

## *Taking Advantage of Resources to Support Caregivers*

### **Carolyn Edwards, Caregiver, Milwaukee**

Carolyn is a caregiver for her husband Robert, who is living with dementia and has had several strokes and struggles with seizures. Carolyn took advantage of the Family Caregiver Support Network, which is a part of the Alzheimer's Association Wisconsin Chapter. The network provides personalized support, assistance with connections to respite breaks for caregivers and helps coordinate resources to support caregivers at home. The Program is funded through a grant from Milwaukee County.

### **Adult Day Center Relief**

Carolyn started working with the Family Caregiver Support Network in 2018. She was working full time and needed a safe place for Robert to go during the day. "Day centers are expensive," Carolyn said. "The program helped us bridge a gap." Robert attended a day center every day and provided a safe alternative for him. "The staff at the Family Caregiver Support Network have done an excellent job in supporting us," Carolyn said. "Helpful tips, self-care suggestions and resource sharing were all so helpful to me as a caregiver."

Carolyn recently retired and cares for Robert full-time. "If I didn't have the financial support for the Day Center the last few years, I probably wouldn't have been able to retire when I did."

### **Need for Awareness**

Carolyn worked as a secretary at a grade school when she stumbled on the services of the Alzheimer's Association. A pamphlet on the lunchroom table had a great impact for her family. "The program has helped us tremendously," Carolyn said. "The name Alzheimer's stood out to me since it was part of Robert's condition. God had me pick up that pamphlet."

Carolyn suggested caregivers seek out information on services. "There are so many services for caregivers," Carolyn shared. "Make the call. Ask questions. Find out what it's all about. No question is the wrong question."

We salute Carolyn and her dedication to seeking the support she needs to care for Robert.

