk – Journaling is mostly setting aside time to think. And time to think is vital for good decision-making and for good mental and emotional health. Journaling helps you understand thought patterns, work through difficult emotions, reflect on certain events, or cultivate more gratitude in your everyday life. Journaling is an incredible stress management tool that lessens the impact of physical stressors on your health. It is also a way to "check in with yourself" and process your emotions – instead of ignoring them or pushing them away. PLAN THINKING TIME • **Resource to share** from @FamilyCaregiverAlliance – Taking Care of YOU: Self-Care for Family Caregivers toolkit though Family Caregiver Alliance

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Tuesday, Nov 07 [Link](#) to the	• Resource to share from Urban Souther – "Self-care is not all salt baths and chocolate — it is also creating a life you don't feel the need to escape from." How to Use Self-Care to Create a Life that You Don't Need to Escape – Urban Southern. • From the Nevada Lifespan Respite Care Coalition https://www.youtube.com/watch?v=J0qbyWYJVMI – Movement is healthy. It releases tension. It lifts your spirits. It helps you recharge. Yet over 60 percent of American adults do not get enough physical activity, and over 25 percent of adults are not active at all. Any exercise may feel hard at first, but as you become more consistent, your body gets stronger. MOVE IT • From the Nevada Lifespan Respite Care Coalition https://youtu.be/WHnCzw92IPw – Loneliness is all too common for caregivers. Connection is more than just being around other people. It means sharing an emotional bond or interacting with people connected to us through mutual experiences, relationships, work, or social groups. MAKE CONNECTIONS

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Wednesday, Nov 08 Link to the image provided All links can be saved as a PNG and used on social media and in newsletters	• Resource to share from @Yoga4Caregivers – Yoga classes and online caregiver wellness membership community https://www.yoga4caregivers.com/ • Resource to share from @GenerationsUnited – GPDayTipSheet-Self-Care (gu.org) • Resource to share from @GenerationsUnited – GPDayTipSheet-Self-Carees-TSG-Es (1).doc (gu.org) - Spanish • From the Nevada Lifespan Respite Care Coalition https://youtu.be/7U0qUtOatOc – You are surrounded by noise, both physical and mental, that spikes your blood pressure and heart rate, releases stress hormones, disturbs your sleep, and affects your ability to focus. Imagine dealing with noise when you are under pressure, feeling stressed out, anxious, and in need of healing. Take care of your health by filtering or limiting your exposure to noise. BLOCK NOISE 
Thursday,	

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Nov 09 Link to the image provided All links can be saved as a PNG and used on social media and in newsletters	 • From the Nevada Lifespan Respite Care Coalition https://youtu.be/8hKMehQGh1U – Getting the recommended hours of quality sleep makes a huge difference to your wellbeing. Getting it on a consistent basis improves your immune system, mood, and work performance. But getting uninterrupted sleep is often a luxury for caregivers. Age, emotional stress, depression, physical inactivity, chronic disease, and nontraditional or constantly changing sleep/wake cycles are all risk factors for sleep disorders like insomnia. While caregiving responsibilities often take priority, caregivers need to be mindful of their own wellbeing and avoid sacrificing sleep. CHOOSE SLEEP • From the Nevada Lifespan Respite Care Coalition https://youtu.be/D9c3MN_BPK8 –

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	Affirmations are positive statements that help you challenge and overcome negative thoughts. Like repetitive exercises for your physical health, affirmations exercise your mind and outlook. Use affirmations when you want to see a positive change take place in your life. For instance, do you wish that you had more patience, deeper relationships with your friends and colleagues, or a more productive workday? UPLIFT YOURSELF • Resource to share from @NationalCouncilonAging: Learn to Avoid the Harmful Effects of Caregiver Stress (ncoa.org)

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Friday, Nov 10 Link to the image provided All links can be saved as a PNG and used on social media and in newsletters	• From the Nevada Lifespan Respite Care Coalition Nevada Lifespan Respite Care Coalition https://youtu.be/qtXCkkilG9I – Fill your lungs slowly and deeply to recognize how tight your body is. Relax into that breath and count slowly in and as you release it out. It is a calming technique every caregiver needs to know and use. The quality of your breath is directly related to your stress levels. When you are more stressed, your breathing rate becomes faster and shallow in your chest. When you are relaxed, you breathe slower and more deeply towards your belly. By purposely slowing down your breathing rate and taking deeper breaths, you consciously begin to relax. BREATHE DEEPLY • Resource to share from @AARP – Supporting Employees That Are Working Family Caregivers (aarp.org)  • From the Nevada Lifespan Respite Care Coalition Nevada Lifespan Respite Care Coalition https://youtu.be/ZLz2UkDmIMg – To best support your loved one, you must be strong and actively present, so be sure to schedule respite time for yourself to relax and recuperate. Continue doing things you love like reading, cooking, or hanging out

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	with friends. To avoid burnout, talk to other family members and friends and ask them for help. DO “YOU” MORE

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Saturday, Nov 11 Link to the image provided All links can be saved as a PNG and used on social media and in newsletters	 Resource to share from @internationalassociationforindigenousaging-IA2 – International Association for Indigenous Aging Caring for Caregivers page ○ Includes access to their original images for the campaign • From the Nevada Lifespan Respite Care Coalition Nevada Lifespan Respite Care Coalition https://youtu.be/GD6pQDrUwII – Before stress makes you sick, ask friends, neighbors, or family members to help temporarily with some of the work of care. Asking for help does not mean that you have given up on your loved one or no longer love them. Are you not asking for help because… ○ You do not know what kind of help to ask for? ○ You do not want to bother anyone? ○ You feel guilty if you do not do everything for the person in your care? ○ You are afraid the answer will be "No?" To be fair, do not ask at the last minute. Let people know you will need help a few days ahead of time so they can adjust their schedule. Explain why you need the help. It is easier for someone to help you when they know exactly what you need. Of all the tasks you could have them do while you are away, ask only for what you know the person can give. Find out what each person can and is willing to do. Give them a chance to try. Be satisfied with "Good Enough." ASK FOR HELP

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Sunday, Nov 12	• From the Nevada Lifespan Respite Care Coalition https://www.youtube.com/watch?v=DA3R1XR2-E4 – Have you ever heard people say they would not want to change something hard they experienced because it had meaning, resulted in growth, was a valuable lesson learned, or ultimately opened opportunities they had not foreseen? It is a beautiful moment to realize that a personal sacrifice of time and effort allowed you to respond to someone else's true needs. Your sacrifice became a hopeful, healing message of "you are not alone." When you think about pain, you automatically think of physical pain. Most people are not aware of the fact that emotional pain shares the same pathways in your brain as physical pain and your body registers it in the same way. Pain demands to be felt and that you tune in to what is going on inside of you. Ignoring pain from any source makes as much sense as ignoring a broken leg. LEARN "PAIN" • From the Nevada Lifespan Respite Care Coalition https://youtu.be/4feyalbgJIU – When life seems chaotic, routines are great stress relievers even when circumstances are challenging. The more "normal" the day seems, the less stress on your stress control systems. Having a routine can be helpful at any time, particularly if you are trying to establish self-care habits, but these routines can be particularly important when aspects of caregiving make your life feel uncertain. MAKE IT "ROUTINE" • Resource to share from Seasons: "What does it mean when you're grieving a loved one who's still alive?" This article includes resources and tips for managing anticipatory grief and general grief: https://www.seasons.com/what-is-anticipatory-grief-and-why-is-it-a-burden-on-caregivers/2580445/

National Family Caregiver Month Statewide Toolkit
Monday, November 13 - Sunday, November 19

Funding Resources

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Wisconsin Family and Caregiver Support Alliance

Monday, Nov 13	**Resource/info for AFCSP**
Link to the image provided All links can be saved as a PNG and used on social media and in newsletters	

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	• ALZHEIMER'S FAMILY CAREGIVER SUPPORT PROGRAM (gwaar.org) • TRIBAL ALZHEIMER'S FAMILY CAREGIVER SUPPORT PROGRAM (gwaar.org) • HMONG ALZHEIMER'S FAMILY CAREGIVER SUPPORT PROGRAM (gwaar.or • g) • U.S. SPANISH ALZHEIMER'S FAMILY CAREGIVER SUPPORT PROGRAM (gwaar.org) • **Frontal Temporal Degeneration (FTD**) imposes a severe economic burden on persons diagnosed and their families — a burden that has only been exacerbated by the COVID-19 pandemic. AFTD offers Comstock Grants as direct assistance to people in the FTD community. Comstock Grants | AFTD (theaftd.org)

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Wisconsin Family and Caregiver Support Alliance

Tuesday, Nov 14 Link to the image provided All links can be saved as a PNG and used on social media and in newsletters	 • **Home Care Recharge Respite Grant** for those with a diagnosis of Alzheimer's or related dementia, currently living at home, care professional is facing financial and emotional hardship, resides in US

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	or Canada: HFC Application Manager - HFC In-Home Care Grant Application (submittable.com) • Worry Less and Age Better with BenefitsCheckUp **BenefitsCheckUp®** connects millions of older adults and people with disabilities with benefits programs that can help pay for health care, medicine, food, utilities, and more. See what's available in your area by entering your ZIP code.https://benefitscheckup.org/#/prescreen
Wednesday, Nov 15 Link to the image provided All links can be saved as a png and used on social media and in newsletters	**Relative NFCSP and Relative Caregiver Support**  • RELATIVE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM (gwaar.org) • HMONG RELATIVE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM (gwaar.org)

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	• U.S. SPANISH RELATIVE NATIONAL FAMILY CAREGIVER SUPPORT PROGRAM (gwaar.org) • Resource to share from @WisconsinDepartmentofChildrenandFamilies – Kinship Navigator | Wisconsin Department of Children and Families • Video Resource to Share: Relative As Parents: (53) Kinship Brings Change - YouTube
Thursday, Nov 16 Link to the image provided All links can be saved as a png and used on social media and in newsletters	 • **The Brian Trinastic Memorial Grant Program** assists with the needs of those individuals living with ALS. The Chapter does not receive federal or state funding. The Grant Program is solely funded through private donations, memorials, Chapter sponsored and Community/Family events. Microsoft Word - Brian Trinastic Memorial Grant Program Application revApril17.doc (als.org)

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Friday, Nov 17	• **Independent Living Support Program (ILSP)** Provides up to $7200 for 1-time or continuing services for those who qualify • **Medicaid and Publicly Funded Long-Term Care** Brief summary of information for getting paid to be a family caregiver through Medicaid, long term care insurance, or Veterans programs
Saturday, Nov 18 Link to the image provided All links can be saved as a png and used on social media and in newsletters	• **Veterans Services Caregiver Support** National info for caregiver support through VA: https://www.caregiver.va.gov/  • **American Parkinson Disease Association (ADPDA)** Wisconsin offers a patient aid scholarship program designed to provide financial support to people with Parkinson Disease (PD) and their families. Approved applicants will be eligible to be granted up to $500 per calendar year (January – December). Funds are limited and will be awarded on a first come basis. This Patient Aid Scholarship Program is intended for individuals with PD in need of financial assistance to

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	participate in any of the following activities: WI-APDA-Patient-Aide-application-2021.pdf (apdaparkinson.org)
Sunday, Nov 19	• **Finding Service via Private Pay or Long Term care Insurance Resource to share:** https://seniorresourcesonline.com/ • **Wisconsin Family & Caregiver Support Alliance (WFACSA)** General resource info: https://wisconsincaregiver.org/resources-for-family-caregivers • The **CurePSP Quality of Life Respite Grant** provides direct support to those living with progressive supranuclear palsy (PSP), corticobasal degeneration (CBD) and multiple system atrophy (MSA): CurePSP Quality of Life Respite Grant

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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) • 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) 

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	excellent resource for professionals serving these families and caregivers. https://wifostercareandadoption.org/

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Wednesday, Nov 22 Link to the image	• 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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provided All links can be saved as a PNG and used on social media and in newsletters	 • 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

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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 • 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
Friday, Nov 24	• 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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[Link] to the image provided All links can be saved as a png and used on social media and in newsletters	 • Resource for sharing from @Trualta – FREE to Wisconsin Family Caregivers • Resource for sharing from @AmericanCancerSociety Contact Us | American Cancer Society | American Cancer Society
Saturday, Nov 25	• 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/

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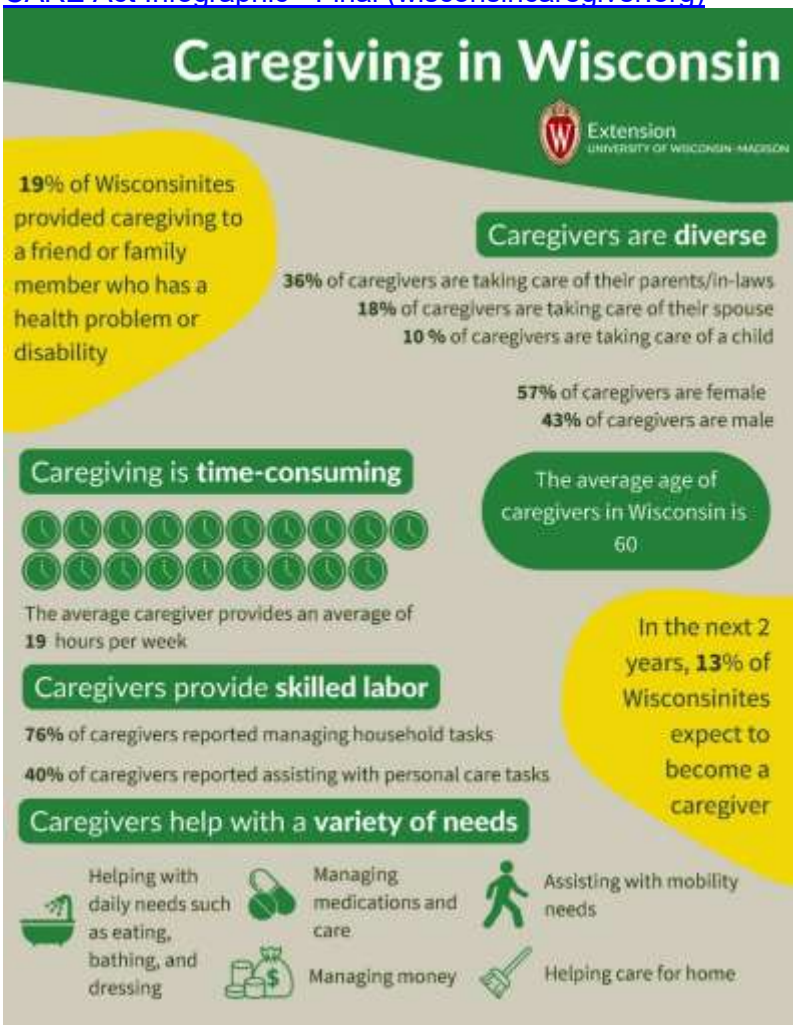
	• Resources for sharing from @Wisconsin'sFamilyCaregiverSupportPrograms – ONGOING VIRTUAL SUPPORT GROUPS VIRTUAL EVENTS FOR CAREGIVERS | Wisconsin Family Caregiver Support Program (wisconsincaregiver.org)
Sunday, Nov 26	• Resources for sharing from @WellMedCharitableFoundation – Caregiver Support – Offering 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)

National Family Caregiver Month Statewide Toolkit
Monday, November 21 - Wednesday, November 30

Advocacy/Training

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Wisconsin Family and Caregiver Support Alliance

Monday, Nov 27 Link (page 1) to the image provided All links can be saved as a PNG and used on social media and newsletters. Link (page 2) to the image provided All links can be saved as a PNG and used on social media and newsletters.	• CARE Act Infographic - Final (wisconsincaregiver.org) 

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- [Kinship Navigator | Wisconsin Department of Children and Families] – find resources specifically designed for grandparents and other relatives acting as the primary caregivers for grandchildren or other child relatives.
- How Do I Provide The Best Care? Trualta addresses real issues, showing you how with in-depth lessons, practical steps, and guided support from their eLearning Platform. This resource is FREE to Wisconsin Family Caregivers. https://wisconsincaregiver.trualta.com/login
- Statewide Paid Family and Medical Leave Program
- Paid Leave for Wisconsin

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Tuesday, Nov 28 Link to the image provided All links can be saved as a PNG and used on social media and newsletters.	• Learn more Home | paidleaveforwi.orgabout the RAISE Family Caregiving Advisory Council. Wisconsin's very own Lynn Gall is a Non-Federal Advisory Council Member! Find out about any "Upcoming Full Advisory Council Meetings."  Wisconsin Family and Caregiver Support Alliance **Lynn Gall, founding member and former Wisconsin Family and Caregiver Support Alliance Co-Chair, Appointed to the Administration for Community Living's RAISE Family Caregiving Advisory Council** AUGUST 14, 2023 Lynn Gall, former Co-Chair of the Wisconsin Family and Caregiver Support Alliance (WFACSA) and current Family Caregiver Support and Lifespan Respite Programs Manager for the Wisconsin Department of Health Services has been appointed to a three-year term on the federal RAISE Family Caregiving Advisory Council. The RAISE Family Caregiving Advisory Council was established by the Recognize, Assist, Include, Support, and Engage (RAISE) Family Caregivers Act in 2018. In its first term, from 2019-2022, the advisory council developed the 2022 National Strategy to Support Family Caregivers, which was delivered to Congress in September 2022 and included nearly 350 federal actions and more than 150 state and local actions to strengthen supports for family caregivers. Over the next three years, Gall and other advisory council members will build upon this historic strategy. Their charge is to gather and review information about the real-life situations of family caregivers and the promising practices to help support them and the people in their care. The council will advise ACL and its partners across the federal government on caregiving issues and promote and track the implementation of the 2022 National Strategy. In addition, they will craft the first update to the national strategy, which will be delivered late next year. The newly appointed council members represent the diversity of America's family caregivers: People who receive support and a range of other constituencies, including direct care workers. These new members are experts in caregiving through lived experience or their professional background, and sometimes both. As manager of Family Caregiver Support and Lifespan Respite Programs, Bureau of Aging and Disability Resources/ Office on Aging, Wisconsin Department of Health, Gall administers and oversees state and federal funding contracted to Wisconsin counties and tribes. She manages include the Older Americans Act National Family Caregiver Support Program, Wisconsin Alzheimer's Family Caregiver Support Program, and state and federal Lifespan Respite funding. Gall was a founding member and Co-Chair of WFACSA during the Alliance's first five years, and now serves as Co-Chair for WFACSA's Employer Engagement Workgroup which is working to create business and community partnerships to create more flexible and supportive work environments for employees supporting and caring for family members. • Executive Order Expands Access to Community Living Services, Supports Family Caregivers. • The Caregiver Advise, Record, and Enable (CARE) Act asks hospitals to do three things: 1. Ask patients if they have a family caregiver they wish to have noted on their chart, 2. Contact that person if the patient is to be discharged or transferred, and 3. Teach the family caregiver how to provide the care they will need to provide the patient after discharge. To learn more read this press release. • Family Caregiver Video, • Wisconsin Public Radio Episode • The Empowered Caregiver Archives - Civic Media • How to contact your legislatures regarding topic that are important to you! To find out who represents you in the state legislature go to:

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	https://legis.wisconsin.gov/ and enter your address in the box underneath “Who Are My Legislators?”.
Wednesday, Nov 29 Link to the image provided All links can be saved as a PNG and used on social media and newsletters.	• Resource to share from Forbes – Want To Keep Your Top Talent? Better Support Working Parents And Caregivers. https://www.forbes.com/sites/garydrenik/2023/01/26/want-to-keep-your-top-talent-better-support-working-parents-and-caregivers/?sh=369c0bed4ce8 • Do you want to make life better for older adults and people who have a disability? You can help by providing care. DHS has developed a new program to train Certified Direct Care Professionals (CDCP). Workers can gain marketable skills that apply from one employer to another without retraining. The goal is to certify at least 10,000 new workers in the profession of direct care. https://www.dhs.wisconsin.gov/caregiver-career/index.htm • Respite Care Association of Wisconsin offers a variety of free online training courses for caregivers and respite workers on many topics. These courses are divided into five categories: Respite Care Provider Training, KIT for Caregivers, KIT for Respite Providers, Specialized Training, and Monthly Minis. Free Training Courses (respitecarewi.org) (see next page for image)

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Thursday, Nov 30	**Caregiving Crisis** • Wisconsin's Caregiver Crisis: What happens when no one shows up? | MADISON MAGAZINE | channel3000.com • The Caregiver Crisis hits the LGBTQ Elderly and Disabled People the Hardest Op Ed: https://wisconsinexaminer.com/2023/01/27/the-caregiver-crisis-hits-lgbtq-elderly-and-disabled-people-hardest/ • Caregiver Support Video Series • Resources for sharing from @AmericanCancerSocietyofAmerica - Caregivers are a crucial part of any cancer care team. The goal of this video series is to provide educational support to caregivers as they assist with the everyday needs of cancer patients and provide self-care techniques to improve their quality of life. Caregiver Support Video Series | American Cancer Society • How to contact your legislatures regarding topics that are important to you! To find out who represents you in the state legislature go to: https://legis.wisconsin.gov/ and enter your address in the box underneath “Who Are My Legislators?”.

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Link to the image provided All links can be saved as a PNG and used on social media and newsletters.	• Let's advocate for family caregivers by increasing the pool of trained respite care providers! 

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