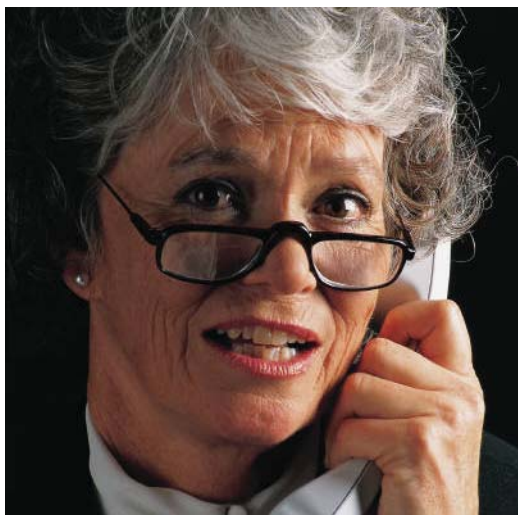


When I walk to the edge  
of all the light I have and take  
that step into the darkness  
of the unknown

I believe one  
of two things  
will happen.

There will be something  
solid for me to stand on

Or I will be taught to fly.  
-S. Martin Edges



or when planning for the **Future:**

**888-238-0831**

Locally in Dubuque:

**588-3970**



## Find Us In Your Area

### **Delaware County**

1208 West Marion Street  
Manchester, IA 52057  
PH (563) 927-5037  
FAX (563) 927-6134

### **Dubuque County**

Fountain Park, Springs Bdg.  
2728 Asbury Rd.  
Dubuque, IA 52001  
PH (563) 588-3970  
FAX (563) 588-1952

### **Jackson County**

1000 East Quarry Street  
Maquoketa, IA 52060  
PH (563) 652-6771  
FAX (563) 652-6771

e-mail:  
mail@scenicvalley.org  
website:  
www.scenicvalley.org

*Scenic Valley Area Agency on Aging's programs and policies are consistent with pertinent federal and state laws and regulations on nondiscrimination regarding race, color, national origin, religion, sex, age and handicap.*



Chances are your family  
album has pictures of caregivers...

Chances are one of those  
caregivers is *you*.

Care Connection





## Who Are the Caregivers?

According to the National Family Caregivers Association, more than one quarter (26%) of all American adults have provided care for a disabled, chronically ill or aged family member in the last year. Using current census data, that means more than 54 million people! And we're not just talking about women either. Men now make up 44% of the caregiving population.

Caregivers do what needs to be done so their loved ones can continue to live life as they wish. They may help balance the checkbook, cook meals, mow grass, handle routine cleaning chores, provide transportation -- some even live with their care recipient, providing help throughout the day. Caregivers help family members stay at home as long as possible. A family may have several caregivers working together. For instance it's very common for siblings to divide up the duties as they care for their parents. Some of the caregivers may live nearby to their care recipient, some may live across the country!

Scenic Valley Area Agency on Aging's

## "Care Connection" Can Help You

→ **Information and Assistance** - one on one help with individual caregivers, identifying the services that most closely fit the family's needs, and assisting with securing those services, if desired.

→ **Respite and Other Services** - Scenic Valley Agency on Aging funds services of interest to caregivers such as respite, adult day services and legal assistance. Please contact us for more information about these services in your area.

→ **Educational Programs** - occasional programs designed to help caregivers learn new skills, manage stress, handle medical and financial issues, etc.

→ **Newsletter, Other Mailings** - our quarterly newsletter is designed to address the topics that matter to you as a caregiver, such as communicating with medical personnel, finding help on the web, dealing with the stress that comes from caregiving, and more. Our occasional mailings are sent when a timely topic arises, such as the introduction of a new program for prescription drug savings.

E-mail: [mail@scenicvalley.org](mailto:mail@scenicvalley.org)

**Confidential**

Please call me.       Please put me on your mailing list.

Please send me information on \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

PLEASE RETURN TO:  
Scenic Valley Area Agency  
on Aging  
3505 Stoneman Rd.  
Dubuque, IA 52002

Free Help for Caregivers