

## You may be taking care of....

- An aging parent
- A spouse with Alzheimer's Disease
- A sibling with a traumatic brain injury
- A child with special needs
- A friend with cancer

Whatever the caregiving scenario, Easterseals Joliet Region provides a safe place where family caregivers can regroup, reenergize, and connect with vital resources and other caregivers on a similar path so they don't feel isolated or alone.

*I'm thankful and grateful that I found the support I needed from Easterseals and the caregiver support group. The group helped me through many difficult times. They are now my family.* ~ Chris

*The best way a caregiver can help themselves is to find a support group, to learn as much as you can to help your loved one. Also, from other people you learn how to cope. Being able to talk about your feelings with people who are in the same situation helps. You don't feel alone.* ~ Ed

The Caregiver Connection at Easterseals Joliet Region

**The Many Faces of Caregiving**

## EDUCATION

## CONNECTIONS

## SUPPORT



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## Connecting Caregivers and their families to Support, Education, and Resources

**Our Mission:** To be family caregiver centered.

- Acknowledge, understand, and support the caregiver's needs to find strength, courage, knowledge, and resources to provide care for a family member in need.
- Provide a model of health and wellness focused on the whole needs of the family caregiver.

### SUPPORT

**Caregiver Support Group:** Offering caregivers the opportunity to find strength and develop coping skills, support groups provide a safe space to share information, receive and give emotional support, as well as get confirmation that their feelings are normal. This nurturing environment is empowering and reminds caregivers they are not alone on this caregiving journey.

**Meets Every Tuesday  
11:00 AM—Noon**

**Brain Injury Support Group:** Support groups enable individuals to exchange ideas in a safe and confidential atmosphere where both positive and negative views can be expressed without being judged. Our brain injury support group provides hope, information, friendship, sharing, problem-solving, personal growth, and self-advocacy to individuals with traumatic brain injuries (TBIs) and acquired brain injuries (ABIs), including stroke survivors. No one needs to travel the journey alone.

**Meets Every Wednesday  
6:00 PM—7:00 PM**

### EDUCATION

**Caregiver Programs:** A variety of programs are scheduled throughout the year that are tailored to the specific needs of caregivers. The goal of these programs is to help caregivers maintain their own health while caring for a loved one.

Sample of Educational Topics:

- Legal and financial issues
- Fall prevention and safety at home
- Community resources
- Technology and the impact on caregiving
- Traditional and alternative therapies
- Healthy eating
- Assisting with personal care
- The power of laughter
- Dealing with difficult behaviors
- Putting "Fun" back into the dysfunctional family
- Health care directives
- Working with health care providers

**Memory Media Center:** A resource to provide information about caregiving (videos, tapes, CD's, and books).

### CONNECTIONS

**Outreach/Resource Support:** Volunteers and mentors help educate and connect caregivers and their loved ones to community resources providing valuable services.

**Mentoring:** Those who have been touched by chronic and progressive illness provide guidance, encouragement, and support for other caregivers who are just beginning their caregiving journey.



*I am thankful and grateful for the privilege of being a caregiver. Finding a caregiver support group was a blessing. So much so, that even after my mom had passed, my wife and I continue to serve with the support groups.*

*~ Roger*

### Easterseals Joliet Region

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