



FAMILY *Caregivers* CENTER®
of MERCY

*A resource for those caring for someone
with adult chronic conditions.*

FAMILY CAREGIVERS
CENTER OF MERCY

901 8th Ave. SE
Cedar Rapids, IA 52403

(319) 221-8866

mercy.org/familycaregiverscenter



WHO ARE FAMILY CAREGIVERS?

The first step to successfully managing life as a family caregiver is to understand that you are one.



All of us, at one point or another, have cared for someone else. Whether we were checking in on a neighbor's well-being, keeping house for an aging parent, or driving a spouse to a doctor's appointment; it's not difficult to recall some instance of looking after another.

For some of us, caregiving responsibilities are at the forefront of our lives 24/7.

When someone you love

lives with a chronic condition that causes them to depend upon you for support, you are a family caregiver.

The Family Caregivers Center of Mercy exists entirely for you, your loved one, and your changing needs.

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HOW CAN THE FAMILY CAREGIVERS CENTER OF MERCY HELP ME FIND ANSWERS?

Helping to provide support for another person is stressful and emotional. We understand. We've been there, too.

No matter what type of chronic condition your loved one has—Alzheimer's or dementia, heart disease, diabetes, cancer, arthritis or other difficult diagnosis—there are resources in our community designed to help. Your key to connecting to the resources and tools you need is at the Family Caregivers Center of Mercy.

You will find:

- helpful one-on-one conversations with trained, unbiased, individuals who understand what it's like to be a family caregiver from personal experience.
- someone to talk with you about your needs and the needs of your loved one, and connect you to life-enhancing community services.
- a library of books and resources to help you navigate a positive path and care for your loved one.
- casual, conversational gatherings giving you an opportunity to meet and learn from other family caregivers.
- creative sessions in art, music, chair yoga and more to help your mind relax.

WHY IS IT HARD FOR ME TO CARE FOR MYSELF?

Your focus is your loved one, and your attention is devoted to making sure that person is okay, but you must remember that your health and well-being is important, too.

You're important; not just to your loved one, but many others as well. You must be your own advocate.

It's okay to call on respite services to give yourself a break or to step in while you visit your friend, a doctor or dentist. It's okay to accept help from someone while you attend a support session or do something that fills your soul with joy.

It's okay to take a moment for 'you' every now and then. These moments will help you stay physically and mentally healthy so you can continue to give your best loving care.

COULD IN-HOME SERVICES BE AN OPTION FOR YOU?

Choosing to add outside assistance to help you care for your loved one may be a great option, even though it's sometimes hard to accept.

Respite means different things to different caregivers. For some, it is someone to be a companion to their care receiver which lets them have time away from home for a few hours. For others, it is someone to take their loved one to an appointment or social outing. Still others need help to arrange for their loved one's care for several days or even weeks while they go out of town or have surgery. Family caregivers often carry a huge sense of responsibility and accepting your limitations is important. Caregivers need a break; let us help you find what that means to you.





DO YOU HAVE A MEDICAL/DURABLE POWER OF ATTORNEY, ADVANCE DIRECTIVE OR WILL IN PLACE?

Having the proper financial and legal plans in place may reduce your stress as the needs of your loved one change.

We will connect you with resources to assist you in creating a personalized plan. Our resource library contains many materials created for caregivers to walk you through planning for the future while dealing with the uncertainty that often accompanies chronic conditions. We also have free educational sessions about many of the financial and legal issues family caregivers face.

If you're not sure where to start, please call us.

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