



**Location:**  
300 4<sup>th</sup> Street North  
La Crosse, WI 54601

**Phone:**  
(608) 785-5700  
(800) 500-3910

**Email:**  
adrc@lacrossecounty.org

**Website:**  
lacrossecounty.org/adrc

**Office Hours:**  
8:00 a.m. - 4:30 p.m.

Accommodations and after hour appointments available upon request. Hearing Loops available.

Additional information about the Peer Caregiver Support Program can be found at:

causewaycaregivers.org  
lacrossecounty.org/adrc

## Getting Started...

When you are ready to register as a Volun-Peer Mentor or as a Caregiver we are here to get you started!

### Volun-Peer Mentor Orientation

Is easy! It fit easily into your schedule. Materials are provided with staff to answer your questions.

### All Orientations are held at:

Causeway Caregivers  
4141 Mormon Coulee Rd  
La Crosse, WI 54601

### To Schedule an Orientation:

Call: (608) 775-9999 or  
Email: causewayivc@gmail.com

### Caregiver Resources and Support

Is available to offer support after an Alzheimer's or other related dementia diagnosis. Volun-Peer Mentors or Resources are waiting for you to contact us!

### To Register as a Caregiver

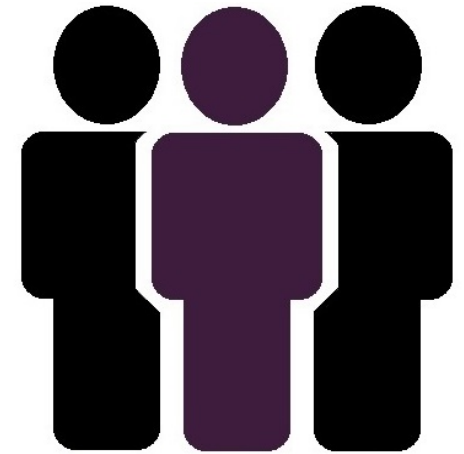
Call: (608) 775-9999 or  
Email: causewayivc@gmail.com

Connecting People in Need with Caring Volunteers



## Alzheimer's / Dementia Caregiver Relief

- ✓ Encouragement
- ✓ Flexible Support
- ✓ Alleviating Burn Out



### Peer Caregiver Support Program

Facilitated by Causeway Caregivers  
of La Crosse County

We understand how busy a caregiver is. You're never alone, we're here to help.

**(608) 775-9999**

www.causewaycaregivers.org  
www.lacrossecounty.org/adrc



The Peer Caregiver Support Program connects Volun-Peer Mentors with caregivers of individuals diagnosed with Alzheimer's or other related Dementia in La Crosse County.

## Volun-Peer Mentors

Being a Volun-Peer Mentor gives you an opportunity to share your past experience, invaluable knowledge and caring nature with a caregiver and care recipient.

### Encouragement

- ✓ Help caregivers set and achieve reasonable expectations
- ✓ Alleviate the caregiver feeling overwhelmed or burned out

### Support

Provide empathy and understanding for caregivers and the care recipient.

- ✓ In person
- ✓ By phone or electronic communication
- ✓ Spend companionship time with a care recipient while the caregiver enjoys a well deserved break.

### Resources

Attend events in La Crosse County

- ✓ Support groups
- ✓ Training or resource events to learn about what is available for you as a mentor, for the caregiver or care recipient you are matched with.

### Socialization

Join the caregiver and/or care recipient for fun outings in our community for socialization and activity.

## Caregivers

Being a caregiver for someone can be overwhelming, The Peer Caregiver Support Program can help with...

### Volun-Peer Mentors...



Mentors are matched with a caregiver to provide support and encouragement. Volun-Peer Mentors

have "Been there. Done that." and may share a similar caregiving experience but recognize that everyone is different. Mentors offer encouragement that promotes hope, courage and confidence through phone, home or electronic visiting.

### Resources

The Aging and Disability Resource Center of La Crosse County offers materials, resources and staff knowledgeable on area support programs, businesses and others who can assist. (608) 785-5700 or [adrc@lacrossecounty.org](mailto:adrc@lacrossecounty.org)

### Memory Café

is a place to meet caregivers and care recipients living with Alzheimer's or other related dementia in a relaxed and friendly atmosphere. This group meets the 4<sup>th</sup>



Tuesday of the month from 9:30 am - 11:00 am at The Black River Beach House to share a positive experience in a supportive environment with speakers and resources.

## I would like to...

- \_\_\_\_\_ Be a Volun-Peer Mentor
- \_\_\_\_\_ Be Matched with a Volun-Peer Mentor
- \_\_\_\_\_ Be contacted by The Peer Caregiver Support Program OR
- \_\_\_\_\_ The Aging and Disability Resource Center of La Crosse
- \_\_\_\_\_ Join the La Crosse County "Senior Life" newsletter mailing list
- \_\_\_\_\_ Other: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Best Day/Time to Contact: \_\_\_\_\_

### Please Detach and Mail to:

**Causeway Caregivers  
Peer Caregiver Support Program  
4141 Mormon Coulee Rd  
La Crosse, WI 54601**

**(608) 775-9999**