## Wisconsin Family Caregiver Call-In



















## What is a Family Caregiver Call-In?

It is an opportunity for family caregivers throughout the state of Wisconsin to talk, share, support and learn from others who are also going through the caregiver journey, like you.

Family caregivers face many challenges in providing care for an adult loved-one. Successful caregivers recognize the importance of taking care of themselves so they can continue to give quality care.

## When & Where

Each month we will alternate between a call-in chat and a speaker talking on a topic chosen by this group. There is no cost to participate. Toll-free phone call provided by AARP Wisconsin.

The Family Caregiver Call-In will be held the 2nd Tuesday of each month from 1 - 2:30 p.m. in the comfort of your home.

Please note that the group size is limited, so pre-registration is required. To register, call Kathy Ford at the Kenosha County Aging and Disability Resource Center (ADRC) at 262-605-6646 or 1-800-472-8008.

For additional caregiving information and resources, contact the ADRC of the Wolf River Region toll free at: 1-855-492-2372, or adrc@adrcwrr.org.

