

Although family caregiving can be an emotionally rewarding task, when we become the primary caregiver for another it must be with the understanding and expectation that doing so will impact many areas of our own health, life and well-being.

Statistics from the National Family Caregivers Association indicate 82% of caregivers find the demands overwhelming and 76% report getting ill more frequently themselves.

So it is important to take advantage of available resources to complement your caregiving efforts and provide for your own health and well-being, as well as that of your loved one.

Join us at Polk Family Caregivers. Do it for yourself and for the benefit of the loved one for whom you are caring.



Polk Family Caregivers
...Help Begins Here

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family
caregivers

POLK
Family Caregivers



...Help Begins Here



A Florida 501(c)3 tax exempt charitable corporation



www.polkcaregivers.org

Who is a family caregiver?

If you are caring for a loved one who is ill or disabled, **you** are a family caregiver.

Family caregivers are relatives, friends, neighbors, partners, and others who stand by those they love, providing daily care, in the face of chronic illness or disability.

Eighty per-cent of all caregiving is actually done by family members, not social service agencies, nursing homes or government programs. Family caregivers provide a patchwork of essential but unpaid personal services daily. Caregiving may go on for a few years or for a lifetime. It often feels like a very lonely, isolating experience, but... It doesn't have to be!

Polk Family Caregivers is a thirteen year old nonprofit charitable organization that provides an opportunity for family caregivers to visit with others who are facing the same concerns and obtain first hand information, resources and reinforcement that will help in the task of being better prepared to be a family caregiver.

Services

Polk Family Caregivers connects caregivers to the vital information and resources in the Polk community that provide help and guidance for family caregivers as they work their way through the physical, emotional and financial impact common in family caregiving.

Purpose

Polk Family Caregivers empowers those caring for relatives, loved ones, neighbors and others to act positively on behalf of themselves and their loved ones and join together to remove the barriers impeding health, recovery and well-being.

Activities

Polk Family Caregivers provides assistance, advocacy, referral information, educational conferences, caregiving classes, a telephone helpline for caregiving questions and guidance, and other related activities that support the efforts of family caregivers.

Funding

Polk Family Caregivers receives funding from state and county government grants, private philanthropies, collaborating partner fees, annual special events and the generous donations of friends and financial supporters.

Collaborating Partners

Businesses, agencies, health care providers and other experts and professionals who serve family caregivers may become Collaborating Partners. By this association they are entitled to discounts on exhibitor tables, newsletter advertising, inclusion in the referral information database used to assist family caregivers, subscriptions to the quarterly newsletter, advance notice of upcoming projects and also help by sponsor special events.

Polk Family Caregiver Donations

Yes! I want support Polk Family Caregivers in their effort to make life better for all family caregivers.

Name: _____

Company Name or In Memory of: _____

Address: _____

City/State/Zip: _____

Telephone: _____ E-mail: _____

I am a family caregiver for: _____

Send with check to: Polk Family Caregivers, 1232 E. Magnolia St., Lakeland, FL 33801-2126

My Donation is in the amount of \$ _____ **\$65 Collaborating Partner - 1 year**

Your contribution is tax deductible