



**Location:**

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

**Phone:**

(608) 785-5700  
(800) 500-3910

**Email:**

[adrc@lacrossecounty.org](mailto:adrc@lacrossecounty.org)

**Website:**

[Lacrossecounty.org/adrc](http://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](http://causewaycaregivers.org)

[lacrossecounty.org/adrc](http://lacrossecounty.org/adrc)

## Getting Started...

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

### Volun-Peer Mentor Orientation

Is easy! It takes less than an hour to complete which helps it fit easily into your schedule. Materials are provided with staff to answer your questions.

### All Orientations are held at:

Causeway Caregivers  
420 West Avenue S  
La Crosse, WI 54601

### To Schedule an Orientation:

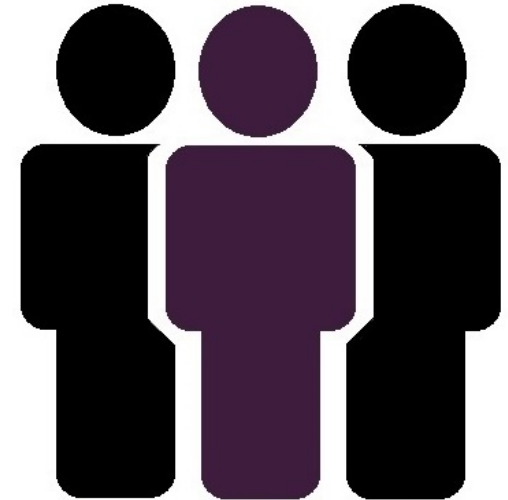
Call: (608) 775-9999 or  
Email: [causewayivc@gmail.com](mailto:causewayivc@gmail.com)

### Caregiver Resources and Support

Is available to you and your care recipient 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](mailto:causewayivc@gmail.com)



## Peer Caregiver Support Program

Facilitated by Causeway Caregivers  
of La Crosse County

The Peer Caregiver Support Program connects Volun-Peer Mentors with caregivers of individuals diagnosed with Alzheimer's or other related Dementia for caring support, socialization and knowledge of resources available in La Crosse County.

**(608) 775-9999**

[www.causewaycaregivers.org](http://www.causewaycaregivers.org)  
[www.lacrossecounty.org/adrc](http://www.lacrossecounty.org/adrc)

## Volun-Peer Mentors

As a Volun-Peer Mentor you have an opportunity to share your invaluable knowledge and caring nature with a caregiver and care recipient.

### Encouragement

Utilizing past experience or training helps caregivers set reasonable expectations and encourages them in achieving these expectations while taking time for them to prevent burnout or feeling overwhelmed.

### Support

Provide moral support for the caregiver in person by phone or electronic communication, listening with empathy and understanding. Spend time with a care recipient in a companionship role while their caregiver enjoys a well deserved break. Time commitment is approx 2-4 hours/month

### Resources

Attend support groups, training or resource events in La Crosse County to learn about what is available for you as a mentor or for the caregiver and 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)

### Lunch Bunch 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 last



Tuesday of the month from 11:00 am - 1:00 pm at The Black River Beach House to have lunch, 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  
420 West Avenue S., 3<sup>rd</sup> Floor  
La Crosse, WI 54601**

**(608) 775-9999**