



# The Iowa Family Caregiver Program

*There are only four kinds of people in the world*

*Those who have been caregivers  
Those who are currently caregivers  
Those who will be caregivers  
Those who will need caregivers.  
-Rosalynn Carter*

**Are you a family caregiver?** You can be a family caregiver without even realizing it. You might not even think about what you do. But caregiving is vitally important, and support is available near you. Contact Iowa Family Caregiver today to see how we can help.

## Examples include:

- You stop by once a week to pay your dad's bills and take him groceries
- You call your friend a few times a day to check on her to make sure she is safe.
- You work, and take care of your live-in parent.
- Your wife has Alzheimer's and needs constant care, so you provide it.
- You are 55+ and your grandchildren live with you because your daughter or son is unable to provide care.

There are millions of caregivers in the United States, each with their own unique caregiving needs. Caregiving can be a balancing act, especially if you're employed, have other responsibilities or have health problems of your own.

## What is the Iowa Family Caregiver Program?

The Iowa Family Caregiver program connects caregivers to the many resources available such as planning assistance, referrals, training, respite care, support groups, and a listening ear. This program is offered through your local Area Agency on Aging. A listing can be found on the back of this sheet.

## Who do we serve?

- Caregivers who are providing care to someone 60+ years including persons with Alzheimer's, a brain disorder, or other physical limitations.
- Grandparents 55+ who are the primary caregiver raising grandchildren who are 18 years or younger because the biological or adoptive parent is unable or unwilling to serve as the primary caregiver.

## Study Done by the Family Caregiver Alliance

- In 2007 there were 310,000 informal caregivers in Iowa
- These caregivers provided 330 million hours of caregiving to family, friends or neighbors with a value of \$3.5 million



*Informing  
Encouraging  
Empowering*

Toll Free (866) 468-7887

[www.iowaFamilyCaregiver.org](http://www.iowaFamilyCaregiver.org)

