



Quick Guide for Caregivers

Providing care for a family member or friend can be an overwhelming task. The Family Caregivers Coalition in Sheboygan County wants you to be aware of community resources that are available to you and the person for whom you are providing care. The more information you have, the better off you will be.

Finances – Free assistance is provided to individuals who are facing financial difficulties. **Consumer Credit Counseling. 458-3784 or 1-800-350-2227.**

Financial assistance - There are a variety of programs that provide financial assistance in order to allow a person to continue living at home. **Aging and Disability Resource Center. 467-4100 or 1-800-596-1919.** For assistance with food, energy, or accessing medical care. **Economic Support. 208-5856.**

Living arrangements - A number of options exist including in-home care, assisted living, and long term care/nursing home options. **Aging and Disability Resource Center. 467-4100 or 1-800-596-1919.**

Mental health services - Find out what options are available for you to reduce life's pressures. **Mental Health America in Sheboygan County. 458-3951.**

Respite care - Respite provides you with the opportunity to have time for yourself. **Aging and Disability Resource Center. 467-4100 or 1-800-596-1919.**

Support groups – Self-help groups provide emotional and social support as well as education. **Mental Health America in Sheboygan County. 458-3951.**

Legal issues - Contact a personal attorney or medical provider. The **Wisconsin Bar Association** may also be able to assist. **1-800-728-7788.**

Transportation – When an individual is unable to drive or needs assistance with transportation for medical needs. **Aging and Disability Resource Center 467-4100 or 1-800-596-1919.**

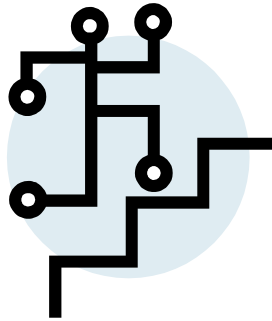
Veterans' benefits - Programs and services are available to those who have served in the military and/or their spouses. **Veterans' Service Office. 459-3053.**

Additional resources - The following resources may also be of help to you:

- Alzheimer's Association 24-hour Helpline. 1-800-272-3900. www.alz.org/sewi
- Sheboygan County mental health crisis line. 459-3151 or 1-800-596-1919.
- Confidential, non-emergency community information and referrals. 211 or Mental Health America at 458-3951.
- Directory of Community Resources* for Sheboygan County. www.mhasheboygan.org.
- The Aging and Disability Resource Center's *Guide for Adults over 60 and Adults with Disabilities*. www.sheboygancounty.com 920-467-4100 or 1-800-596-1919.
- Information about services that are covered by Medicare. www.medicare.com.
- Free information on issues related to caregiving is provided via the "Ask an Expert" site at www.extension.org or call UW-Extension Sheboygan County/Family Living at 459-5900.

This information is provided by -
Family Caregivers Coalition in Sheboygan County
www.sheboygancounty.com
For additional information: 467-4100 or 1-800-596-1919.

Main Inside Heading



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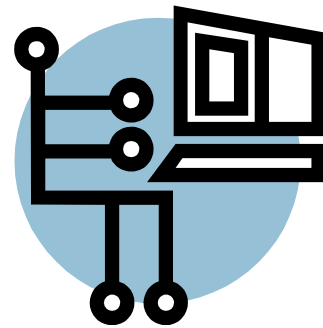
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BUSINESS NAME

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4

Phone: 555-555-5555

Fax: 555-555-5555

E-mail: someone@example.com