

Chippewa Valley Caregiving Resources

Taking Care of YOU: Powerful Tools for Caregiving

The program is designed for family caregivers and is a six-week series. The class offers tools to: reduce stress; take care of YOU; reduce guilt, anger and depression; help you relax; make tough decisions; communicate effectively with family members and doctors; set goals and solve problems. Afternoon and evening classes available. For more information or to register for the next set of classes, contact Lisa Wells at (715) 839-4750.

AARP: Prepare to Care

An easy-to-use resource that help workers begin a discussion about how they will coordinate their loved ones' care before it becomes an around-the-clock responsibility. Afternoon and evening classes available. For more information, contact Lisa Wells at (715) 839-4750.

Elder Care and Work: Finding the Balance

This fast-paced interactive workshop focuses on gaining perspective on the elder care/work balancing act, using specific strategies to successfully cope and learning about resources available in the community that can aid the employed caregiver in finding personal balance, thereby remaining productively employed. For more information, contact Lisa Wells at (715) 839-4750.

Annual Caring for the Caregiver: Humor, Wellness and Stress Reduction

A great afternoon to spend time focusing on YOU, the caregiver. Enjoy workshops, music, and refreshments and learn about resources in the community. The event is held the 2nd Friday in May at Sacred Heart Hospital. For more information, call (715) 717-1600.

Annual Oak Gardens Eldercare Discussion Series

A series of seminars held monthly at 2:00 p.m. at Oak Gardens Assisted Living, 342 Twin Oak Drive, Altoona. Each year a different series is offered April - October. For more information, call (715) 839-8000.

Friday Facts...Best Care Chats

A series of education, resources and connections for older adults and family caregivers held every other Friday at 10:00 a.m. at Dove Healthcare – South, 3656 Mall Drive, Eau Claire, May – October. For more information, contact Angela Hite at (715) 552-1030.

Red Cross Training Curriculum

This training curriculum (booklets and DVD) is to help family caregivers gain confidence to provide better care and understand how to approach key concerns. The program is available for loan at your local Aging & Disability Resource

Center (ADRC). You may also purchase the booklets for \$2.00 a piece. For more information, contact your local ADRC or the American Red Cross at (715) 834-4182.

Chippewa Valley Family Caregiving Alliance

The CVFCA is non-profit organization representing area agencies and organizations, family caregivers of older adults and community members committed to the needs and interests of family caregivers. Focus areas include: caregiving in the workplace, connecting caregivers with services through health care providers, fundraising, advocacy and special events. For more information, visit www.chippewavalleycaregiving.org.

Caregiver Town Hall Meeting and Resource Fair

Sponsored by the Chippewa Valley Family Caregiving Alliance, this annual event is held the 2nd Monday in November from 4:00 pm – 8:00 pm. The evening consists of exhibits, dinner and a town hall meeting relating to caregiving issues. For more information, contact Lisa Wells at (715) 839-4750.

Chippewa Valley CARE Coalition

A coalition of individuals committed to improving end-of-life care. Services offered free of charge include: speakers bureau, professional education and resources about end-of-life care options, Power of Attorney for Health Care, etc. For more information, call 1-800-286-5574 or www.chippewavalleycarecoalition.org.

National Family Caregiver Support Program

Limited funds are available to provide respite care to enable caregivers to get temporary relief from their caregiving responsibilities. For more information, call Chippewa (715) 726-7777, Dunn (715) 232-4006 or Eau Claire (715) 839-4735.

Alzheimer's Family Caregiver Support Program

Funds are made available to assist individuals to purchase services and goods related to the care of someone with Alzheimer's disease or any of the other irreversible dementias. Up to \$4,000 **may** be available, dependent on the county's priorities and person's need for services. Some requirements apply. For more information, call Chippewa (715) 726-7777, Dunn (715) 232-4006 or Eau Claire (715) 839-2300.

LifeSpan Respite Care

Respite care funding through United Cerebral Palsy, any age, disability or income. For more information, contact Larellyn Micheau at (715) 832-1782.

Veterans Affairs

Respite care services may include a short stay in a VA nursing home or hospital; a short stay in a community nursing home; in-home services such as personal care; or services in an adult day center. For more information on eligibility and what may

be available, contact Clif Sorenson, Veterans Service Officer (715) 839-4744.

Living Well: Chronic Disease Self-Management Program

Designed to help people with chronic health conditions learn healthier ways to live. The course is fun as well as practical and builds confidence in coping with the everyday challenges of a chronic disease. Caregivers welcome. For more information, contact Ruth Kilness (715) 839-6266.

Memory Screens

Confidential memory screens offered free of charge to individuals concerned about their memory. For more information, contact the Aging & Disability Resource Center of Eau Claire County at (715) 839-4750.

On-Going Support Groups

Eau Claire

Alzheimer's Support Groups

Last Thursday of the month at 1:30 p.m. at Lake Street United Methodist Church, 337 Lake Street. For more information, contact Paula Gibson at (715) 577-3600.



Chippewa Valley Lewy-Body Dementia Support Group

Second Wednesday of the month from 6:00 pm – 8:00 pm at Sacred Heart Hospital, conference room 15. For more information, contact Amy Lokken at (715) 379-3148.

Grandparents and Others as Parents (GAP) Support Group

Third Tuesday of the month at 6:30 p.m. at Eau Claire Wesleyan Church, 2403 Keith Street (across Clairemont Avenue from Memorial High School). For more information, contact Barbara Manzo at (715) 835-1944 or Rae Tipler at (715) 225-0404 or www.gap-ec.org.

Luther Hospital

(715) 838-3311

Sacred Heart Hospital Center for Healthy Living

(715) 717-1600

Healing Place

(715) 833-6028

Wellness Shack

Weekly support groups and individual support for those with anxiety and/or depression. For more information, call (715) 855-7705.

Dunn

Caregiver Support Group

Third Thursday of the month at 7:00 p.m. at Red Cedar Medical Center, North Conference Room.

First Wednesday of the month at 9:30 am at Red Cedar Medical Center, West Conference Room.

Alzheimer's Support Group

Third Wednesday of the month at 10:00 p.m. at Shirley Doane Senior Center.

For more information on Dunn County Support Groups, contact the Aging & Disability Resource Center at (715) 232-4006.

Chippewa

Alzheimer's and Other Memory Loss Support Group

Third Wednesday of the month at 3:00 p.m. at Grace Adult Day Services, 2050 Cty Hwy I, Chippewa Falls. For more information, contact Beth Peterson or Michelle Curry at (715) 738-1925. Free respite care provided during the meeting per advanced notice.

Chippewa Valley Aging & Disability Resource Centers

- Chippewa (715) 726-7777 * 888-400-6920
www.co.chippewa.wi.us/adrc
- Dunn (715) 232-4006
www.co.dunn.wi.us
- Eau Claire (715) 839-4735 * 888-338-4636
www.co.eau-claire.wi.us/adrc

Outside the Chippewa Valley, contact the Wisconsin Family Caregiver Support Program at 1-866-843-9810 or www.wisconsin-caregiver.org.